

LILAC DAVID

HOW TO GET OUT OF A FUNK - SLOWLY BUT SURELY

5 TIPS TO HELP YOU GET BACK ON TRACK AND SHINING
BRIGHTER THAN EVER



You know the saying admitting the problem is half the solution? Well, this is no different. So if you came here to find out how to stop feeling so, for lack of a better word, blah, you came to the right place. As a proud funk survivor, I will share a few secrets that will help you overcome this icy feeling of unfulfilled potential and lack of energy. So, buckle up and get ready to heal.

1. NO SWEATS DAY

Ahh, sweats, a girl's best friend. I have sweats for different seasons, occasions, and moods. Some might even call it a collection. This is why the hardest thing for me was to put them in the back of the closet and put on some (trigger warning) jeans. They say you are what you wear, and well, if you dress lazy you get lazy, or in my case, lazier. So, while I don't suggest a brake up, I urge you and your sweats to take one day a week to just do your own thing, while you wear these jeans that make your ass look great.

2. SELF-CARE DAYS

"Oh, but my work schedule, but my deadline," I don't want to hear it. Lack of self-care is the main reason for a complete loss of energy and motivation. So, from now on, it should be a priority. Now, I'm not saying you should cancel all your plans to do a home-made avocado face mask (although that sounds great), but I am saying you should plan your day around what's good for your soul and body: get a nurturing smoothie for lunch, do your whole skincare routine before you leave the house, stretch before you go to bed. I promise you this, these small acts of self-care will leave you feeling confident and refreshed.

3. THE HOLY TRIO

No, I don't mean the Jonas Brothers, but the trio of creativity and expression: reading, writing, journaling. And no, you don't have to do all 3. This is a bit of more customized advice. If you're feeling all over the place, journal. Your thoughts, weekly goals, water intake, or whatever it is you want. Now, if you're feeling like you're trapped in

a reality with no way out, read. While reading is a great distraction from everyday life, the real magic is that a good book never fails to give a brand new hopeful and unique outlook on life. Lastly, if you're just feeling misunderstood and stuck, take a pen and paper and write all those feelings out. Recognize the root of the problem and become aware of what/who is draining your energy.

4. DAMAGE CONTROL

Everyone's funk is different. For me, ignoring emails and late assignments were some of the main side effects. So, what I recommend is, take an hour out of your day for damage control. Make sure you have a clean workspace and a cup of tea by your side when you open these emails you have been dreading. I promise it's never as bad as you think; a simple sorry for the late response is enough in most cases; we're all human! Your professor or boss will probably let you make up that deadline, and the sooner you start the better. Most importantly, that feeling of relief you'll get when you're no longer controlled by your own inbox is like no other.

5. IRON MAN

Or I mean, my version of iron man.

Every day, try to walk at least a mile outside; walk around the neighborhood, to your favorite local coffee shop, or anywhere you would like. Nothing beats the smell of fresh air and the feeling of your body moving at its own rhythm. If you're feeling really crazy, leave your phone at home and just connect with the environment, This tip is especially helpful if you've lost the motivation to work out or if you feel stuck between the familiar 4 walls. A change of environment always leads to a change of heart.

And here is one last tip, take it easy on yourself, and always make sure you put your own happiness first!