

27

# things to do when you feel sad

IF YOU CAN, GO FOR A WALK. JUST GET OUTSIDE. BREATHE IN FRESH AIR.

READ YOUR BIBLE.

CALL A FRIEND. HERE'S THE THING THOUGH. DON'T CALL A FRIEND AND TALK ABOUT ALL YOUR PROBLEMS. NO. INSTEAD CALL A FRIEND AND ASK ABOUT THEIR DAY. LISTEN, ENCOURAGE AND BE HAPPY FOR THEM. THAT HAPPINESS WILL RUB OFF ON YOU.

READ A FUNNY BOOK.

VISIT YOUR GRANDPARENTS.

TAKE SELFIES ON SNAPCHAT.

DO YOUR HAIR AND MAKEUP.

LISTEN TO CLASSICAL MUSIC & RELAX.

READ YOUR KIDS A BOOK.

PLAY A GAME.

READ YOUR JOURNAL.

WALK YOUR DOG OR PLAY WITH YOUR CAT.

BAKE AND GIVE AWAY THE GOODIES TO SOMEONE WHO'LL LOVE THEM!

MAKE A HOT CUP OF COFFEE OR TEA.

GET ON PINTEREST.

CUDDLE WITH YOUR HUSBAND OR SIGNIFICANT OTHER.

TAKE A NAP.

EAT DARK CHOCOLATE.

WATCH A COMEDY.

GO TO THE GYM.

RE-ARRANGE YOUR FURNITURE.

REMEMBER YOUR FIRST KISS.

WATCH A TED TALK.

LISTEN TO A NEW PODCAST.

GO TO A CAFE. TAKE A GOOD BOOK. ORDER SOMETHING NEW.

TELL SOMEONE HOW MUCH YOU ADORE THEM AND WHY.

PRAY. TALK TO GOD. TELL HIM YOUR SORROWS.

*Love More Live Blessed*