

KICKING THE FUNK



HAVE YOU EVER BEEN IN A FUNK?

A funk is when one becomes unhappy about something. Some synonyms of "funk" include a low, a bad mood, or being in the dumps.



I got into one of these funks recently, and for some reason this time around, I was having a rough go at kicking the funk.

It was around this time that a good friend was visiting. She told me that a friend of hers had won a Mercedes-Benz through some kind of campaign.

IT'S YOURS.



IT WAS LIKE ... A MIRACLE!



I CAN'T BELIEVE IT!

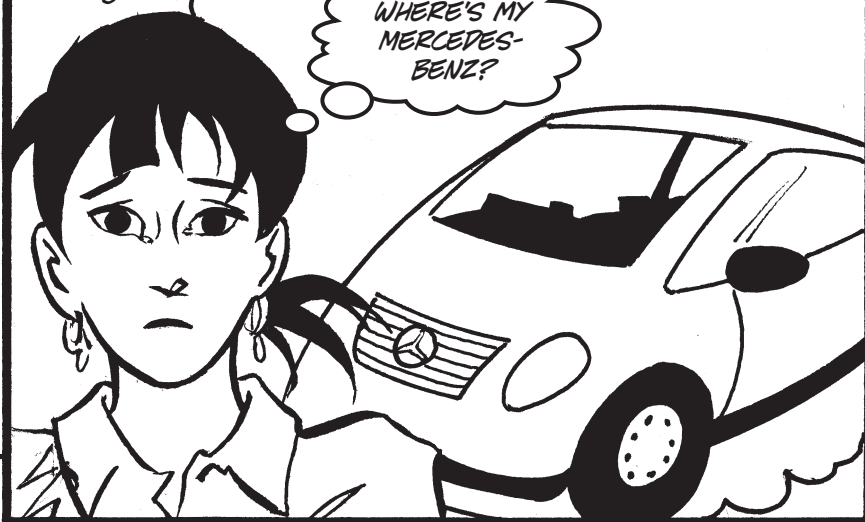


First thought: I was happy. These things do happen to people within my somewhat extended world!



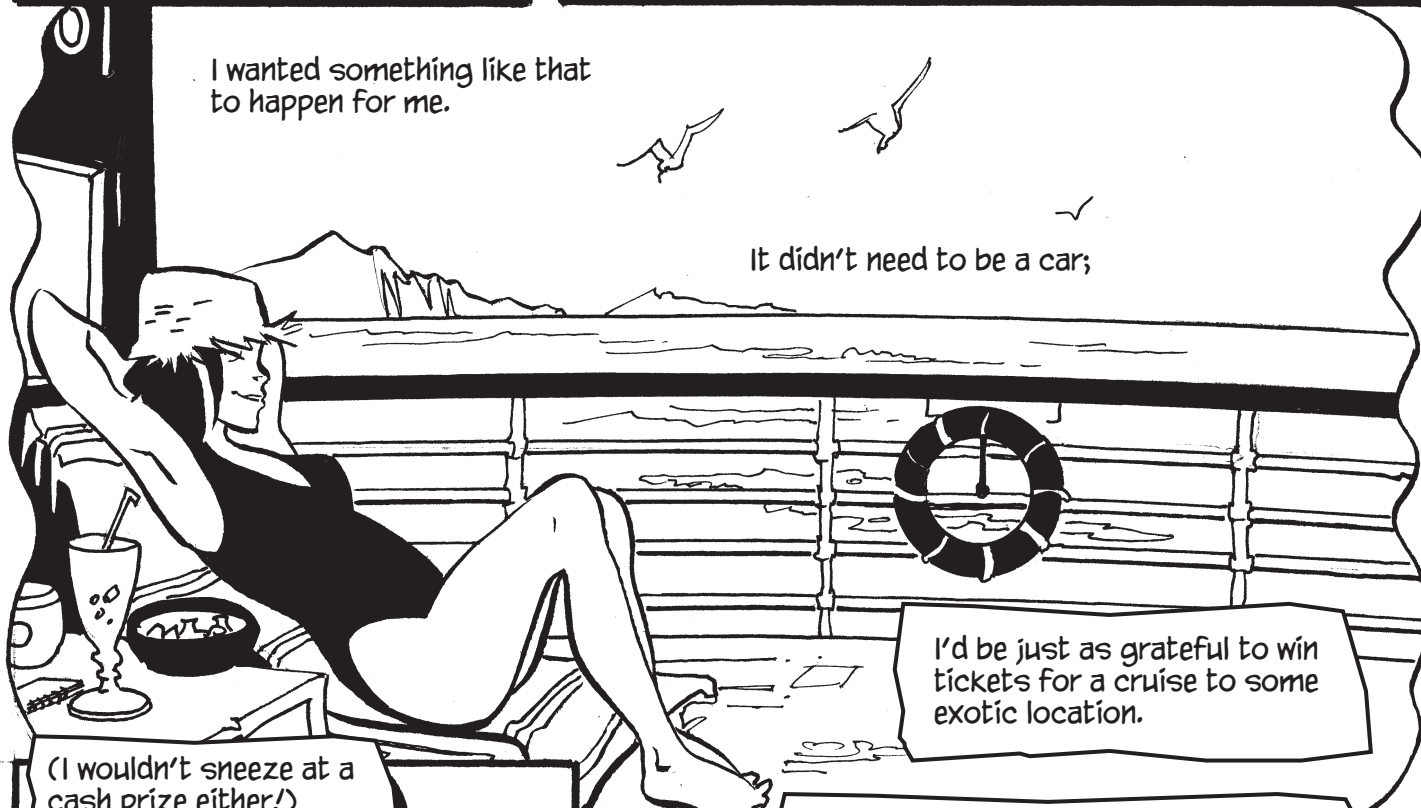
Second thought:

