

15 Ways to Get Re-Energized

Put the Spring Back in Your Step and the Joy Back in Your Life

In good times, we feel life is an adventure. We have the energy to try new things, meet new people and even take risks. We feel alive and excited to be part of life. But we seem to lose it when things get tough. **It is in that exact moment when seeing life as an adventure is just what we need most.**

Regardless of whether things are going your way or you are feeling anxious and worried, here are 15 ways to get your mojo back, put that spring in your step, reconnect to joy and remember that it is up to each of us to own our happiness.

15 WAYS TO GET RE-ENERGIZED

1. **Reconnect to an old hobby.** Think of something you used to love doing but stopped (for whatever reason). Maybe it's time to start doing it again. Having trouble coming up with ideas? Think back to when you were younger. Look through the closet at the things you used to do but got too busy to do. What used to give you joy that could help you out at this exact moment? Connecting to things that we used to do and love can rekindle joy.
2. **Start something new and exciting.** Sometimes moving past the old to something new can activate greater energy and excitement. Looking for some ideas? Considering crafting, painting, gardening, blogging, playing an instrument, sewing, cooking, baking, running competitively... the list really does go on. Consider watching how-to videos on various activities to help you get started, or sign up for an online class.
3. **Dive deeper into your faith.** Chose two books that will help you expand your belief. Spend more time on your prayer life, focusing on being grateful, happy, optimistic and courageous. Increase your daily reflection time to reconnect to your spiritual inner self or higher power. Journal your thoughts and feelings. Notice how this changes how you see your world.
4. **Get moving.** Exercise moves your blood which helps to activate your body's good chemicals, inspiring feelings of wellness. Start a 1-week challenge of walking, riding, exercising, dancing or other action-based activity. Keep track of your time/distance each day. Set a new goal each week. Engage someone to get moving with, locally or virtually. Or, use your time walking to call people who would benefit from hear from you. Post your "moving" progress chart someplace that is visible to keep it in front of you.
5. **Get back to your roots** – Investigate your heritage and ancestry. Learn about where you came from and what makes your family special. Make time to understand what makes you who you are and then share it with others. Celebrate your unique heritage.
6. **Tune in to Mother Nature's daily greatest show on Earth.** There is always a 24-hour-a-day show going on around you. Clouds, trees, flowers, fruit, grasses, bugs, animals, wind, rain – it's all there for your viewing pleasure. Notice nature. See and celebrate its colors and textures. See wildlife. Look at the large things. Then get a magnifying glass and focus on the small things. Share what you see. Invite others to join you in person (with masks!) or virtually. Share your world and your thoughts with others.
7. **Mentor someone.** You are great at some things that others could benefit from. The way you stay organized. The way you cook, bake or make bread. The way you garden or plant. The way you make money. The way you invent things that make lives better. The way you code or use technology. The way you exercise, train or stay healthy. Not only will you share a great skill or ability you have, but you will connect with others. Even remote connection can empower, invigorate and activate us as we help ourselves and others feel the power of relationships (i.e. being included and belonging).
8. **Join a group of those who share your passion or hobby.** Remembering to maintain social distancing, cycle, birdwatch, read books, listen to music, watch videos, share recipes, tell stories, write poetry, drive vintage cars, garden, write music, perform, build things, speak another language, paint, do crafts or something else that activates your passion(s).

9. **Reach out to old friends.** Go through your phone or address book and list three people you can reach out to each day, just to reconnect, check in, share news and stories and help each other feel valued and included. Come up with a regular schedule of reaching out and making old friends new again.
10. **Do something kind for someone else.** Volunteer, help someone in need, support a charity, help a neighbor. Make a point of doing at least one nice thing for someone each day, unsolicited and without any expectation of a return. Stop and notice how you feel after to encourage you to do two nice things, then three, then more to not only make the lives of others better, but to help you feel connected and valuable.
11. **Replace the news with time with others.** Turn off the TV and use that time to reach out to old friends, meet new ones or Zoom call family not in the area. Make a point of maximizing your human connection. It helps you get out of the vicious cycle of negative news, and helps you to build and sustain important relationships.
12. **Travel the world remotely.** Use pictures, videos and the web to choose a location somewhere in the world. Then, have an adventure by learning some of their language, cook their food, talk about some of their customs. Make a homemade “passport” to keep track of your destinations. Invite others to join you. Travel virtually to someplace new each week or month.
13. **Become a Zoomer.** Use Zoom or other video connection to build in fun, excitement and joy. Use Zoom to connect remotely with others and try:
 - a. Happy ZoomHour – meet to chat over a cocktail, beer or wine.
 - b. Story ZoomHour – call a friend, grandchild, grandparent or other relative and read a story to them or with them.
 - c. Bingo Zoom – gather your friends and host games of bingo and give prizes.
 - d. Dining Zoom – share dinner together – the preparation and eating.
 - e. Zoom Share – share a video, meme, picture or quote with others on a regular basis.
 - f. Zoomga – Do yoga together with others via Zoom.
 - g. ZoomZen – Join others via Zoom to meditate, share a spiritual reading and discussion, listen to New Age or spiritual music.
 - h. ZooMake – With others, do an art, craft or creative project.
 - i. ZoomFit – With others, workout together, do Pilates, stretch, TRX or other exercise program. Set up a fitness challenge and report back on weekly goals.
 - j. ZoomNic – Have others join you remotely as you eat outdoors and have a Zoom picnic.
 - k. ZoomWalk – Have others join you as you take a walk and share what you see, sense and experience.
14. **Add a fun hour.** Set your alarm for an hour earlier than you regularly get up. Selecting from the list of ideas presented here, choose something to do in that hour that gets you excited, energized, activated and engaged. Start your day off on a high by choosing how your first hour is used. It will influence the you who moves through the rest of the day. Or, if you prefer the night hours, build in an extra hour at night to do one of these activities that gets you excited. It’s a great way to end your day, as well.
15. **Do a daily dance set.** You choose the music and whether you dance on your own or with others. Move. Feel the beat. Sing along. Be wildly happy. Who can be anxious and afraid when they are dancing? Dance it out.