

10 Instant Pick Me Ups

We all have days where we feel nothing is going to plan, being late doing the school run, running out of milk and looming deadlines! Everything feels a bit out of control and we feel our stress levels rocketing! On days like this we all need some quick fixes.

10 Simple Instant Pick Me Ups!

Brush your hair.

Put some of your favourite perfume on.

Listen to some happy and uplifting music.

Go for a 10 minute walk (even if it is raining!).

Light a candle.

Make your favourite hot drink and watch the world go by for 10 minutes.

Write a short note to a friend and post it.

Think of 5 things to be grateful for.

Have a good stretch (you will be amazed at how much stress you carry in your body).

Think of some motivating quotes, one of my favourites is "Every day may not be good... but there's something good in every day" Alice Morse Earle