**30 Short Tips: Healing After a Crisis**

1. Instantly calm the mind with deep abdominal breathing exercises.

2. Ask yourself “Will this matter in 5 years?” when trying to minimize stress. Putting your troubles into perspective can help you stop sweating the small stuff.

3. Take time to declutter the home or workspace. A cluttered space equals a cluttered mind.

4. Take a cold shower in the morning. This helps to build discipline while helping you feel energized for the day ahead.

5. Accept the things you cannot change and focus on what you can.

6. Don’t judge yourself for feeling negative emotions. The more you tell yourself you shouldn’t be feeling a certain way, the more guilt and shame it adds to the emotion.

7. Learn to recognize the physical symptoms of negative emotions. For example, anxiety is often first identified when your chest tightens, and your breathing becomes faster.

8. Write a letter to your inner child. If you’re healing from trauma, you can apologize in the letter for anything you feel you could have done differently.

9. Always listen to your feelings. They can help you to understand and control your reactions.

10. Get out into nature. The fresh air and natural sounds and smells can do wonders to boost your mood.

11. When you feel super-stressed, throw on some relaxing and soothing music.

12. Even when you don’t feel like it, make an effort to smile more. This will instantly boost your mood.

13. If you’re struggling to heal from a crisis, volunteering is a great idea. Helping others can help you overcome your own negative thinking and feelings.

14. When you need a little pick me up, affirmations can be effective.

15. Learn to move on from trauma by writing a daily gratitude list.

16. To find hope in a situation, think of past negative situations you thought you wouldn’t get through. Realizing that you made it through will provide hope for your current situation.

17. To remain positive in uncertain times, it’s important to surround yourself with positive people.

18. Find a role model. By watching how they handle tough situations, it can inspire you.

19. Reinvent yourself. It’s never too late to decide who you want to be and how you want to act.

20. Let go of the things that no longer serve you and surround yourself with the things that do.

21. Embrace who you are and how you are handling the situation. It’s not going to help you to wish you were better or different.

22. If you’re struggling to move forward, set yourself small, achievable goals.

23. Try and find joy in everything you do. It may be difficult at first, but you’ll soon start identifying more positives in each day.

24. Don’t be afraid to confide in friends and family during a time of crisis. Emotional support is crucial.

25. Exercise is a great tool you can use during difficult times. It boosts the mood and ensures you stay healthy.

26. Always focus on the present. You can’t change the past or control the future. The only thing you can change is how you feel right now.

27. To avoid further emotional distress, make sure you take care of your finances during a crisis.

28. Learn to appreciate the little things in life. When you see the good in even the smallest of things, it helps create a positive, happy mindset.

29. Use additional downtime to grow professionally and personally.

30. Make sure you have plenty of time to relax. You should set aside at least 30 minutes a day for a little “you time”.