WHERE'S MY MERCEDES-BENZ?



I wanted something like that to happen for me.

It didn't need to be a car;

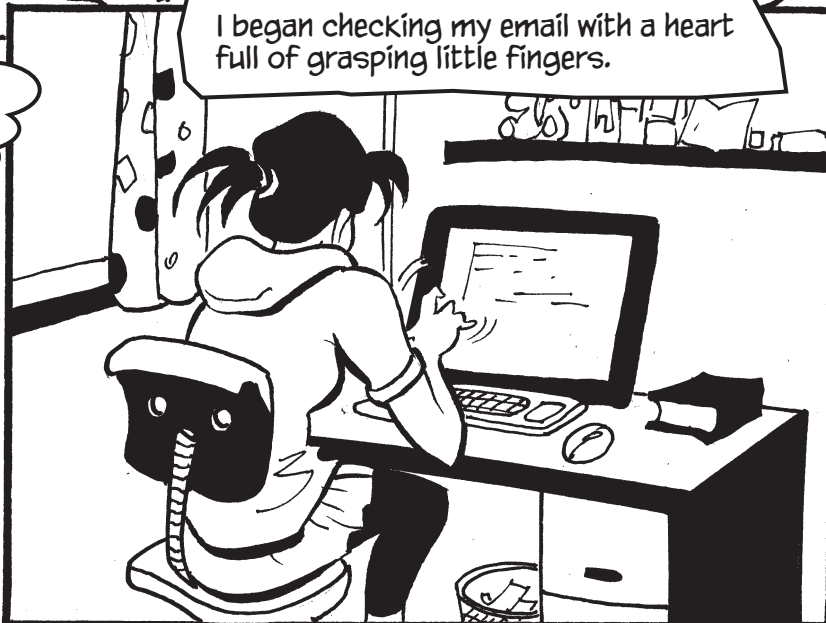


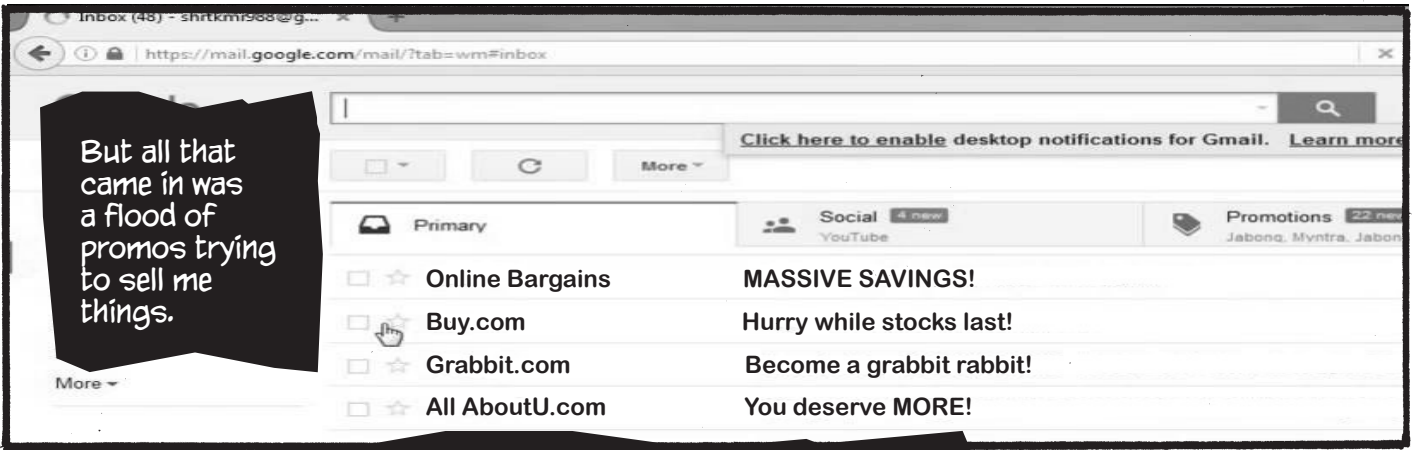
