

Say goodbye to the glums

Does life feel grey rather than full technicolour? Do you feel bored, without motivation and as if you have lost your zeal for living?

If you're nodding in agreement with these questions you are probably experiencing a loss of emotional energy. We lead such busy and demanding lives that we fall victim to emotional fatigue.

While taking it easy and lying on the couch is a good way to recover from physical tiredness, it won't do much for your emotional energy levels.

Don't despair. There are ways to rediscover your zest for living.

Harness the power of your mind and take a moment to imagine yourself living a life full of energy. Then do something new each month.

It doesn't have to be earth-shattering – it can be as simple as taking a different driving route to work or home, or listening to a CD that isn't in your collection.

Small changes can make big differences to how we feel.

Sometimes an easy route out of the greyness of life is to plan something special in the near future – a weekend away, a dinner with friends.

Think back to the things that were fun for you when you were younger, that you might like to try again – it might be horse riding or roller-blading, or taking up tennis again.

Avoid focusing on missed opportunities. Focus instead on what you have achieved. If this seems impossible, seek professional counselling.

It's important not to compare yourself with others – we are all unique individuals. Living in the present, not the past, is important to regaining our zest for living – also, having someone with whom you can share burdens and who gives you an alternative perspective.

Take time to be conscious of the beauty of life, the flowers in the garden or a favourite perfume, and remember that being able to laugh is an excellent mood lifter.

If there are people around you who drain your energy, give yourself a break from them, or end a relationship that is taking from your life rather than adding to it.

If you are feeling put upon, be selective about which requests you say 'yes' to. Try to accept only the ones that will invigorate you.

Finally, stop talking, move on and get organised with your new energetic life.

Survival tips

- **Revisit former activities you enjoyed and try them again**
- **Share burdens with someone who can give you support and another perspective on them**
- **Remember that small life changes have big life satisfaction benefits.**