

4 Solutions For When You Feel Down After a Divorce

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Why do we sometimes feel down? It can be because of a particular event such as a divorce. Perhaps you might feel as if no one cares. ***This might not be the actual reality. But the logic of reality might not change the way you feel.***

So how do you put yourself in a good mood? Sometimes feeling down needs a concrete solution. ***Here are 4 easy solutions to improve your mood:***

- Get a good exercise.
- Eat healthier foods.
- Make conversation with people.
- Clean up your home.

This is not a step-by-step list. You can either do one, a few, or all of these to feel better. Surely, doing all of them on the same day can boost your mood faster!

1. Exercise to Boost Mood

Let's talk about working out. According to an American Psychological Association article, "usually within five minutes after moderate exercise, you get a mood-enhancement effect". Talk about an instant boost!

Jogging, tennis, biking, dancing — these are activities that meet the moderate exercise requirement. Choose an activity you love! Perhaps it will seem less of a chore and more fun if it's one you enjoy.

2. Eat Healthy to Feel Great

Have you ever felt better after eating healthier? I know I have. It can be tempting to “stress eat” when you feel down. Maybe you need to do that for a few meals. But afterward, get yourself on a health kick to start your path to recovery.

Don't forget the cheat meals! If you are constantly eating healthy, you'll need to treat yourself once in a while. A wonderful option for a cheat snack can be chocolate. Chocolate contains phenylethylamine, which, when ingested, results in a feeling of contentment. This can translate into happiness.

3. Make Conversation to Improve State of Mind

Reach out to family, friends, and coworkers. Doing so might alleviate the thought that “no one cares”. You might find yourself in a rewarding conversation.

If you there is a specific situation that's making you feel down, you might want to bring up the topic. Talk with someone you know will understand what you're going through.

4. Clean up to Elevate the Atmosphere

Clean up! I know that I feel better when I have a clean home. If there are dishes in the sink, the bed is not made, and laundry isn't done, I feel it all on my shoulders. By cleaning up, you'll lift this weight off of your shoulders and find each room will have a new atmosphere.

Get Started Now

If you're currently feeling down, it's time to put words into action. Pick one or all from the list and get moving! You might fether a booster in mood, but it takes time to get better as a whole. Read When Will I Feel Like Me Again After a Divorce? to learn more.

Contact Salt Lake City, Utah Divorce Attorneys at Wall & Wall Attorneys at Law Today

If you feel these solutions don't improve your situation you can contact **Wall & Wall Attorneys at Law in Salt Lake City, Utah** today. Our divorce attorneys of Wall & Wall Attorneys at Law will be able to answer any questions you have regarding divorce