

10 SIMPLE WAYS TO FEEL BETTER FAST

We all have moments where we feel overwhelmed, anxious, stuck, or just “off.” The good news is — you don’t have to stay there.

You don’t need hours, a perfect plan, or a complete life overhaul to feel better. Sometimes, all it takes is a small shift in your body, your focus, or your perspective.

These are some of my favorite “go-to” tools — simple, effective, and easy to use in real life.

Come back to this anytime you need a reset.

1 Breathe to Reset

One of the fastest ways to calm your body and mind is through your breath. *Try this:* Inhale through your nose for a count of 5. Exhale slowly through your mouth for a count of 10. Repeat this 3–5 times.

Longer exhales signal safety to your nervous system and help your body begin to relax.

2 Tap & Breathe

This is one of the simplest and most powerful ways to settle your system. *Try this:* Begin with a few deep breaths. Then gently tap through these points while breathing slowly:

- Side of hand
- Top of head
- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm
- Side of hand



Keep your focus on your breath — inhale for 5, exhale for 10. No words needed. Just breathe, tap, and allow your body to settle.

3 Look Up

This may sound simple — but it works.

Try this: Gently lift your eyes upward, toward the horizon or the sky.

This small shift can help quiet mental chatter, relax your brain, and create a sense of openness and perspective.

Even holding your gaze upward for 30–60 seconds can begin to shift how you feel.

4 Change “I Have To...” to “I Get To...”

This is one of my favorite and most powerful shifts.

Try this: Notice when you say: “I have to do this.”

Then gently change it to: “I get to do this.”

“I have to go to work” becomes “I get to go to work.”

“I have to take care of this” becomes “I get to take care of this.”

This simple change shifts your energy from pressure to possibility.

5 Move Your Body

Your emotional state is directly connected to your physical state.

Try this: If you're feeling stuck, overwhelmed, or heavy — move.

- Take a short walk
- Stretch your body
- Shake out your arms and legs

You don't need a full workout. Even a few minutes of movement can shift your energy quickly.

6 Name What You Feel

Instead of pushing feelings away, gently acknowledge them.

“I feel anxious.”

“I feel overwhelmed.”

“I feel frustrated.”

Naming what you feel creates space between you and the emotion. And that space is where calm begins.

7 Focus on One Thing That's Working

When you're not feeling good, your mind naturally looks for what's wrong.

Try this: Gently guide it in a different direction.

Ask yourself: "What's one thing that's working right now?"

It can be something small:

- The warmth of your coffee
- A comfortable chair
- A quiet moment

Shifting your focus, even slightly, begins to shift how you feel.

8 Hum or Sing

Your voice is a powerful tool for calming your nervous system.

Try humming softly for a minute or two. Or sing along to a song you love.

The vibration created by humming or singing helps stimulate the vagus nerve and can quickly lift your mood.

If you want to deepen the effect even more, try the Om breath:

Take a deep breath in through your nose, and as you slowly exhale, gently sound out "Om." Feel the vibration in your chest, throat, and head as you do.

Repeat this a few times, letting the sound and the breath work together to calm and settle your system.

9 Step Outside

Fresh air and natural light have a powerful effect on your body and mind.

Try this: Step outside, even for a few minutes.

- Feel the air
- Notice the light
- Take a few slow breaths

This simple reset can help you feel more grounded and clear.

10 Ask: “What Would Feel Better Right Now?”

Instead of trying to fix everything, ask yourself:

“What would feel just a little better right now?”

Then take a small step in that direction. Not perfect. Not everything. Just better.

This gentle question helps you move upward — one step at a time.

You don’t have to change everything. You just need to shift one thing.
And then another.

That’s how you begin to feel better.
That’s how you Flip the Switch.

I hope you found these simple resets helpful and that you come back to them whenever you need a moment to pause, reset, and feel a little better.

Remember, you don’t have to do everything — you just need one small shift to begin.

Warmly,
Bonnie

If you enjoyed these tools and want more simple ways to shift your energy and feel better, I’d love to invite you to join me inside:

Flip the Switch: Your Daily Reset:
<https://www.facebook.com/groups/fliptheswitchreset>

A supportive space where we practice these shifts together — every day, in real life.

And if you’d like to go even deeper, my book *Flip the Switch* is filled with many more simple, powerful ways to calm your nervous system, shift your perspective, and raise your mood — one small step at a time.

<https://bonniedurkin.com/fts-book/>