I'd be just as grateful to win tickets for a cruise to some exotic location.

(I wouldn't sneeze at a cash prize either!)

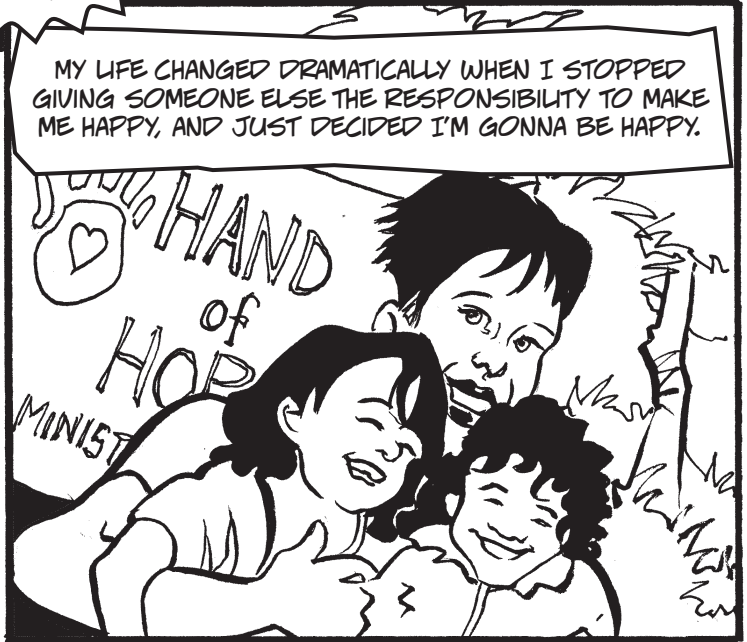
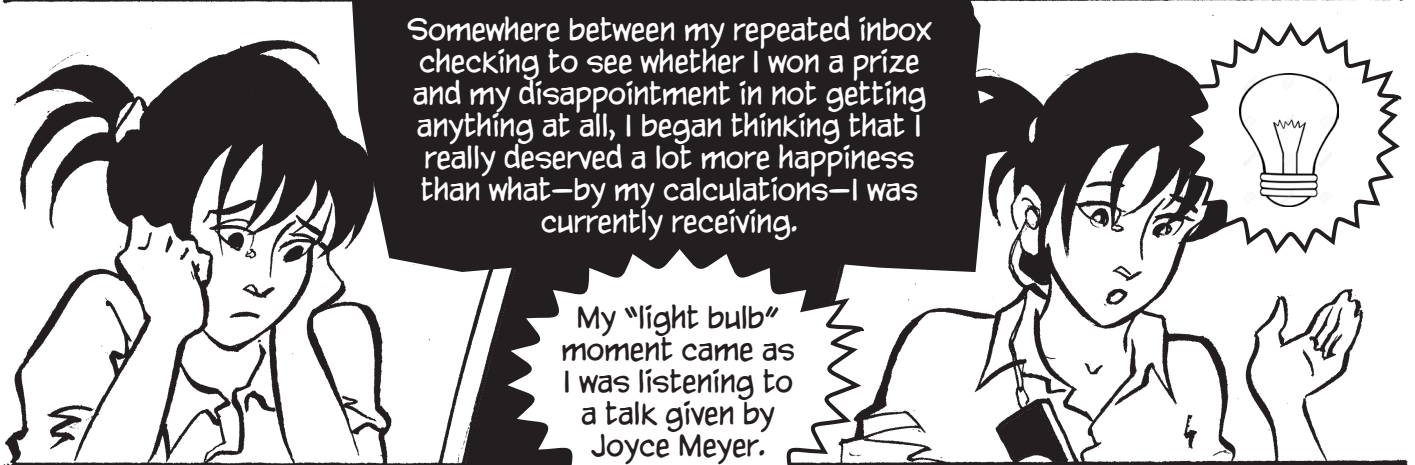
WOW!
300,000
YEN!

