



Ken Francis, LMFT

## Living in the Solution

Balance: Keep it Simple!

Turn off your TV/PC!

Realms: Recreational – Spiritual – Voc/Educational – Social – Personal

Look into social groups such as Meet Up! E.g.: [Meetup.com](https://www.meetup.com)

[meetup.com/High-Dry-Socials-OC/](https://www.meetup.com/High-Dry-Socials-OC/)

Make Your Life An Adventure! Take the scenic route!

Stay Grateful!

Keep a daily Gratitude Journal; add 3 things daily!

Stay in the Moment!

Find Wonder in the Small Things

Turn off Distractions – Nurture Positive Relationships!