How to feel better

1) Remember to sharpen your saw
2) One day at a time – have reasonable goals
3) Move your body in a way that makes you feel confident – move your body in a confident way and your brain will follow
4) Mentally rehearse positive outcomes – play upbeat music to create a positive state
5) Box Breathing
6) Use tapping technique to reduce stress and get focused
7) Use logic questions to get clear
8) Stay positive
9) Keep thumbing his nose to OCD
10) Use prayer and meditation to stay calm