

CURE THE STAY AT HOME BLAHS

- 1) Get outside, even if it is only for 15 minutes. We are meant to be outside and connected to the earth. Trust me, this hippy shit works!
- 2) Buy a plant! Even if it is one from IKEA....throw some leftover water in it once in a while, its not rocket science!
- 3) Move your body, you are strong and are meant to throw heavy shit and run and frolic.....yes I said frolic!
- 4) Repaint your working area....no one likes looking at builders beige or holes in the walls from 10 years ago that you said you would fix 10 years ago. A fresh and new colour even in one room does wonders for the mood and mindset!
- 5) Adopt a pet....not a goldfish, that's not even a real pet!
- 6) Eat your goddamn greens, not the packaged kind. Food doesn't grow in factories
- 7) Call a friend you haven't spoken with in a while....yes an old fashioned phone call. Real communication is a wonderful thing!!
- 8) Pet a Llama...yes a llama. Trust me on this one!
- 9) Be of service to someone or something....even dropping off a bottle of wine to a neighbour
- 10) Lastly, and most importantly, be kind and don't be a dick! 2 rules for life that you can use in all situations, even for those keyboard warriors. I repeat, be kind and don't be a dick!!