

Put on your favorite music and dance!

Sing out loud at the top of your lungs! Make a music list with only your very favorite songs. (I do this in my car if I'm not alone.)

Call a friend and invite them to a tea party. Have cookies, cake, or small simple sandwiches. Make a pact with your friend to ONLY talk about good things. No bitching, complaining, bad news, or gossip.

Forever swear off the news! It's a hard detox, believe me, but the news is made to keep us scared, worried, and fearful. We do not need that. Fill that time by reading a funny book instead.

Find ways to laugh. Listen to funny podcasts. Binge-watch your favorite sitcoms, etc.

Do something awesome for yourself. Take a bubble bath, go to a museum, buy yourself flowers. Truly take the time to enjoy this.

Lose yourself in something. Make art, find the thing that makes you lose all sense of time. Don't have anything? Take a class to learn something new, find a new hobby, or teach something you're an expert in.

mental moxie

guide cards

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