I began checking my email with a heart full of grasping little fingers.

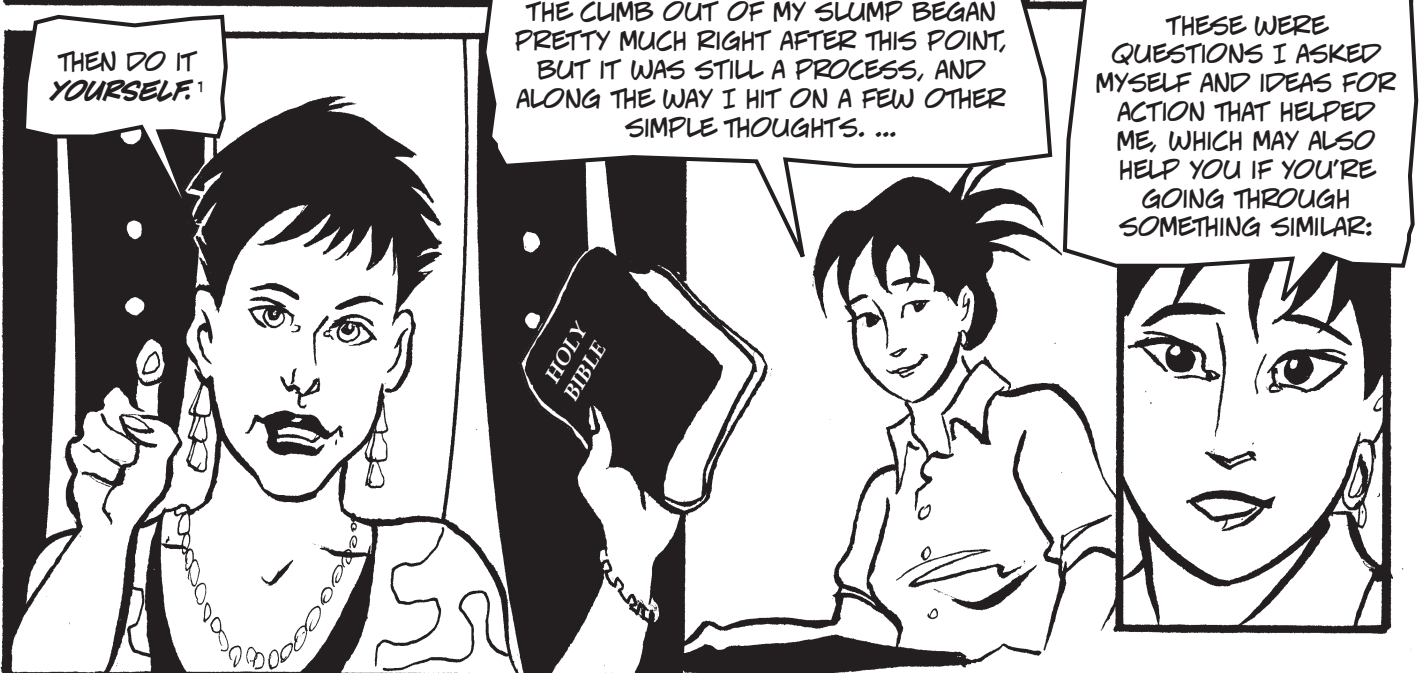
