



10 THINGS TO DO WHEN YOU DON'T FEEL LIKE "LOL" ING

1. **BE PROACTIVE:** Do something you know you have enjoyed in the past that is healthy and good for you: a bubble bath, walk on the beach, check a favorite book out of the library, watch a favorite comedy movie or go to a comedy drama production, read a joke book or joke page online (the clean ones only).
2. **BE RELATIONAL:** Call a friend—or your mother! Mail a connection with someone you love and that loves you: your husband, son, daughter, mom, dad, sister, brother, in law, friend or mentor.
3. **BE PRODUCTIVE:** Work! Often accomplishing something will help you feel better about yourself or life.
4. **BE ORGANIZED:** Spring cleaning or revamping the drawer and closet can be cathartic. A fresh start can come with fresh, clean surroundings. We know, it's hard to believe cleaning house might make you feel better—but it can!
5. **BE ACTIVE:** Exercise releases endorphins and you will feel better about life (and about yourself) after working out.
6. **BE A MODEL:** Do a personal make over. Go to the mall and have a free makeup makeover at the cosmetic counter of a department store or invite a friend over and have her mix and match your wardrobe for some new looks.
7. **BE RELAXED:** Have a spa day (at a spa or at home). Give yourself a facial, manicure, pedicure or sit in a Jacuzzi. If you have funds, splurge for a massage at a reputable spa or health club.
8. **BE SMART:** See a doctor, counselor, member of the clergy or health professional. Attack the blues from all sides: get checked out physically, emotionally and spiritually to find the root of your depression or grief.
9. **BE A KID:** Enjoy something you used to love: a banana split at the ice cream store, fly a kit, skate, swim, dance, or take the dog for a walk or curl up with the kitty.
10. **BE REFLECTIVE:** See if you can trace you blues back to a wrong decision you made then correct it. Get out of that sin, move yourself out of a toxic dating relationship, tell the truth, or say "I'm sorry". Obedience to God's plan brings more joy than words can tell.

Adapted from [LOL with God](#) by Pam Farrel and Dawn Wilson
(*Focus on the Family/Tyndale*)