

Breaking Out of a Funk: Rediscovering Your Spark

We've all been there—feeling stuck, unmotivated, and generally out of sorts. This experience, often referred to as being in a "funk," can be confusing and disheartening. It's essential to differentiate between a "funk" and depression, as understanding the difference can help us navigate our feelings more effectively.

Funk vs. Depression: Understanding the Difference

A funk is typically a temporary state of mind where you feel off, uninspired, and lacking energy. It can be triggered by various factors such as stress, routine, or even the weather. The key characteristic of a funk is its transience; it usually lifts with time and some self-care.

Depression, on the other hand, is a more pervasive and long-lasting condition. It affects your ability to function in daily life and often requires professional intervention. Symptoms of depression include persistent sadness, loss of interest in activities, changes in appetite or sleep patterns, and feelings of worthlessness or hopelessness.

If you suspect you might be dealing with depression, it's crucial to seek help from a mental health professional.

However, if you're in a funk, there are practical steps you can take to lift your spirits and regain your motivation.

I was in a funk all last week—funny enough, I was accidentally taking our ProActive Probiotic in the morning instead of our SAM-e! SAM-e is an incredible supplement with the ability to alleviate joint pain AND keep you in a great mood!

In the EU, SAM-e is a prescription anti-depressant!

I take SAM-e daily and have been since the early 2000's. It's been a game changer for me and that's why we have it in our shop.

Anyway...been back on it for the last 5 days and am starting to feel like myself again, PHEW!

But let's talk about being in funk. It's a thing after all!

Steps to Get Out of a Funk

1. **Acknowledge Your Feelings:** The first step is to recognize that you're in a funk. Avoiding or denying your emotions can prolong the state. Accept that it's okay to feel this way temporarily.

2. Change Your Environment: Sometimes, a change of scenery can do wonders. Whether it's rearranging your furniture, going for a walk, or visiting a new place, altering your environment can provide a fresh perspective. I painted my nails Big Apple Red...made a little difference and makes me smile every time I look at them.

3. Engage in Physical Activity: Exercise is a powerful mood booster. It releases endorphins, which help to improve your mood. You don't have to hit the gym—dancing, yoga, or even a brisk walk can make a difference—or play some pickleball! ;)

4. Practice Self-Care: Take time to do things that make you feel good. This could be a relaxing bath, reading a book, or indulging in a hobby you love. Self-care is about nurturing yourself and prioritizing your well-being.

5. Connect with Others: Isolation can deepen a funk. Reach out to friends or family, even if you don't feel like it. Social interaction can provide support and a sense of connection.

6. Set Small Goals: Accomplishing small tasks can provide a sense of achievement and momentum. Break down larger goals into manageable steps and celebrate your progress.

The Power of Self-Talk

One of the most powerful tools in overcoming a funk is self-talk.

As the quote goes, "Stop **listening** to yourself and start **talking** to yourself."

This means taking control of your inner dialogue and actively challenging negative thoughts—remember, everything you think isn't necessarily true! By affirming positive beliefs and encouraging yourself, you can rewire your brain to focus on the positive and build resilience.

Remember, what you think is what you become. By changing your self-talk, you change your mindset, and by changing your mindset, you change your reality.

Keep in mind that being in a funk is a natural part of life, but it doesn't have to define you.

By acknowledging your feelings, making small changes, practicing self-care, and harnessing the power of positive self-talk, you can lift yourself out of a funk and rediscover your spark. And who knows? Maybe a little Big Apple Red can brighten your day too.