Go-To ACTIONS if in a funk!  
✔ Meditate  
✔ listen to an Audio relaxation  
✔ Listen to Inspirational talk - audio book, audible, iTunes  
Binaural beats music (brainwave entrainment)  
✔ Sing  
✔ Walk  
✔ Sleep  
✔ Sunshine  
✔ Read an engaging Book  
✔ Journal & dump your feelings on paper  
✔ Talk to a toy  
✔ Dance - to vent + express OR joy  
✔ Exercise  
✔ Sex  
✔ Laugh (lots)  
✔ Play - child, pet, friend, partner  
NOT...  
Eat, bitch, veg in front of the TV, social media, drink,  
recreational drugs, party!