Smile – Giggle, chuckle, laugh – Wave your magic wand

Step back, distance yourself, look at your situation from a different angle

Call on your sense of humor – Look for the funny and appreciate the amusing

Quiet time – Deep breathing, stretching, meditation, yoga

Postpone worrying or dealing with your situation until later by setting an appointed date/time to come back to “deal” with it rationally

Ask for assistance – Use your network

Petition your Angels - Make a wish list

Q-T-I-P – Quit Taking It Personal

Distract yourself – Get busy, work on projects

Do something fun – movies, music, reading, hobbies, bird watching, art

Learn creative arts – drama, voice lessons, dancing lessons, learn to play a musical instrument

Physical activity – exercise, walk, play sports, dance, sing

Relax – rest, take a nap, bubble bath, massage

Random acts of kindness – Do something thoughtful for someone else

Switch gears – utilize pacing strategies – to avoid getting stuck or drained, rotate between thinking activities and routine tasks

Spirituality – pray or count your blessings

Comfort of a friend – choose someone who’s been there, or spend time with a pet

Treat yourself – favorite food or beverage

Create a memory bank of special moments and reflect on times when you were your happiest, bravest, strongest or most successful

Visualize what you want to do or be, see yourself accomplishing this and allow yourself to feel how you will feel when you succeed

Play hooky from the world for 20 minutes (shut off your cell phone)

Journal – write down your thoughts and feelings to clear your head

Take a time-out from your life – pretend you are the happiest you could ever be for a pre-set amount of time; one hour, entire afternoon, full day

Tantrum – scream and shout for 10 minutes – in private – without doing harm to yourself or another; when done, set a positive intention

Pity Party – privately whine, complain and feel sorry for yourself for 10 minutes, when done, look for something positive, and acknowledge it

Carry a marble with you. On those days when you feel like you have lost all of your marbles, look at it and say, “I still have one marble left, so I will be okay.” Believe it!