

# Thoughts Become Things

## “Things” to Consider:

- 1) Drink lots of water and green tea.
- 2) Eat a **BIG** BREAKFAST, an **average** LUNCH and a **tiny** DINNER
- 3) Eat fruits and vegetables (natural foods).
- 4) Go for a walk or ride a bike.
- 5) Read a book.
- 6) Go to bed earlier.
- 7) Identify negative thoughts and replace them with kinder ones.
- 8) Don't get stuck dwelling on the past, be a forward thinker.
- 9) Enjoy the little/simple things of life.
- 10) Refuse to compare yourself with others.
- 11) Avoid shame and blame.
- 12) Meditate, pray, sit and choose to enjoy quiet moments.
- 13) Avoid procrastination (checklists help).
- 14) Reduce your intake of sugar, processed foods.
- 15) Stretch daily to increase circulation and flexibility.
- 16) Listen to music.
- 17) Choose to dwell in a tidy space. Environment influences mental and emotional health.
- 18) Wear clothes that are comfortable.
- 19) Remind yourself that “this too shall pass” and “I will survive and thrive”.
- 20) Go outdoors, smile, take a deep breath and say to yourself, “ I am PROUD of you”.

Sincerely, *Carlo Griseta*  
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\* Consider Visiting [www.griefshare.org](http://www.griefshare.org)

(under “find a group” tab, enter zip code to discover FREE online or in-person support groups in your area).