

Monday Motivators!

It's Okay to Feel Blue

Dear Monday Motivators!

As you know I had a fantastic 60th birthday filled with company for 5 days, celebration, festivities, laughing and loving. My last guest left my house this past Wednesday; my sister, Gina, from California. I noticed feeling a bit let down as the past few days came and went. And this past weekend, I was feeling a bit sad—somewhat blue. How could this be after having a fantastic week and being so exuberant for such a long time? I felt lonely as I walked around my house telling myself I had chores to do and some Office Dynamics tasks. But my heart wasn't in them. I also noticed I was missing my husband, Dave, a lot.

Instead of forcing myself out of my funk, which I knew was not a reality because my heart and spirit wasn't in it, I did a few things that I knew would make me feel somewhat better such as going to the gym, having dinner at my daughter's house, and seeing my grandchildren.

While I often talk and write about a positive attitude and try to motivate all of you with Monday Motivators, I am realistic about everyone feeling "blue" sometimes. I want you to know – it is ok! I tell myself, "It is ok that I feel this way; it is ok to feel sad, or lonely, or frustrated. I give myself permission to *not* do anything I don't feel like doing (for a day or two). I will get over it." I also know I can't stay blue for a long time as that is not healthy.

Maybe you are feeling a little bit out of sorts thinking that summer is over and it is time to buckle down. It seems most of the people I have talked with the past month can't believe how fast time is passing and wishing life would slow down a bit. We all know that is not going to happen.

Here are a few ideas for you to consider:

1. It is normal to feel blue for a short time.
2. Go with the flow. The more we fight something, the harder it is for us. That is the same concept with changes that we cannot control. The more we fight it, the harder it is.
3. Do something that lightens your heart.
4. Read something inspirational.
5. Soak in a tub with bubbles or a Jacuzzi.
6. Go easy on yourself.
7. Share your feelings with a dear friend and co-worker. It helps us when we can express ourselves.

8. Exercise.
9. If you have a dog, take a nice long walk.
10. Clean your house.
11. Watch a funny video clip or movie.
12. Eat your favorite junk food! I had a big bowl of popcorn last night and watched a good movie at home.

I hope you have a good week.

Joan