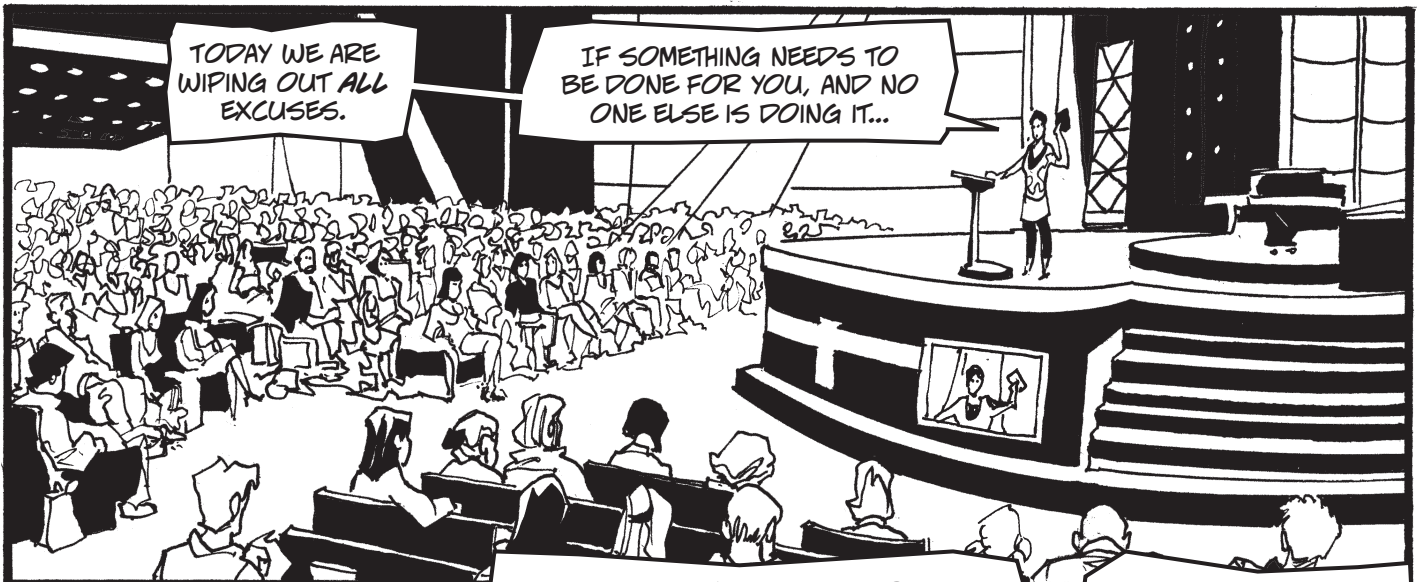
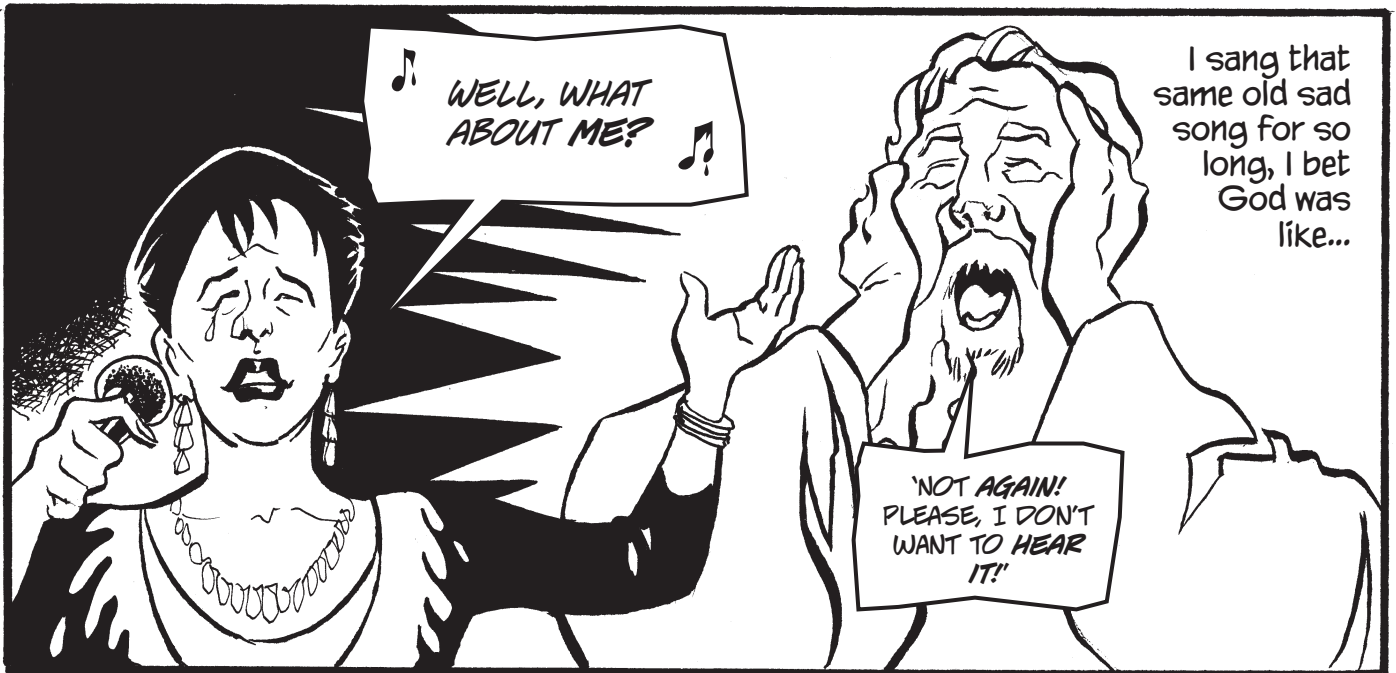




