

STEPS FOR RECOVERY

Ten tips to boost happiness, health, and confidence! By Celeste T.

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On the road to a healthy lifestyle we strive to maintain a routine that enriches our lives and uplifts our spirit. You can have a positive mental attitude and appreciate all the little things without it costing an arm and a leg. Get motivated, get fit, and find the strength to enjoy your life.

Whether overcoming stress, addiction, or emotional challenges it is important to find ways to take action every day to create a healthier, happier you. When you need to escape for an hour or just a few minutes, try one of these tips to put a smile on your face and inspire you on your road to recovery.

Escape into a Postcard Sunset

There is something magical about a beautiful sunset that just melts

your worries and takes your breathe away. Find a great view and indulge in a postcard perspective at sundown. Discover the beauty of the moment and reflect on the things that make you feel grateful. Breathe in tranquility, breathe out tension and leave feeling peacefully relaxed.

Rock Out

There is nothing like singing along to your favorite song without a care in the world.

Work out your vocal chords in the shower, car, or where ever you feel totally comfortable.

Let yourself go and really get into the song. Imagine that great sensation after performing your best rendition of that rock album, 80's classic, or oldies tune. Do a whole concert just for yourself and have a great show. It can help uplift you and charge your confidence.

Pamper Yourself

Sometimes we need to take time out to give ourselves a little extra love. Get some guilt free time to pamper yourself, whether it's a new haircut, fresh shave, spa day, mask, or massage. You can start simple at home by moisturizing from head to toe, while being thankful and appreciative for each body part. Take a moment to fall in love with you and notice your best attributes. Honor your body and count your blessings with a consistent regiment of pampering yourself for a modest budget. It can boost yourself esteem and have priceless benefits.

Who's the Comedian?

You know what they say a good laugh is nature's best medicine.

Catch your favorite comedy sitcom or pop in the Stooges or a Lucy episode.

If you feel like going out try a comedy night or stand up show.

Learn a few new jokes and try them out on your friends. See if you can get a few complete strangers to crack up at the grocery counter or while waiting in line.

Laughter is contagious so always look on the bright side of life!

Tap into your Inner Athlete

Play your favorite sport from High School even if you are not tackling touchdowns you can enjoy a favorite past time with family and friends. Channel your inner jock and try out a game of volleyball, basketball, baseball or tennis. Do not take the game too seriously just go out and have a good time. The endorphins you release will put a smile on your face while you get a great workout and make some fun filled memories.

Give the Gift of Compliments

Genuine compliments can brighten anyone's day and not just the recipients. Being generous with day to day encouragement can have a chain effect in a big way. Authentically noticing someone's hard work, extra effort, or consideration and complimenting them on it lets them know they are appreciated. Random acts of kindness come in many forms and compliments are big gifts in small packages. Find the beauty in each person you meet and count the smiles all day long.

Get Cultured

Discovering interesting facts about new cultures is a great way to expand your horizons. If you aren't accustomed to visiting museums, theaters, or art galleries pick one day out of the month to visit a cultural event. It is inspiring to see artists doing what they love and expressing their creativity. You might uncover a hidden talent or passion by exploring artistic avenues outside your normal routine.

Do a Lap

Get a surge of energy by stretching then walking, jogging, or running a lap around the block. Change up the scenery and run around your local park. Just ten minutes a day can have a great results by boosting cardio, improving flexibility and burning calories. You can get a whole lot of satisfaction from a quick little lap.

Find your Main Squeeze!

When was the last time you made a glass of fresh squeezed juice and enjoyed the simple things in life? Take a break and try something fun, nutritious, and rewarding! Fresh pressed juices have enzymes, vitamins, and antioxidants that are extra potent when consumed right away. In just a few minutes you can savor the gratifying fruits of your labor with a healthy treat!

Zen State of Mind

Take the time to relax and align your spine with your mind. Find harmony by turning inward for some quiet self exploration. Allow yourself to clear your mind, judgment free, center and find peace in the moment. Imagine a serene place that makes you feel comfortable and surrounded in beauty. Take slow deep breathes and just let time float by so your body can experience the calming tranquility.