

A photograph of a wooden deck with a white railing, overlooking a calm ocean under a blue sky with light clouds. The deck is made of weathered wooden planks, and long shadows are cast across it. A large blue rectangular overlay is centered on the image, containing white text.

Simple

MINDFULNESS

3 Simple Steps to Get Out of a Funk

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Step 1: Accept that you're in a funk

- It happens to everyone and it's OK.
- Don't resist it - what you resist persists
- Pause to breathe into the feelings.

Step 2: Notice your daily habits

- Remember: How you do one thing is how you do everything.
- How do your daily and weekly thought and action habits contribute to your funk?
- Little things matter, especially when practiced daily (for good or for bad).

Step 3: Tweak your habits

- Big changes are tough. How can you tweak your daily habits to add a little more joy to your day?
- How can you do things a little differently so you're more mindful as you do them?
- How can you gently challenge yourself to push the confines of your comfort zone each day?

Bonus Step

Notice how your existing habits and your new additions make you feel. If they don't make you feel good, the grey cloud of the funk will persist. Ultimately, we all want to feel good. You deserve it. How can you tweak this process to feel good about what you're doing every day?



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Learn More

Learn the simple steps for using mindfulness to add more happiness to your life.

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