

5 ideas for Blue Days

1. *Go for a walk.* While walking challenge yourself to notice 5 things that you think someone else might miss. Look. Listen. Being present while walking is a mindfulness tool that anyone can use at almost any time — all you need to start are your feet and your eyes and ears.

3. *Small surprises.* Figure out a wee surprise for a friend or family member — a card in the mail, a note on the bed, a single flower. A bit of quality chocolate. Surprises don't have to be extravagant to be appreciated.

5. *Get your hands dirty.* Bake some bread -- or even biscuits. Even if bread baking isn't in your skill set, if you can read, you can try it. Dig in the soil — repot a house plant. Dig in your yard. Get some dirt under your fingernails.

Reach outside of yourself. Call or write (yes, snail mail) someone who hasn't heard from you for a long time. If you're calling, ask them about their day. If you're writing, tell them why they came to mind.

Imagine the surprise this person will get opening their mailbox.

Breath in (and out). Most localities have a nursery or plant store of some kind. Take yourself on a mini-break to check out the plants and flowers. Absorb the scents and colours. Smell the earth.

