10 Tips to Overcome Life's Ups and Downs

Life can be a mess. Life can be unpredictable, sloppy and downright chaotic. Here are 10 ways to cope with the unpredictable things that are coming at you!



- [ ] **Relax**. Relaxation is a technique to regularly cope with stress and prevent depression.
- [ ] **Get Moving**. Walk, run, hike, get out in the fresh air. Shake it up and change your surroundings.
- [ ] **Socialize**. Join other people who share a passion that you have.
- [ ] **Commune with Nature**. Nature is healing even if it is sitting in a chair and looking at the trees.
- [ ] **Laugh Regularly**. Laughter will always turn a bad attitude or outlook into a good one.
- [ ] **Eat Well**. Yes, eat balanced meals. Decrease alcohol, caffeine and sugar. Put down the Cheetos!
- [ ] **Sleep**. Set a schedule to go to bed at a regular time each night and stick to it.
- [ ] **Become a "Glass Half-Full" Person**. Practice giving energy to positive thoughts instead of negative ones.
- [ ] **Find Meaning**. Help someone else. Volunteer. Focus your energy on helping others.
- [ ] **Powerful Tip**: Keep in mind that nothing is forever! This too shall pass. Time heals all things.

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