

50 Healthy Ways to Combat Feeling Empty

1. Meditate
2. Journal
3. Exercise
4. Get a hobby
5. Volunteer
6. Start a blog
7. Share with a stranger on the bus or in line at the coffeeshop
8. Develop your spirituality or a set of universal principles of kindness
9. Take photographs
10. Get an attitude adjustment
11. Join a support group or create your own
12. Read
13. Watch a movie
14. Attend a non-credit class
15. Attend a program at your local library or university
16. Go to a museum
17. Go bird watching
18. Discover new blogs online
19. Learn social media
20. Take a walk or run
21. Train for a marathon
22. Make a life list
23. Teach a skill to someone
24. Learn to dance
25. Breathe deeply
26. Smell flowers
27. Look at the sky
28. Smile
29. Listen to music
30. Watch theatre or a street performer
31. Be still and appreciate it
32. Join a cause
33. Write a book It's in all of us!
34. Learn a craft
35. Laugh Laughter is the best medicine.
36. Drive.
37. Go somewhere private and primal scream
38. Cook a meal for someone else
39. Decorate your flat
40. Mind map in bright colors your future life
41. Think about a career you'd love to have
42. Take a selfie
43. Ride public transportation and start a conversation

44. Create pocket hug cards and pass them out in public places
45. Sing loudly
46. Join community theatre
47. Learn comedy improv
48. Crack jokes
49. Study history
50. Find what you're truly hungry for.