

# YOU'RE NOT OK?

## Essential questions to ask yourself before giving up.

by TheLawOfAttraction.com

### 1 ARE YOU HYDRATED?

If not, have a glass of water.

It is recommended to drink eight cups or two litres of water a day. When we don't consume enough, all kinds of issues start to occur!



### 2 HAVE YOU EATEN IN THE PAST THREE HOURS?

If not, get some food. Mounting evidence says that omega-3 fatty acids (found in abundance in fatty fish) may help ease depressive symptoms.

Other foods that will boost your mood and energy are: Chocolate, Bananas, Coconut, Eggs, Lentils, Ginger Tea.



### 3 HAVE YOU STRETCHED YOUR LEGS IN THE PAST DAY?

If you don't have the energy to go for a proper run, just go for a walk. Even if it's a short one. You need some exercise. And if the weather is bad - drive to the closest shopping mall and walk around it for a bit.



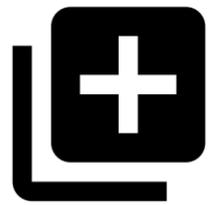
### 4 HAVE YOU CUDDLED A LIVING BEING IN THE PAST TWO DAYS?

Don't laugh. Hugs are very important. One respected family therapist once said: "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth. So go and give someone a hug".



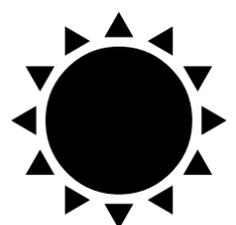
### 5 HAVE YOU SEEN A THERAPIST IN THE PAST FEW DAYS?

If not, make an appointment to go see one to talk through things with him. If you do not have a therapist or do not want to see one, just talk to your friends or family members.



### 6 IF DAYTIME: ARE YOU DRESSED?

If not, go get dressed. Sweatpants and a dirty t-shirt don't count. Wear something clean and nice. When you look better on the outside you will start feeling better on the inside too.



### 7 IF NIGHTTIME: ARE YOU TIRED BUT RESISTING GOING TO SLEEP?

Set up a bedtime routine. Take a hot shower, put on clean pajamas, turn off the TV and other electronic devices, read a book for 15 minutes and then close your eyes and try going to sleep. If you are still awake after 30 minutes, you can get up again - no pressure.



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## HAVE YOU SAID SOMETHING NICE TO SOMEONE IN THE PAST DAY?



If not, do so. Better to do it in person, but if that's not an option you can always do that online. Send someone a nice text or a Facebook message right now.

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## HAVE YOU OVER-EXERTED YOURSELF LATELY – PHYSICALLY, EMOTIONALLY, SOCIALLY, OR INTELLECTUALLY?



If you have, the important thing is to give yourself a break in that area. Avoid the "I Just Need To Work Harder" trap. Take a break and just relax. And remember, be kind to yourself, you are doing the best you can.

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## IS A SPECIFIC PERSON MAKING YOU UNHAPPY?



Often we assume that we are sad in general. But it is crucial to understand when there is particular reason for our unhappiness. If you have identified that you are upset because of one specific person, you need to do three things.

- 1) Realize that the rest of your life is great
- 2) Confront the person and make them understand that they are upsetting you
- 3) If nothing changes, consider cutting that person out of your life.



## WHAT IS TRULY HOLDING YOU BACK IN LIFE?

We all have that 'one thing' that is getting in the way of us living the life we really want, However sometimes it can be hard to see what it is...

To receive a free personalized report on what is stopping you from manifesting a better life, take this free 60 second quiz.

START CHANGING YOU LIFE RIGHT NOW - TAKE THE FREE QUIZ

## STAY STRONG! HERE ARE SOME QUOTES TO HELP YOU THROUGH THESE TOUGH TIMES.

“When you are going through hell, keep on going. Never never never give up.” – *Winston Churchill*

“Just think how happy you would be if you lost everything you have right now, and then got it back again.” – *Frances Rodman*

“Challenges are what make life interesting and overcoming them is what makes life meaningful.” – *Joshua J. Marine*

"Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you've ever imagined." – *Dr. Seuss*