

THE RIGHT FAUCET

“You can turn that (negative) faucet off whenever you want to.”
says Lloyd, a seasoned cowboy, to his young counterpart, Jimmy,
on the hit western TV series “Yellowstone.”

HERE ARE 20 WAYS TO TURN ON THE HEALTHY FAUCET IN YOUR LIFE:

1. Close your eyes and take a deep breath. Call it a mini-vacation.
2. Say no. Practice saying: No. Not today. I’m busy. My calendar is full.
3. Walk for 10 minutes to get the mail or to check the weather.
4. Read a joke, watch one funny clip a day or just laugh at yourself.
5. Do something that makes you happy, really. Doodling counts.
6. Eat good stuff that your body will thank you for.
7. Be unexpectedly nice to others. Anonymous good deeds count.
8. Make a good night’s sleep a priority.
9. Learn something new in a book or take an online tour.
10. Plan your week to schedule quality family/friend time.
11. Be thankful for who you are and where you’re at today.
12. Make your surroundings more serene – scented candles are nice.
13. Wear clothes that make you happy.
14. Zoom or meet with a professional if you need to talk to someone.
15. Replace screen time with hobby time.
16. Listen to music you like and dance (in your head if you need to.)
17. Limit your time watching the news – a little goes a long way.
18. Remember it’s not your business what anyone else thinks.
19. Travel. It’s always nice to see a new perspective.
20. Be your own best friend and take care of you.

