



Why is it that no matter what I do, nothing goes my way. Photo: Thinkstock

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LIFE can be challenging. We've all had those weeks, even months, when no matter what you do, nothing seems to go your way.

Maybe you're having a hard time at work, or can't seem to save money. You might have fought with someone close and don't know how to make it better. Or perhaps you're just feeling down about nothing in particular.

We've all been there. But here's the good news - there are lots of things you can do to make yourself feel better.

"You've got to shake things up a bit, because if you don't, that 'ho hum' feeling can go on for months," psychologist Meredith Fuller told news.com.au.

"Your brain likes novelty, so when you recognise a negative pattern you've got to break that routine and move stuff around."

Here are 7 easy steps to get you started

- 1.** Make a change to your physical space/surroundings. Change the route you take to work. Get a different bus, walk part of the way. It doesn't have to be a huge change but it will give you a different perspective straight away.
- 2.** Clean your desk, change your furniture around or put different coloured sheets on your bed. Sounds simple but the simplest change to your physical space will prevent that "same old, same old" feeling.
- 3.** Get in touch with friends who make you feel good. Life can be busy and it's easy to lose contact with people whose company you enjoy, but there's nothing wrong with re-establishing contact,

they've probably missed you too.

4. Get out of your comfort zone. Do something new that is scary but also fun. The truly adventurous could try jumping out of a plane or skydiving. But it doesn't have to be extreme. It's basically about facing a fear, said Fuller. Your challenge might be to go to a party on your own or run a marathon. Get it done and you'll feel a great sense of achievement.

5. Find your sense of humour. Watch a silly movie, or download a YouTube video from your favourite comedian. Whatever it takes to make you laugh and see the less serious side of life will do the trick.

6. Give back to someone else. Do some volunteer work, ring a grandparent or make time for a friend who needs your help. This can help you get life back on track because it prompts you to shift your train of thought.

7. Challenge your brain. Enrol in a short course, learn a new skill, or even do a training course in something at work that you've probably been putting off. It will get your mind thinking about things in a different way.

How do you overcome the tough times in your life? Share your story: lucy.kippist@news.com.au

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