The Experts Say – Winter 2018

These actions can help you resist the urge to feel powerless and victimized by circumstances:

December 3, 2018 By Kate Ferguson

Just say no. If there's something you don't want to do, don't do it. You are allowed to meet your own needs without feeling guilty about putting yourself first.

Take charge of your life. Only you know what your desires are. Be prepared to take action to achieve your goals.

Put your situation in perspective. Life is full of ups and downs for everyone, and you can always be worse off, so cultivate appreciation for what you've got.

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http://beta.docker.realhealthmag.com/article/experts-say-winter-2018