But all that came in was a flood of promos trying to sell me things.



BUT I FOUND OUT THAT I WAS STARTING TO GET BITTER AND RESENTFUL.



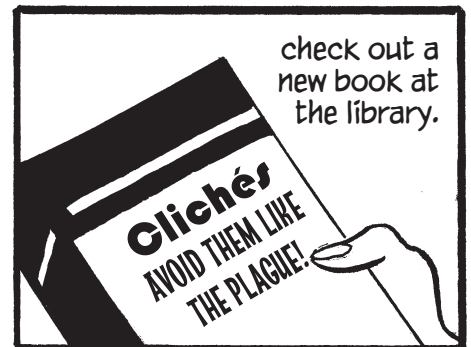
ASK YOURSELF: WHAT CAN TODAY TEACH ME? WHAT CAN I LEARN FROM RIGHT NOW?

Quite often I'll get absorbed by things I'm looking forward to, and when they don't come my way as quickly as I'd like, I get impatient.

Focusing on the present moment, absorbing yourself in what you are doing today and what new thing you are learning, can help you ride out those times when you feel like your life is just being spent waiting for the exciting parts to happen.



INTRODUCE ONE NEW THING INTO YOUR DAY. It doesn't have to be big.



Do something new. It's easy to get into ruts in how you view yourself, in your likes and dislikes, and even what you think you are capable of.

I'm like that a lot of the time, but every now and then I get the urge to do something—anything—new.

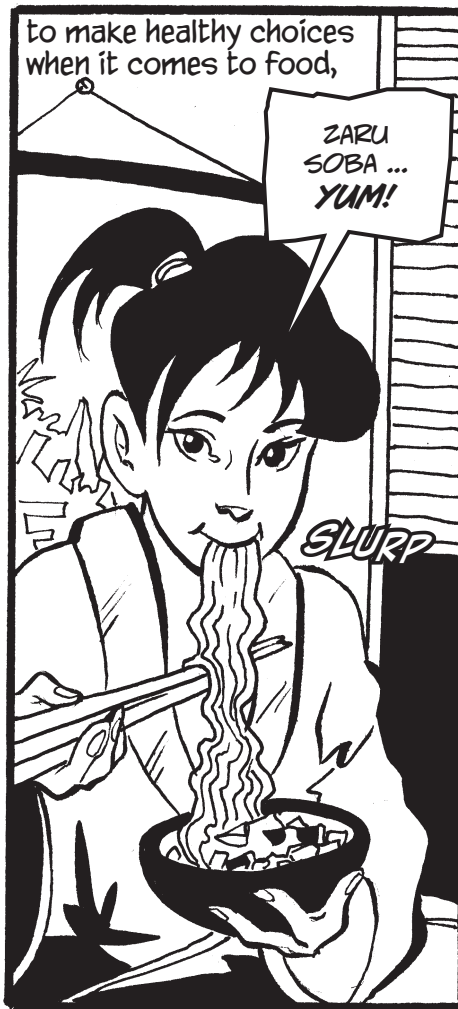
And I'll usually surprise myself by finding out that I now have a new favorite thing, or that I might even be good at some oddball skill.

