

## How To Recover When It Gets Hard

- Breath
- Ask for help
- Shift perspective/Look from a different angle
- Call a friend
- Shower/Bath
- Change your state: go outside, music, etc.
- Music
- Find something to laugh at
- What would happy do or say?
- Share/Express what is happening
- Don't Drift, Try Shifting
- Simple Journaling
- Write 3 things you are grateful for each day
- Name what is happening right now-this helps reduce stress
- Take a step back
- Do something for someone else
- Remember WHY it matters
- Do something creative with your hands
- Hit the Easy Button
- Swap the "To Do" with something else on the list
- Use a structure to remind you of purpose
- Release the judgment
- Make distinctions about things in a new way
- Take a break from the immediate task and refocus your time
- Reconnect to your WHY and Compelling Purpose
- Meditation or Prayer
- Stand Up or Move in place-this shifts your energy
- Find your allies and reach out to one of them
- Go to Coffee or Tea with a Friend

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