

27. Cheer Yourself Up!

- ♥ Chocolate, chocolate, chocolate.
- ♥ Isn't it odd that listening to (and singing with) the blues, cheers me up?
- ♥ Driving in my little Ford Focus, the sound ratcheted way up, no particular place to be.
- ♥ Cruise around Facebook, looking for old friends, former students, famous people.
- ♥ Read a good book.
- ♥ Read a bad book.
- ♥ Go to a coffee shop, order a skinny non-fat cappuccino and write in my journal.
- ♥ Take a long hot bath.
- ♥ Go to an exclusive department store (i.e. Balliet's) and get a free facial and make-up. Don't forget the free samples.
- ♥ Ride my bicycle.
- ♥ Go to the YMCA. It's hard to believe that will cheer me up because I so do not get an endorphin kick, but exercise will take my mind off whatever worries me.
- ♥ Try on expensive clothes I would never ever really buy. Really high high heels, too.
- ♥ Sit on the back porch and answer email.
- ♥ Download apps for my iPhone.
- ♥ Browse iTunes and get some totally new music recommended on some stranger's playlist.
- ♥ Doodle.
- ♥ Indulge in a manicure and pedicure -- weird color polish a must.
- ♥ Go to a museum and have high tea in the café.
- ♥ Take photographs as if you were a professional, strange poses, snap snap snap, in everyone's way.