ADDED BONUS: YOU'LL END UP FEELING JUST A SMIDGEON MORE COURAGEOUS THAN YOU DID WHEN YOU STARTED YOUR DAY.

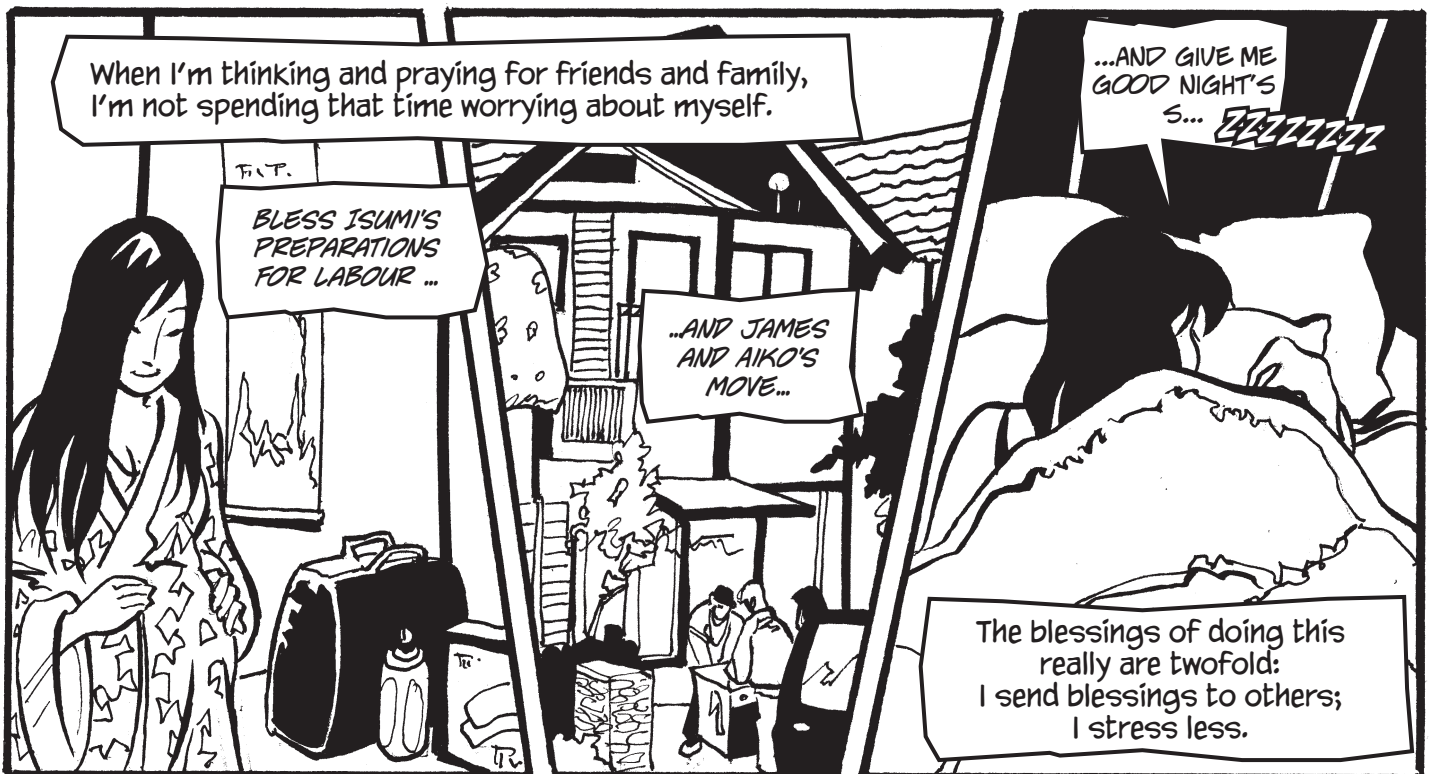


GET OUTSIDE. EXERCISE. TAKE CARE OF YOURSELF.

