

# Snapping Out of Your Personal Funk

At some point in your life, you are going to get into a funk. Some call it a rut. Whatever it's called, it's not good, and you probably would avoid it if you could. However, you can get yourself out of the funk by using these tips.

A big way to pick up your spirits is to volunteer to help others. These people are less fortunate than you and have experienced barriers preventing them from getting ahead. By helping them, you can make a difference in their lives. It feels great to know that you had some input into lifting their spirits. That, in turn, will lift yours.

Volunteering will also give you a perspective showing you that your life isn't so bad. It can help you to be grateful for what you currently have in your life. If you have good health and a loving family, everything else is immaterial. It's good to have financial security, but as long as you have the means to produce and help others, you should be able to generate income in one form or another.

Take your family on vacation. That's another great tip to reset your thinking. You don't even need to go far or for a long period. Staying close to home for a long weekend can do wonders for anyone experiencing a slump.

Sometimes, the simple act of forcing yourself to smile can change your mood. Anytime you feel down, try to smile and tell yourself your life is good. It works better than most people believe.

While you want to spend as much time with your family as possible, sometimes you may need to get away and hang out with your friends. Seeking space sometimes is normal. You shouldn't use this to escape problems you may be having at home. But, being with friends can help you when your spirits are low.

Another tip is to spend time by yourself. Your life is busy, and you need some quiet time to give your brain a rest. If you want to incorporate meditation, that is a good way to spend your solitude. Don't expect meditation to work right away. It takes practice before experiencing its benefits.

Don't forget to spend some quality time with your spouse or significant other. Set up a date night at least once a month. Find someone you can trust to watch the kids and go out and have some fun on your dates.