

15 Ways to Quickly Shift Your Energy and Ease Overwhelm

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1. Listen to a favorite song or CD
2. Cross one thing off your to do list (*without doing it*) and shout *Woohoo!*
3. Go outside and take a walk
4. Write down 3 things you're grateful for
5. Crisscross and wave your hands in front of your body (really works)
6. Read an inspirational passage or poem
7. Watch a funny video or your favorite comedy show
8. Get silly – make funny faces in the mirror
9. Put on some music and dance
10. Play with your pet
11. Attend a Zumba class
12. Go for a bike ride
13. Tap your feet and create a rhythm (*feeling adventurous – add your hands*)
14. Doodle away using colored pencils or pens
15. Lighten-up . . . smile . . . be playful . . . have some fun!



BONUS Tip:
Physical movement shifts energy quickly!