

## Extension Tip of the Week

### 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*