



# 20 ways to Beat the BLUES

by Peacefully Imperfect  
[peacefullyimperfect.net](http://peacefullyimperfect.net)

- 1 Eat healthfully.
- 2 Pray first thing each day.
- 3 Curl up with a good book.
- 4 Spend time with your best good friends.
- 5 Use your servant's heart.
- 6 Listen to Christian radio.
- 7 Indulge in some chocolate.
- 8 Treat yourself to essential oils to lift your spirits.
- 9 Be creative with a hobby.
- 10 Take time to journal.
- 11 Find time to decompress.
- 12 Be flexible and ask for help.
- 13 Speak God's truths.
- 14 Light candles & enjoy a bubble bath.
- 15 Drink plenty of water.
- 16 Binge watch a season of a favorite show.
- 17 Enjoy the sunshine.
- 18 Exercise or take a walk.
- 19 Take a spur of the moment getaway.
- 20 Create a schedule that's good for you & your family.

*It is God who arms me* with strength and makes my way perfect. He makes my feet like the feet of a deer; he enables me to stand on the heights. *He trains my hands for battle;* my arms can bend a bow of bronze. You give me *your shield of victory,* and your right hand sustains me; *you stoop down to make me great.* You broaden the path beneath me, so that my ankles do not turn. Psalm 18:32-36