

5 Ways to Lift Your Spirits

From the Abundant Entrepreneur website, here are 5 simple things you can do to lift your spirits in 10 minutes or less:

1) Feed your ears with inspiration

Listening to energizing music is hands down the fastest, easiest way to elevate your mood. Put on one or two of your favorite songs and you'll be surprised how quickly you start to feel more positive about your day...

2) Invite positive people into your space

One of the best ways to pull yourself out of the doldrums is to spend a little time with someone who has an abundance of positive energy...

Check out TED.com or search for 'inspirational video' in YouTube for a great selection of free content you can choose from.

3) Laugh it off

Laughter is one of the most immediate, effective antidotes for a heavy mood.

Laughter and smiling releases endorphins, the 'happy hormones' produced in the brain that are widely regarded as nature's cure for the blues...

4) Beautify your space

Eckhart Tolle writes that flowers are 'ethereal messengers from the spiritual realm,' and that gazing at one reminds us of our oneness with all life and that there is peace in the present moment...

So why not exercise some self-love and treat yourself to a nice bouquet. Put them in an area of your home or office where you can see them and you'll be surprised how a few delicate buds can lift your spirits.

5) Gain some perspective

If you're feeling a bit down, it's important to be gentle with yourself.

Instead of making yourself wrong, remember that the ebb and flow of emotions is a part of the human experience. Take a deep breath and tell yourself that this emotion too shall pass.

Giving yourself the freedom to experience how you feel can often be the key to releasing it."

Source: abundantentrepreneur.com

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