

Tips to feeling good

Change is part of normal life but it can be all too easy to become worried or anxious about it and, as a result, miss out on many wonderful experiences.

Although you can't change what 'life' throws your way, your mind has the power to change the way you react to those events. It's a choice you make!

A positive response can influence what life throws back!

To live life to the full, our lives need to embrace and learn from new experiences – good and bad. The knack is not in reacting but learning to respond in a way of your choice.

Try some of these little hints and tips to start to live life to the full. Pick a day – any day. I guarantee they won't make one weak!

Steve

----- + ----- + -----
MONDAY
----- + ----- + -----

Plan an activity you enjoy, however small, every day and don't feel guilty about doing it for yourself!

Plant some flowers by your front door. Primroses and pansies will smile back at you every time you pass by.

Cut your TV viewing by half and read or listen to music instead.

Go outside and watch nature change, whether you're moving into spring or autumn it's a beautiful time of year. Listen, smell, touch and even taste that new season.

Wear brightly coloured socks and see how they boost your mood and make you smile! They cheer everyone else up, too.

----- + ----- + -----
TUESDAY
----- + ----- + -----

Find something to laugh about every day. It will boost your circulation and flood your body with feel-good hormones.

Sit down and analyse your moods. Identify when you turn to the biscuit tin for comfort and only eat when you're hungry.

Learn to like yourself and appreciate the many good things you've done and do on a daily basis.

With a new season underway, clear out your wardrobe and get rid of anything you haven't worn or is worn out. Even old favourites!

Find a positive statement and repeat it to yourself:

***"I can handle it"* is a good one to start with.**

----- + ----- + -----
WEDNESDAY
----- + ----- + -----

Plan an outing, weekend away, or short holiday somewhere new. Even if it's just a different restaurant or coffee bar.

Contact a Stitchlinks member in another country or on the other side of the world. Find out about where they live.

Tell someone special how you feel about them. Don't let them feel 'taken for granted' – give them something to smile about.

Say 'Yes'. We can get into the habit of saying 'No' to everything when we're feeling low. Try saying 'Yes' and you never know what opportunities it might open up

Buy a bunch of fresh flowers. A bunch of daffodils always lifts my spirits – they're a way of brushing away the winter blues.

----- + ----- + -----
THURSDAY
----- + ----- + -----

Try something different once this week. Work up to trying something new every day. Experiment with breaking routine. Become a rebel!

Make a personalised card for a friend or someone you love. A specially made card says it all!

Start making small changes to improve your life and grow with every day. Begin to take control

*When someone asks you how you are, smile broadly and say **"I feel great, thanks."** It works wonders – try it.*

Take time over food and enjoy every mouthful – eat slowly.

----- + ----- + -----
FRIDAY
----- + ----- + -----

Play a game with a child and learn to laugh again.

List the things you'd like to do, cross off the ones that are impractical like getting down to a size 8 and walking the Paris catwalks, then make the others happen.

If there's something you hate doing but have to, organise a treat in advance so you look forward to this

Let your imagination wander and think about designing your own knitting and stitching projects.

What would you love to do?

----- + ----- + -----
SATURDAY
----- + ----- + -----

Have a pedicure and paint your toenails a vibrant shade of red!

Plan a picnic and ask the neighbours along. If there's someone new in your neighbourhood, ask them, too.

Look for the solution in every problem not at how it will stop you achieving what you want.

Spend your evenings doing something that enhances your life such as learning a new skill or chatting to friends.

Learn to dance. It's a great, fun way to do some bone-building, exercise and meet new friends.

Re-evaluate your priorities in life. Make a list and put enjoyment right there at the top, with 'chores' at the bottom.

----- + ----- + -----
SUNDAY
----- + ----- + -----

Recognise your daily mood and energy patterns and plan your day so that you exercise when your energy is at its best.

Take stock. We all do things that are bad for our health. This month stop doing one of them.

Be kind to someone else; do a good turn and enjoy the smiles you get in return.

Try another challenge. Use our beginner's guides to learn to cross stitch, knit and crochet and alternate between the three.

Start a notebook and jot down everything good that happens to you every day. Read it if you're feeling low. Start it this evening