

GOT STUCK?



1. Get all your thoughts out on paper then throw it away
2. Deeply inhale some essential oil
3. Leave the room you're in and close the door
4. Do 5 push ups / air squats
5. Alternate nasal breathing
6. Blast music
7. Do a REBEL PAGE
8. Walk outside
9. Force yourself to laugh
10. Take a hot / cold shower
11. Watch baby goats
12. Mediate / get out in nature
13. Scream "F*CK" 5 times into a pillow
14. Epsom salt bath
15. Do some herbal therapy
16. Assess levels of hunger, thirst and fatigue
17. Watch funny internet videos
18. Look at stupid memes
19. Enjoy 1 adult beverage
20. Spend 10 minutes cleaning
21. Go get some lovin'
22. Take a kickboxing class
23. Twerk
24. Get upside down
25. Do your hair / makeup
26. Start to plan a trip
27. Say "I am grateful for ..."
28. Watch stand-up comedy

55 Ways to *Fight* the Funk



29. Push on acupressure points
30. Play a musical instrument
31. Sing
32. Pull a REBEL DECK card
33. Enjoy 15 minutes of gaming
34. Donate \$10 to charity
35. Watch 10 minutes of sports
36. Send good wishes to someone random
37. Sit with your emotions, feel where it is in your body then breathe that shit out
38. Fill one bag to donate
39. Pick oracle / tarot card
40. Go for a drive
41. Call your bestie
42. Say "F*CK THIS SH*T" and decide to change your internal dialogue
43. Drink a green juice
44. Do 5 Sun Salutations
45. Force yourself to go to a mirror and give yourself a pep talk
46. Just cry
47. Inhale for 5 seconds, exhale for 10 seconds
48. Hug for 15 seconds
49. Go barefoot on the ground
50. Repeat your favorite affirmations
51. Scream in your car
52. Run
53. Listen to a motivation meditation
54. Jump up and down or literally shake it off
55. _____

"Get over yourself. Pull your *shit together!*"

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