Motivational Ideas

Us Area Officers know that at times you may encounter some stressful situations. With the help of District 5, we have comprised a few tricks of trade to do when you become overwhelmed/stressed. If you need anything, don’t be afraid to contact us ☺ we hope you guys have an amazing year!!

* Evaluate the situation and the positive options you have available to you.
* Just Laugh, it helps many problems in life and always refreshes your soul.
* Terminate the negative things that may be holding you back.
* Pray about your situation, don’t be afraid to really open up.
* Take a few deep breaths, letting some fresh air in might help clear your mind.
* Think about what a new day and new start tomorrow brings.
* Go have a nice breakfast/lunch/dinner with the people who make you happy.
* Talk about it to your family and friends.
* Maybe a nice nap is what you need, this allows your body to rest and rejuvenate.
* Think about the goal, although you may be having a tough time try to think about why you are here and what are you trying to accomplish.
* Sing!! Put on some music and just sing your heart out or break some dance moves.
* Use your situation as motivation for someone else, you never know who is watching you and looks up to you.
* Simply walking away may just work. Some situations cannot be fixed right away.