

## The Do's and Don'ts of Handling Challenging Times

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<b>DO's</b>	<b>DON'TS</b>
1. Watch or listen to anything inspirational, entertaining or uplifting – books, videos, movies	Turn off the news of any kind! If something happens, trust me someone will let you know. It doesn't serve your emotional state or wellbeing to watch the news.
2. Take a shower or hot bath – every day.	Don't skip bathing as tempting as it might be. You will feel better, smell better, and have an improved mood by taking a shower or bath.
3. Get dressed up or put on your outside clothing on.	Just say no to PJ's all day or slopping sweats and old t-shirts. You will absolutely feel better when you put on your outside clothes.
4. Pull yourself together by doing your normal grooming – hair, makeup, shaving, jewelry – whatever you normally do.	Skipping your normal grooming routine is not going to help you feel better. Even if you are not going to see anyone it will help you feel better and help you with motivation.
5. Limit your TV/Netflix to X hours in the day or evening. You can even use your TV/Netflix as a reward for doing chores or other projects on your list.	Binging on TV or Netflix all day or night is not going to leave you feeling empowered. It is not going to forward your life. Putting a limit on it or use it as a reward will go a long way to productivity and feeling good.
6. Minimize contact and interactions with negative people or situations that will bring you down.	Spending time with negative people or in negative situations can be very draining. Just say no. Do what you have to do to avoid anything negative.
7. Limit alcohol or just say no. Same thing for other addictions.	Day drinking should be reserved for tailgates, parties and special events. You will feel better by skipping or reducing your addictions.
8. Increase your nutrition in any way that you can.	Eating junk food all day long will not help your health or help you feel better. Trust me any improvements you make in your diet will yield big results.
9. Limit your feeling sorry for yourself or pity parties to a specified and short period of time like maybe 10 minutes a day or something reasonable.	Prolonged pity parties that go on all day or for days on end are not going to help you. Grieve the loss/losses you are experiencing and then start moving forward with positive things.
10. Work on building your emotional intelligence and empowering attitudes.	Skip the negative or defeatist emotions and attitudes. If you have a tendency towards being a pessimist, I would suggest "The Power of Positive Thinking" a decades old

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	book that has helped so many people get out of dark places.
11. Learn to look on the bright side or find the silver lining of situations. It can be done.	It is time to stop catastrophizing and thinking and believing the worst of things. It is simply not an empowering way to live life. You can learn to change the way you think.
12. Focus on building and creating your life to be what you want it to be. By doing that you will be focused on things that bring you happiness and joy.	Worrying is not a good use of time and energy. It is draining to spend time worrying. You can learn to do productive things with your life and to stop worrying.
13. DO SOMETHING – walk, clean, organize anything. You will have a better sense of wellbeing by being productive.	No one feels great about wasting time and lazing around. To truly feel better get busy and do something you will not only feel better but you will get something done!
14. Spend time doing a hobby or start a new one if you need to.	Being bored is not empowering. Boredom doesn't have a positive feeling associated with it. Get busy doing a hobby to feel better.
15. Pray or Meditate to improve your emotional state.	Feeling anxious, fearful or afraid does not contribute to wellness or wellbeing. There are several things you can do to reduce feelings of anxiety, worry and fear covered in my blog beyond prayer and meditation.
16. Make a plan for your life and your future.	To reduce or end feelings of helplessness and feeling out-of-control, make a plan for your life and start to execute your plan.
17. Deal with any anger or feelings of resentment because that is important to your wellbeing both emotionally and physically.	If you don't deal with your feelings of anger or resentment, it is likely that you will either turn those feelings inward on yourself or outward towards others.
18. Get your head in the game and skip the blame game because that is not helpful.	Whatever happened is water under the dam. Get over it. Move on. Focus on the future and creating the life you love.
19. No one is ever happy in the divisive, bad-mouthing, corrupt world of politics. Let other people deal with that. Learn what you need to in order to be able to vote, but it's not going to help you to get involved in political fighting.	Stay out of political discussions and fighting. Focus on things that empower your life and move you towards your future – the future you are creating.
20. Design your life. Create your future. Live the life you have always wanted.	Don't stay stuck. Get in action to pull yourself forward into a future of your design. You can do it!

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21. Deal with your problems instead of being in denial about them. What problems do you have and how can you solve them. Ask for help if needed!	Being in denial can be helpful at times. Yet what is even better is dealing with your problems head on. What needs to be done to take care of your problems.
22. Make a list of what you could be doing instead of complaining or whining. List goals or projects – anything! Just make a list and get to it!	Complaining or whining is not going to get you anywhere. Limit the time you spend complaining and whining if you want to feel better sooner than later.