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1 take one deep breath just one deep breath can turn down your fight or flight instinct and activate your rest and restore mode got 15 seconds more take another deep breath see how a small action can instantly boost your mood maybe pick a number at random or scan the list for an idea that resonates most with you at this moment text an old friend about one of your favorite shared memories smile even forcing a smile can trick your mind into triggering happy chemicals how to be yourself some people go their entire lives without examining or understanding their true selves they let others tell them who they are they let society determine their goals and dreams it s the easy way out you re not one of those people 1 set personal goals a common problem is lack of direction by setting personal goals you have a clear path and a sense of purpose your personal goals should inspire you to strive for better and they serve as a roadmap for where you want to go whether they cut you down make you feel ugly or incapable tell you you re not good enough or refuse to love you or be there for you the way you would for them let them go tell yourself over and over again that you deserve better and you ll find the strength to walk away surrounding yourself with like minded motivated people can help you feel empowered to achieve your goals if your self esteem takes a blow schedule time with positive friends peers and family members experiencing their positivity can improve your mental well being minimize your negativity and empower you to follow your dreams it s important to know the difference between creating for yourself and for others take time to make the work that truly inspires you 20 simple ways you can make yourself irreplaceable at work by kaitlyn russell updated 6 19 2020 do you usually wait for your boss to drop a project off at your desk or do you take the initiative to start things on your own if you answered yes to the latter we re going to define you as a good worker what s the best job for you to make yourself pee try sitting down and leaning forward which will put pressure on your abdominal muscles and bladder while you re sitting down lay your forearm across your lower abdomen and press gently to increase the pressure 1 start a casual conversation this can be easy as most topics to talk about can be of a recent activities such as a vacation a personal accomplishment or a job promotion remember your topics are limitless you just have to start with one and the conversation will flow there are two primary reasons fear of setbacks and a belief that the journey is too arduous yet we must ponder is anything truly worth attaining effortlessly consider the relationships you cherish with family friends and your significant other they necessitate dedication and effort to thrive but when you make a mistake even a teeny tiny one it can be hard for you not to spiral into negative self talk if you re not giving yourself a chance to go out and interact with sit on the toilet and try to relax use a squirt bottle to rinse your perineum with warm water 3 hold your hands in warm or cold water fill a shallow bowl with warm or cold water and place your make yourself proud give everything 110 it s the extra 10 that everyone remembers here are 12 things that you can do today to make yourself proud 7 ways you can make yourself more hireable this week by megan rabbitt of learnvest updated 6 19 2020 there are certain times in life when it pays to look at what you have

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