

## 10 ways to feel better in less than 2 minutes

By Jane Clapp

Beware, the following list might appear to be touchy feely and a little naughty. But regardless, the following suggestions are a fool proof and absolutely guaranteed to make you feel better FAST!

Here goes!

- 1) Drink a glass of water. You might be grumpy because you're dehydrated. This tactic will also stop you from reaching for a chocolate bar.
- 2) Sit down, close your eyes and breath deeply into your stomach
- 3) Call a friend or family member and tell them you love them. What goes around comes around. Chances are they will tell you they love you too.
- 4) Get some blood flowing and run up and down a set of stairs. Release those endorphins, our bodies' natural form of heroin without the negative side effects.
- 5) Put your favorite feel good song on and dance around like a crazy woman. Might want to do this one when you're alone though. Not at the office. Or maybe that would be good?
- 6) Put one of your favorite motivational CDs on (if you don't have one you should always have one handy) and remind yourself the power to feel better is in your hands.
- 7) Drop and give me 10 push-ups. Self-esteem is directly correlated with how many push ups we can do.
- 8) Take a B vitamin supplement to boost your energy. Just not close to bed. B vitamins will keep you wired.
- 9) Do a gentle neck stretch at your desk. Drop your ear to your shoulder and lengthen your tight neck muscles.
- 10) Write down five things you like about yourself or five people who love you. Keep this list close by at all times.