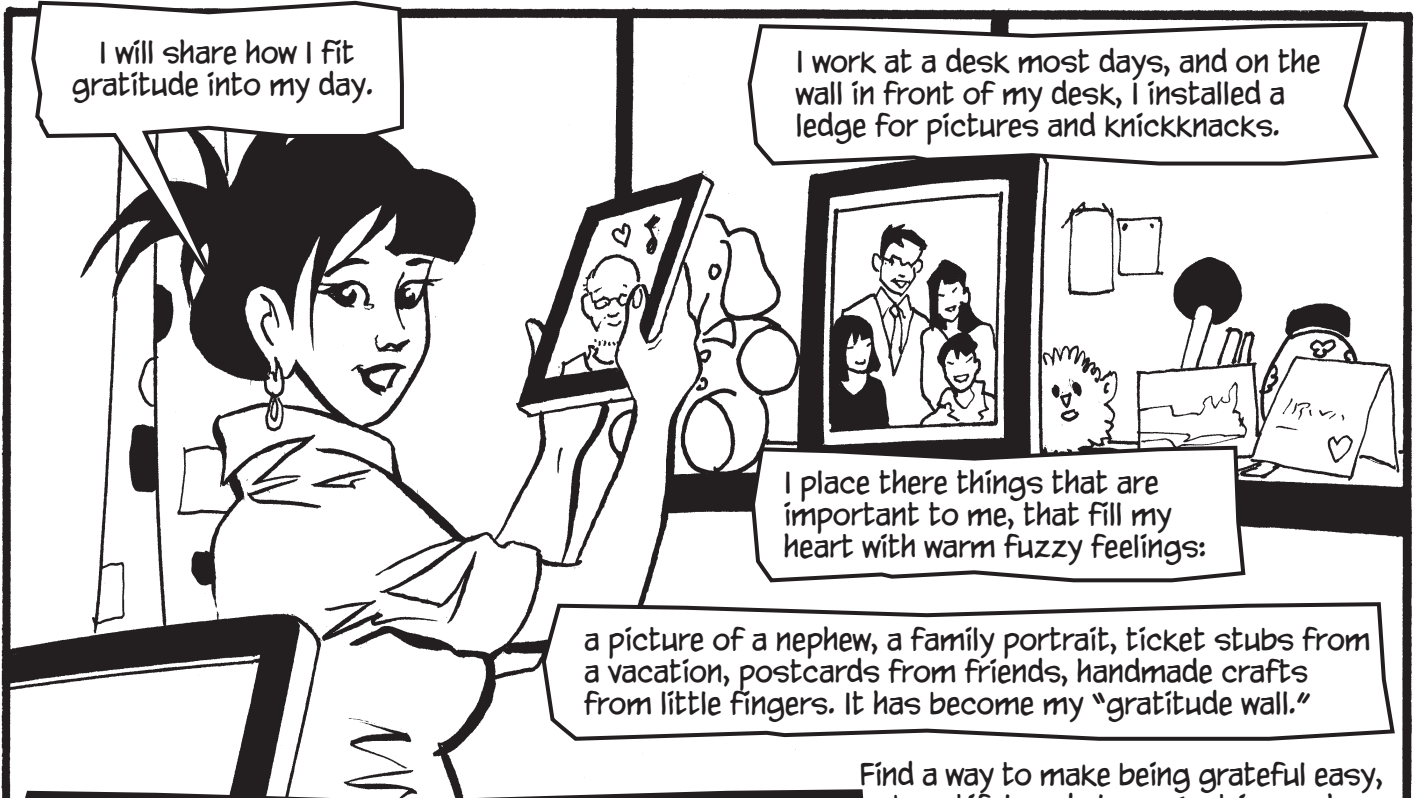
Exercise is something your school and parents make available to you, but it's also up to you to make healthy choices.



PRAY FOR OTHERS. Stretch your heart.



BE GRATEFUL..



Find a way to make being grateful easy, beautiful, and always just in reach.

I also realized that saying that I was in a funk, or even talking about being down didn't heal me; it didn't bring me back to a place of motivation and moving forward.



Footnotes

¹Joyce Meyer, "How to Take Care of Yourself."

S&S link: Character Building: Personal Responsibility: Excellence-2d

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