

### **Steps to rid yourself of the blues:**

- *Ask yourself these questions.* Do I really want to change?
- *Get busy doing things you enjoy.*
- *Make a “serendipity” file.* It is almost certain that at some time in your life, people have said they like something about you. Jot down that positive comment on a scrap of paper and put it in a box or file. Then, when you feel down, look in your file, and let yourself enjoy the compliments you have received from others.
- *Make a list of things you like about yourself.* Think about and enjoy your positive assets and accomplishments.
- *Attend to your spiritual nature.*
- *Pamper yourself.* Spoil yourself a little.
- *Make a short “To Do” list of activities you can succeed at today.* Break them down into manageable steps if that helps.
- *Think of ways you can improve your health.* Start doing some of them today.
- *Make play a high priority*
  
- *Reach out and touch someone else.* Give away a dozen smiles