One Fun Thing Every Day — Each day before noon, make a plan to do one fun thing for 20-30 minutes, before the end of the day. It can be anything you choose, go for a walk, enjoy a special treat, watch a favorite television show, take a nap, read a book, visit with a friend, turn your cell phone off and play hooky from the world.

Three Good Things at the End of Each Day — Last thing before going to bed (or at the end of work), recall three good things for that day. These can be accomplishments, nice surprises, or even things that didn’t go well, but turned out better than usual. Not allowed to recall disappointments, nor things that didn’t get done. (Option: privately use playful sarcasm to release agitation and frustrations.)

Call on Your Sense of Humor — Humor is the ability see the “funny” when there is no funny and appreciate the amusement life provides. When things don’t go as planned, ask yourself, “Would this would be funny if it was happening to someone else? Will this be funny tomorrow? Is there a humorous side to this?” If we are able to look for the humor in that moment, we can provide the distance we need to regain our perspective. Then we might just crack a smile and find a way to laugh about it. (Tip: marble) (Tip: Say the opposite of how you feel or what you think to trigger automatic laughter.)

Laughter is Your Pressure Relief Valve — Acute stress causes the two hemispheres of our brain to become disconnected. This explains why we might feel flustered, act clumsy, fumble, drop things, and make mistakes when we get stressed out. Laughter activates the limbic system in our brain, reconnecting the right and left sides and improves our mental clarity. Laughter helps us do more whole brain work which allows us to tap into our creative thinking, and problem solve at a higher capacity. You don't have to laugh about your troubles, just find some way you can laugh... about something, somewhere, with someone. Just laugh! (Tip: observe small children)

Release Yourself from the “Fear of Not Measuring Up” — When you feel overwhelmed or inadequate, remind yourself, “I don't have to know how to do everything, nor have every answer. I just have to know someone who does.” ASK is not a four-letter word. Asking for assistance is not nearly as painful as crying for help. It is healthy for us to laugh at our shortcomings. It allows us the opportunity to embrace our flaws and promotes self-acceptance. It does not include harmful putdowns, ridicule or negative sarcasm. Nor are we advertising that we are defective, rather we are demonstrating that we are human. (Tip: Say Stuart Smalley's affirmation, “I'm good enough, I'm smart enough and doggone it, people like me!”)

Listen to Your Inner Wisdom — When you can’t think straight, tune in to your intuition, your gut feeling, or the knowing of your heart. Don’t allow your intelligence or logical reasoning to overrule or discount your inner wisdom. Pay attention to your little voice.

(MAGIC WAND TIP: The word to activate the magic in your wand – “BE.” Example: BE happy, BE helpful, or BE gone! Troubles and worries ... BE gone!)