

24 Tips to Keep Your Spirit Bright

A healthy, happy spirit helps improve both physical and mental health. With it, you'll feel more energetic, positive and ready to tackle whatever comes your way. Most of us find that a bright and cheery outlook is effortless at times, yet other times can be a struggle. The good news is that there are steps that can be taken to foster a healthy, bright spirit more often. See which of these healthy tips for keeping your spirit high make sense for you at this time. Take initiative to brighten your spirit and you're sure to find better health and more enjoyment in life.



'Each morning we are born again. What we do today is what matters most.' -
Buddha

How a Bright Spirit Helps with Weight Loss

A bright spirit can help weight loss efforts by improving motivation and energy. It's much easier to make healthy choices when you're feeling pumped and powerful. A snowball effect happens. You work to improve your outlook and you begin to feel better about yourself. When you feel better about yourself, you're more likely to make choices that improve your life. When you improve your life through healthy choices, you feel better and your spirits are lifted. And soon you are unstoppable.

Take time to invest in the health of your spirit by purposely spending time and energy on those things that lift you up. Some efforts provide an immediate boost, others may be more subtle. Concentrate on those things that make you feel positive, powerful and happy. Here are some ideas to get you started.

1. Move. Any type of movement can have a profoundly positive effect on your mood—even if you don't particularly enjoy the movement itself. Ideally, you will find activities that you enjoy participating in, like swimming, walking, Zumba, bike riding or cardio-drumming. It's the movement itself that elevates feel good hormones in your brain. If you add music and getting together with friends, the benefits are multiplied.
2. Try something new. Take a class, start a hobby, visit a new place, or eat at a new restaurant. Break out of your routine.
3. Light up your sense of smell. Pleasant scents can illicit good feelings, help us concentrate, and be more inclined to help others. Fill your home and perhaps your car with pleasant scents.
4. Meditate. The simple active of quieting the mind through meditation can lessen feelings of depression and anxiety. Guided meditation may be a good way to start if you are new to meditation. You'll find many free resources on the internet to get you started.
5. Fill your world with sunlight. Have you ever noticed what a downer a string of cloudy days can be? If nature supplies the sunshine, then do your best to get out and enjoy it. If not, make your own sunshine with a light therapy lamp.
6. Plan an event. It could be an evening out, a vacation, a day at the spa, or meeting up with friends. If you plan something exciting, you have the boost of anticipation.



7. Give yourself some downtime in order to relax and rejuvenate. Read a book or magazine, sleep in, meditate, or practice yoga. Relaxation helps reduce stress and can leave you with calm energy.
8. Start your day fresh. Think of the positive opportunities the day offers and let go of the mistakes and problems of yesterday.
9. Surround yourself with people you care about. Family and friends can be a wonderful pick-me-up. Stay closely connected to those people who make you feel good. There's nothing like a good laugh or a warm hug to brighten up your day. Schedule regular phone calls and get together so you don't lose touch. On the other hand, limit time with negative energy-sapping people.
10. Sleep is a necessity. When we get busy, it is often the first to go. Get enough sleep and you'll feel recharged and see things with fresh eyes. Do your best to keep your bedtime and waking time consistent. Aim for 7-8 hours a night.
11. Fuel your body right. Whole unprocessed foods are what our bodies need. We



feel better when we choose healthy foods. When our bodies feel healthy and strong, our outlook brightens.

12. Enjoy your food. Eat small portions of high quality and delicious foods. Rather than multitasking, focus on your meal and really taste the flavors.

13. Write down your negative feelings. You'll relieve stress, clarify

thoughts and improve problem solving.

14. Take control. We can forget that we are in control of how we react to the people and experiences we see before us. It's empowering to recognize that we can experience more joy in every day. Refuse to give your joy away.
15. Have a caffeinated beverage. Studies have found that coffee and tea (in moderation) can boost energy and mood.
16. Get outdoors and surround yourself in nature. Take a nature hike. Gaze at the stars. Notice the resurgence of green as spring unfolds. Be in awe of our world.
17. Limit the amount of time you spend on draining activities – watching the news, mindlessly watching TV, playing video games, playing games on your phone, or getting too caught up in social media.
18. Dream big. Goals and dreams keep our spirits bright. Spend at least a little time each day working on making your goals and dreams a reality. Some dreams take decades to achieve and that's okay. Find other like-minded people to share your dreams with. It's through working towards your dreams and goals that you are able to rise above the mundane tasks of life.
19. Surround yourself with music. Music can lift and soothe the soul. It's hard not to feel better when one of your favorite songs is played. Make a play-list of

your favorite tunes and listen daily – while you're getting ready for your day, while in the car, during dinner, and after dinner. You can even take headphones along so you can listen while shopping or waiting for an appointment. Quiet and soulful to positive and up-beat—music can make us happy.

20. Fake it till you make it. Positive emotions have the power to neutralize negative emotions and spur people to take positive action.
21. Forgive and let go. Research has linked forgiveness to improved heart health, less psychological stress, improved physical ability, and even a longer life.
22. Practice gratitude. Every day you encounter people, situations, and things to be grateful for. If you choose to look at life through a lens of gratitude, your spirit will soar. You may want to start and end your day by being thankful for all of the blessings in your life. It is also very uplifting to notice with a thankful heart all of the wonderful people and situations that you encounter throughout the day.
23. Give to others. Throughout your day, be generous with simple gifts such as, a silent prayer, a compliment, a note of thanks or encouragement, a smile, or even a small plant or cut flowers. When you focus on lifting others up, you'll find yourself right there too.
24. Keep you focus on the positive. Our natural inclination is often to give the most attention to the things that are wrong. But we can learn to transform our thoughts to be more positive.



You deserve a healthy mind, body and spirit. There is only so much time in a day-- choose to invest in yourself rather than spend your time on unimportant obligations or draining activities. Use these ideas and feed your spirit on a regular basis. The outlook and attitude by which you approach your day will improve. That outlook determines your behaviors. Those behaviors impact your weight and your health. Go ahead, give it a try and see if you can create a snowball effect.