

# Try doing these 13 every time you feel stuck in work and life

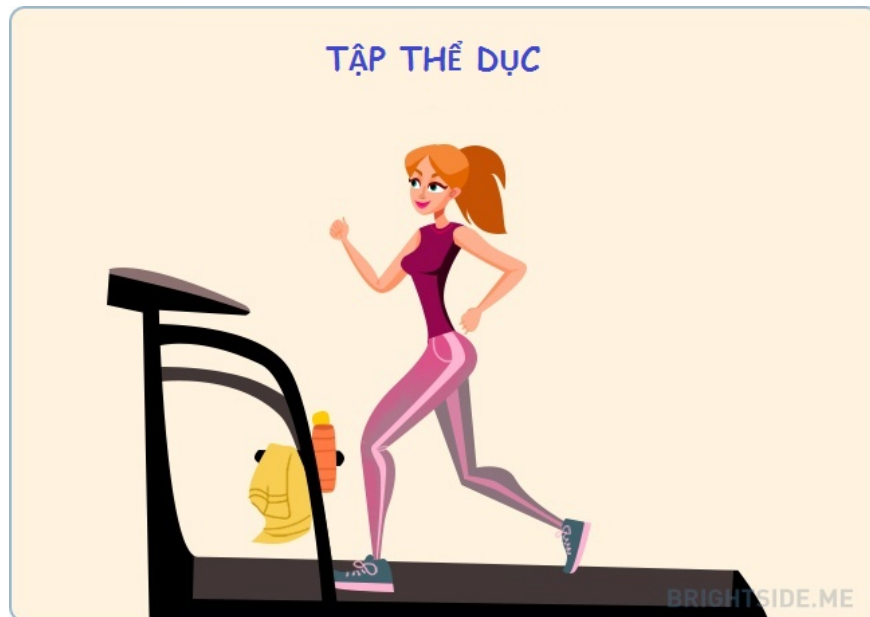
Refresh yourself any time you feel tired, depressed and lack of motivation to live in these 13 simple ways.

No matter how enthusiastic or optimistic you are, it is inevitable when you feel depressed, tired, indeterminate about choices or deadlock. This happens because of continuous work without rest, work pressure, finance, children, family and many other reasons. At such times, each of us needs to realize that the time has come for the body to relax, recover from the time of being "exhausted" the energy source, "refresh" the soul and inspired life.

Here are 13 extremely simple ways that you can apply anytime feel too tired of life and work.



Backpack up and go! You can take the nearest bus of the day to go to a place you love, such as the vibrant city, peaceful beach or idyllic village . anywhere as long as you feel relax both body and soul, more important than "get rid of" the present life. Every time you come to a new location, you will have a wider view of the world around you and maybe find a solution to the problem you are facing.



Exercise is also a great way to relieve stress and increase your confidence. Moreover, your body will become much healthier if you maintain this habit.



Clean up your house and room, can make gifts or charity for things you don't use. As for the old furniture that is no longer usable, please put it in the trash.



The people you meet and talk to will affect the way you think. Therefore, whenever you feel bored, try talking to a stranger and you will discover a lot of interesting things.



When you are overwhelmed by your work and find it hard to continue, boldly take a day or two off from home, enjoy the "separation" from your workplace, only you with the ministry. Favorite movies, hot coffee cups and cozy homes. You will be calmer and more discerning when planning to solve the unfinished workload the next day to the office.

## LÀM MỚI BẢN THÂN



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Refresh yourself by trying out new hairstyles, hair colors, darker makeup than usual, wearing more "style" clothes and starting out on the street. They will make you more different and you will feel more confident than before.

## XIN LỜI KHUYÊN TỪ NGƯỜI KHÁC



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No one can exist independently in this world. So, it doesn't matter if you get stuck and need the help of others. If you trust someone, boldly share and express your desire that you need their advice. It can be parents, siblings, teachers, friends or anyone.

## TẬP ĂN UỐNG KHOA HỌC HƠN



Eating a lack of science is also one of the reasons why we feel tired. Therefore, every sluggishness, one of the first things you can do is review your diet, plan on choosing foods that are good for your brain, help relieve stress, such as nuts, fruits and vegetables.

## HỌC CÁCH LÀM THỨ GÌ ĐÓ MỚI



Learning a new skill also means that you are creating new opportunities for yourself. It can be knitting, photography, web design, drawing, learning, dancing and many other interesting activities.



Learning a foreign language will help you have a wide open view of the world around you, make friends with more people, be able to travel more places and always aspire to learn.



You don't need to change everything at the same time. Simply start with small steps. For example, instead of staying up late and sitting for hours in front of your laptop, practice going to bed on time for at least 1 month. After success, next month you can set goals to eliminate or modify another bad habit.

THỬ THÁCH BẢN THÂN MỘT ĐIỀU  
GÌ ĐÓ KHIẾN BẠN SỢ HÃI



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Trying something that scares you is a very interesting feeling. If you overcome them, then you have regained your trust.

THA THỨ CHO CHÍNH BẠN, CHO MỌI  
NGƯỜI VÀ CHO CẢ THẾ GIỚI



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Forgiving everyone will help you learn to let go and forget unnecessary things to live happier every day.

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