

## Try these 40 Hacks to SUCCESSFULLY Survive & Thrive!

*Navigating holidays & challenging times requires a multifaceted approach.*

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1. Connect with Loved Ones: Surround yourself with support.
2. Practice Self-Care: Prioritize well-being: sleep, nutrition, exercise.
3. Set Realistic Expectations: Manage stress, acknowledge imperfections.
4. Create Boundaries: Protect your time and energy through limits.
5. Seek Professional Support when needed.
6. Practice Mindfulness: Stay present.
7. Express Gratitude: Focus on positives.
8. Volunteer or Give Back: Find purpose in helping others.
9. Plan Relaxing Activities: Schedule joy-inducing downtime.
10. Develop a Routine: Establish stability.
11. Say No: Avoid overwhelm, decline excessive commitments.
12. Journaling: Reflect and gain clarity.
13. Practice Deep Breathing: Manage stress.
14. Set Small Goals: Manageable steps for a sense of achievement.
15. Celebrate Achievements: Acknowledge and celebrate.
16. Create a Support System: Build a network of reliable individuals.
17. Limit Social Media Use: Take breaks reducing negative influences.
18. Embrace Flexibility: Adapt with an open mindset.
19. Healthy Coping Mechanisms: Find positive outlets.
20. Financial Wellness: Reduce stress by budgeting.
21. Learn to Forgive: Release resentment for personal peace.
22. Educate Yourself: Understand challenges and explore solutions.
23. Positive Affirmations: Boost self-esteem with positive self-talk.
24. Connect with Nature: Rejuvenate and gain perspective outdoors.
25. Prioritize Sleep: Support health with adequate rest.
26. Read Inspirational Material: Find motivation.
27. Engage in Creative Outlets: Express yourself.
28. Stress Management Techniques: Time management.
29. Stay Hydrated: Overall well-being.
30. Practice Empathy: Foster positive connections.
31. Take Breaks: Recharge, especially during busy times.
32. Healthy Technology Boundaries: Limit screen time, not in bed.
33. Create a Supportive Workspace: Enhance productivity.
34. Engage in Laughter: Find humor in situations.
35. Learn from Challenges: View difficulties as opportunities.
36. Attend Social Events Mindfully: Positive mindset approach.
37. Practice Time Management: Organize tasks.
38. Stay Curious: Explore new interests and ideas.
39. Nourish Your Body: Support physical and mental health.
40. Cultivate Hope: Foster optimism amidst difficulties.

Remember, implementing even a few of these strategies can contribute to significant positive changes in challenging times.

**Need more help? Contact me!**

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