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!