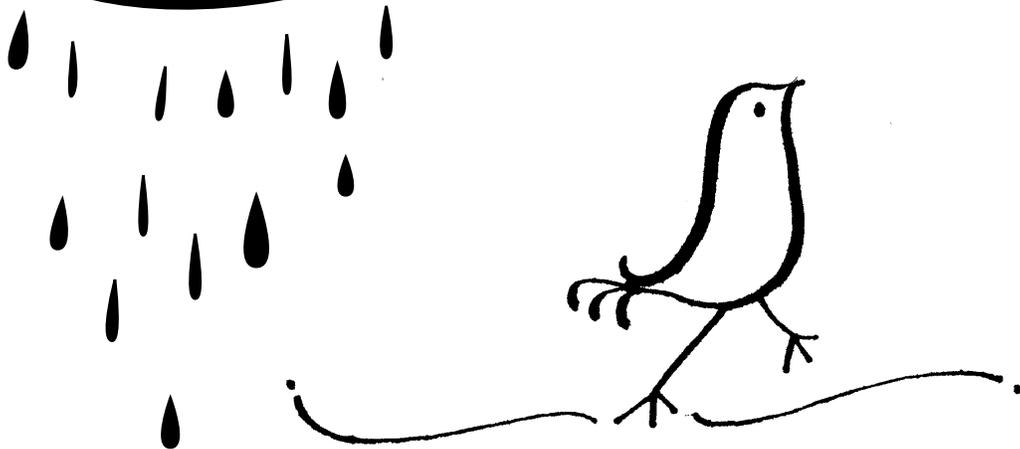


**5 Ways to
feel better
when you're
feeling out
of sorts**



WAYSTATION WHISTLE

What do you do when you're feeling out of sorts?

When it's all just too much and it seems there's so much to do and even more to worry about.

Days that make your hobbies, passions, and pastimes seem frivolous. (Hint: they're not.)

Try this ...

Take a break from your work and your chores, from binge watching and mobile scrolling, and do something.

Something you enjoy.

For more ideas and inspiration, visit WaystationWhistle.com

There are five ideas in this book to get you started. Pick one and set aside an hour to give it a try.

What's important is that you take the time to do or make something. To shift your focus.

It can help you breathe more deeply, get a new perspective, and turn things around.

Of course you can continue beyond an hour, but you don't have to. At least not today.



Note: The information provided in this ebook, *5 Ways to Feel Better When You're Feeling Out of Sorts*, is provided for general information and educational purposes only. It is not a substitute for professional advice.

Christine Richards
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1. Backyard birding

(easy, free, and just outside your door)

Take a walk and watch for birds.

Look around.

Birds are everywhere ... in trees, on fences, power lines, and porches. Track what kind of birds you see—and how many. In my neighborhood, we've got blue jays, seagulls, pigeons, robins, cardinals, chick-a-dee, dee, dees, and sometimes, woodpeckers.

If you find you enjoy it, get ready for the Great Backyard Bird Count. It happens every year—and you can take part.

Of course there's no equipment needed for birdwatching ... but if you have them, grab a notebook and the binoculars.



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2. Plan on dinner

(a weekend dinner)

Make a special meal this weekend by planning ahead. Your one-hour activity is to find a recipe(s) and make a list of all you'll need to make it. Think about a seasonal or family favorite and consider two or three courses: an appetizer, a main dish, side dish, and dessert.

Read the recipe.

The entire recipe. Read the list of ingredients and the instructions. Every step. Watch for things that take extra time, like marinades (up to an hour, sometimes 24, or more), rising doughs, and chilling bowls.

Make a list of ingredients and in the days between now and your weekend dinner, and gather what you need. When you're ready to cook, apply the French practice of *mise en place*: everything in place when it's time to cook.

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3. Dance

(do the do-si-do and rock and roll)

Turn up the volume and shake it loose.
Dance while you cook dinner, do laundry,
or clean.

Dance between Zoom calls, during your
break, or before you begin a new task.

Rock the beat.

Do the hustle, the waltz, or electric slide. Groove or tap
it out with a "Shuffle Off to Buffalo."

Just get your body moving ... maybe it'll balance your root
chakra ... (the first of the seven chakras).



4. Book an adventure (with a novel)

If you can, make it a paper book so you distance yourself from technology.

Start with chapter one.

Choose a book with a story. A story that will take you somewhere—sailing across the ocean, to the back alleys of London, a barn on a farm with a pig, or deep in a forest filled with hobbits, horses, and happenstance.

Not sure what to read? A good place to start is [The Great American Read](#) from PBS. A list of America's 100 most-loved novels.

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5. Snail mail your peeps...

(spend more time with the people you like)

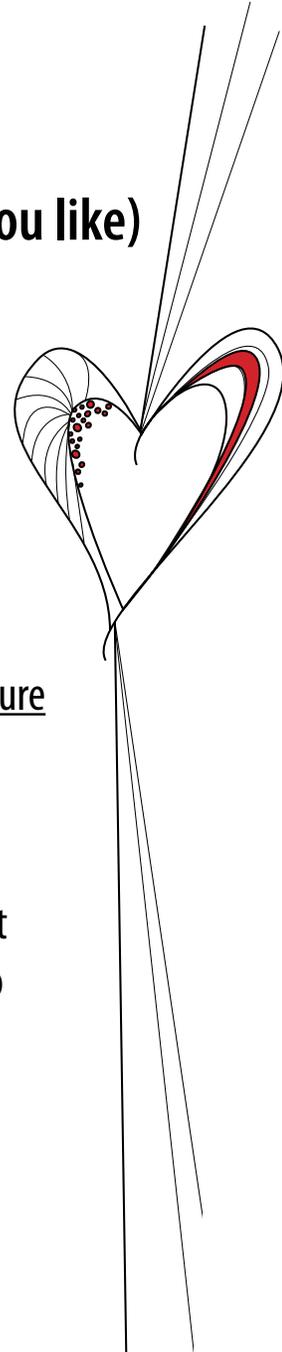
Make it a good mail day for someone you care about. Send a card or write a letter.

People love getting mail.

Don't worry about your handwriting and don't think you have to write about some grand adventure or be clever ... unless of course you are.

A letter isn't a school essay. No one is going to grade you on how good your handwriting is, what you say, or how you say it—they'll just be glad to hear from you.

Just remember, people love getting mail.
They really do.



Sometimes the best way to change how you feel is to take some time between the things you have for the things you want to do. To redirect your attention for a bit.

Do something. Make something.

It could help turn your day around.

If you know someone who would enjoy this ebook, please share it with them.

If this ebook was forwarded to to you, sign-up at Waystation Whistle to get your name on the list for the next one.

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