

Robin's Ideas for Having a Great Day

1. Before you get out of bed in the morning:
 - a. Take three deep, slow belly breaths. Start your day with fresh oxygen.
 - b. Think of something you love or are grateful for.
 - c. Order up! Focus your mind on what your intention is for the day.
2. Remember your Q-TIP: Quit Taking It Personally. What other people say and do is about *their* wants and needs, it's not about you.
3. Connect with at least one person every day in a meaningful, uplifting manner.
4. Notice and celebrate your accomplishments. Congratulate yourself any time you remember to breathe and calm down instead of snapping at your child, coworker, or spouse.
5. Drink plenty of water. Hydration supports your energy level and flushes your toxins.
6. Get up and move. Take a five-minute walk. Stretch. Moving your body frequently during the day will help you maintain a better cognitive and emotional balance.
7. Listen to music that inspires you. Choose songs that move you to laughter, smiles, tears, or any emotion that is *real* for you.
8. Fill your days with gratitude. Make a list of what you are grateful for, and put that list where you can see it easily. Make it a regular habit to be grateful.
9. Stop engaging in conversations that trigger your survival brain. Steer clear of shaming, blaming, and complaining. Reroute or disengage from conversations that include criticizing, comparing, or recycling disappointments. Stop initiating or participating in put-downs or snide remarks, gossip, whining, or angry outbursts. Don't energize the drama.
10. Focus on what you *do* want rather than what you *don't* want. Remember, your brain does not process negatives. Replace what you don't want with a request for what you do want – in your own mind and in your conversations with others.
11. Laugh! Who makes you laugh, chuckle and grin? Include contact with them or thoughts of them often.
12. If your children are upset, use *your* breathing to calm their difficult moments. When you are breathing fully and easily, you can parent consistently and calmly.
13. Feel your feelings - but act from your values. Remember, you can have strong and uncomfortable feelings and still choose behaviors that are in alignment with your values.