

THE “SHIFT” LIST

Listen to music playlist
Go to lunch with friends
Take a nap/go to bed
Eat good (for you) food
Exercise
Listen to Ted Talk or podcast
Attend motivational/self help class
Watch a funny/happy movie
Read or listen to a good book
Use essential oils
Play with your pet
Cleaning project
Sing
Yell
Cry
Dance!
Yoga
Stretch
Write in your “barf” journal (do not edit)
Gratitude journal
Organize a drawer or cupboard
Get some sunshine
Play an instrument
Serve someone
Get a massage
Get a pedicure
Cook
Call a friend
Create something
Ponder
Get a blessing from clergy
Pray
Go for a drive
Meditation
Clean out closet and donate clothes to a charity
Write a “Thank You” note

Play
Connect with a child
Deep breathing exercises
Go for a bike ride
Go for a walk
Read inspirational quotes/books
Bath (w Epsom salt, oils, soda...)
Gardening
Walk barefoot on grass
Look at old photos
Make a To-Do list
Foot zoning
Go to therapist
Supplements or medication
Connect with my kids
Hike in the mountains
Study or research a topic of interest to you