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18 Ways to snap yourself out of negative emotions and feel better NOW!

We all have days where we feel like absolute crap. However, feelings are temporary and they can change. Print this list off and stick it up on your fridge or somewhere you'll see it regularly, as a reminder for how to snap yourself out of a funk easily and quickly.

1. Play with your kids.

2. Play with your pets.

3. Change your posture.

When we feel negative our posture gets all slouchy. Sit upright, stand tall and walk with your eyes looking directly in front of you or above you.

4. Watch your language.

Are you constantly using negative wording?

Instead of saying things like "I'm feeling really, really bad right now," try changing it to "I'm really, really not feeling good." You're essentially saying the same thing, but in a totally different way – and you're tricking your brain to hear "good" instead of "bad."

5. Go for a walk in nature and look up at the sky.

There are no answers down there on the ground.

6. If you live near the beach, then go there.

Dip at least your feet in the salt water. Salt water is a powerful transmuter of negative energy.

7. If you don't live near the ocean then head to your nearest body of water.

A stream, lake, pond etc.

8. Write a list of 3 things you are grateful for.

Write more if you can.

9. Distract yourself with something fun.

If you aren't sure what to do, write out a list of what you find fun to do and stick it on your fridge as a reminder. Keep adding to it when you can. During times of burnout and depression I struggled to remember what I found fun to do, so think about what you find fun to do when you do feel good, and start there.

10. Do some exercise.

A gentle walk, jog, yoga, weights, a swim – whatever works for you, even if it's only a 10-minute stretch.



11. Drink a couple of glasses of water.

It helps release toxins and clears up a foggy brain.

12. Watch a funny movie or some comedy.

13. Call or catch up with a friend.

14. Shift your focus.

Where attention goes, energy flows. Whether we believe it or not, what we choose to think about is totally within our control. Turn your thoughts to something in your life that makes you feel good, and stay focused on that for as long as you can. Be easy on yourself if you find yourself drifting back to the negative, just keep reminding yourself to shift your focus back again to what makes you feel better.

15. Ask yourself the question, “what’s one thing I can do right now to make myself feel better than I do right now.”

Then go and do that thing – no matter how tiny the step is, it's in the right direction.

16. Hug someone you love.

It's a powerful way to release feel good chemicals in the brain.

17. Meditate.

Meditation isn't about trying not to think, it's about just relaxing your brain a bit and focusing on your breath. Search in YouTube for some guided meditations.

18. Do EFT (Emotional Freedom Technique) – also known as tapping.

- Click here for an explanation of what EFT is.
- Click here to do an EFT sequence on reducing fear and worry.
- For other EFT videos simply go to YouTube, and search for EFT then add a keyword of your choice e.g. EFT depression, EFT anxiety, EFT fear. There are thousands of amazing EFT videos on YouTube. There's a guy called Brad Yates who is an amazing EFT practitioner, so I tend to search for EFT Brad Yates, then whatever keyword I need on the day.

I hope this list helps you. I'd love to hear any feedback on how it worked for you – you can email me at carly@coachcarly.com or contact me on my Facebook page or at www.coachcarly.com.

Catchya on the flip side, sending you much love, health, healing and happiness.

Regards,

Coach Carly xx

