

50 Things You Can Do to Nurture and Balance Your Emotional Energy

It's so easy to get our energies out of balance in this 24/7, 75 MPH world we live in.

Here are some ideas, most of which you could have thought of yourself, that will benefit you... but only if you do them. The good news is you don't have to do all them, just the one that speaks to you today!

1. Bathe your emotions in light. It's the greatest disinfectant.
2. Beautify something.
3. Breathe energy into your entire body. Exhale negativity.
4. Breathing exercises. Rapid breaths, slow ones, holding your breath, belly breathing, chanting.
5. Call a friend you haven't spoken to in a while.
6. Consciously balance your energies — inner/outer, past/future, feeling/doing, work/play, etc.
7. Do something fun, like playing a game, dancing or going to a movie.
8. Eat something healthy with a friend.
9. Exercise for an hour.
10. Experiment with candles, incense, essential oils, and spices — awaken the senses.
11. Float in a float tank for an hour. Where nothing happens.
12. Get a massage.
13. Get 7-8 hours of sleep.
14. Get a tuning fork, chimes, or music bowl... and stay in tune!
15. Go by or in the water.
16. Go to an art museum or history museum.
17. Ground yourself — walk barefoot on the earth.
18. Grow something.
19. Have a glass of cool, fresh, water.
20. Hug a tree... and stay for a moment... trees move slowly.
21. Increase your heart rate variance (lowest rate at rest vs highest rate moving full speed).
22. Journal your thoughts, wishes and desires.
23. Laugh... for no good reason.
24. Like... or even Love people before you meet them.
25. Listen to nurturing music. My favorite is <http://www.radioswissclassic.ch/en>
26. Meditate. Even if for 5 min.
27. Paint or color something...or somebody!
28. Play with a kid or an animal.
29. Read a fiction book.
30. Reduce sugar and caffeine intake.
31. Say heck NO to doing something.
32. Simplify something.
33. Sit in the reading room at the library.
34. Sit in an empty church.
35. Spend 15 minutes thinking about a wonderful future.
36. Spend 15 minutes thinking about the things you are grateful for.
37. Start the day off right.
38. Take a hike in nature.
39. Take a month off. Yes, a whole month.
40. Take at least a 30-minute lunch and breaks at least every two hours.
41. Take a long bath.
42. Tell a good joke.
43. Treat yourself to an ice cream cone.
44. Try tapping (Emotional Freedom Technique).
45. Turn off or at least limit TV and social media use.
46. Volunteer at a daycare or senior citizen center.
47. Walk 20 minutes in silence.
48. Watch a great comedy.
49. Yoga, it's good for you!
50. Your favorite activity I failed to mention!

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