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Ten ways to get rid of the “grumpies”!

We all have moments where we feel frustrated, angry, and uncaring. This list will help you when those moments turn into minutes, hours, and eventually days, when you find yourself in a negative funk - an ongoing grumpy mood. Try some of these techniques to reverse the trend:

1. **Begin each day by reading a positive quote.** Buy a daily calendar each year with positive quotes. Sign up to have them land in your e-mail inbox.
2. **Focus on the positive. End each day by thinking about three things that went well.** If you start thinking about what did not go well, refocus on the positive until you have at least three optimistic, encouraging and constructive thoughts. Then go to sleep!
3. **Think about what you love best in the person you love the most.** Write a quick note or just call and tell that person, for no other reason than to let them know.
4. **Take a few ten-minute breaks during the day, each day.** It is easy to feel guilty about not getting something done. Taking a brief break IS getting something done, and it will help make you more productive. Look out the window, take a quick walk outside, or just walk down the hallway.
5. **Drink a glass of cold water first thing in the morning—even before your morning coffee.** Most of us don't take in enough fluids, and this will help your energy level as you begin your day.
6. **Turn off the news in the morning.** Turn on some nice music instead—something relaxing but not too slow. You do not want it putting you back to sleep! Listen to a smooth jazz station, as an example.
7. **Take a different route.** On your way to work or when you are running errands, look to see what is different than the last time you went that way.
8. **Write and send one thank you note each day,** for no other purpose than to just say thanks. If you are a business person, do not include your business card—you don't want it to come across as a marketing technique focused on you.
9. **Tally your negative thoughts for five days.** Now, make it a goal to have an equal number of positive thoughts each day—for the next five days, record only the positive thoughts, as a start.
10. **SMILE when you greet people - at work, in a store, wherever!** It is really hard to stay in a bad mood when you are smiling and someone else is smiling back.

We are all attacked by the “grumpies” occasionally. Put these ten tips to work, and before you know it, you will be back to your normal, positive self!

Keynote and workshop presenter, Becky Hooman works with people who want to look at what satisfaction truly means to them so that the decisions they make and actions they take lead to genuine fulfillment. Contact her at becky@beckyhooman.com or 412-580-1486. You may also want to visit her website, www.IncreaseYourReturnOnLife.com.