



# UNSTICK YOUR LIFE

## Five Tips to Shift Your Energy In Challenging Times

BY CODY DODO

As a society we feel so stuck and disgruntled these days. The pressure to conform, to be “us” against “them,” no matter who the *them* is, feels suffocating. Stuck. Energy-less.

How do we get unstuck?

We shift our energy from stagnation to movement.

With very small efforts, we can shift our energy in the present moment and all throughout the day. I offer these five “shifts” that are very easy and effective in helping you stay unstuck day-by-day in the present moment despite the challenges of these times we are living in.

ENERGY SHIFT #1:  
GREET THE MOMENT.

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ENERGY SHIFT #2:  
CHANGE ONE THING  
IN YOUR DIET.

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ENERGY SHIFT #3:  
CONNECT WITH  
SOMEONE.

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ENERGY SHIFT #4:  
CREATE SOMETHING

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ENERGY SHIFT #5:  
LISTEN TO YOUR  
SMALL VOICE



## Energy Shift #1: GREET THE MOMENT.

This moment is yours. Welcome being connected and aware of exactly what is happening right now. Check in with yourself. What emotions do you feel? How does your body feel? Even if you don't like how you are feeling, allow yourself to feel it.

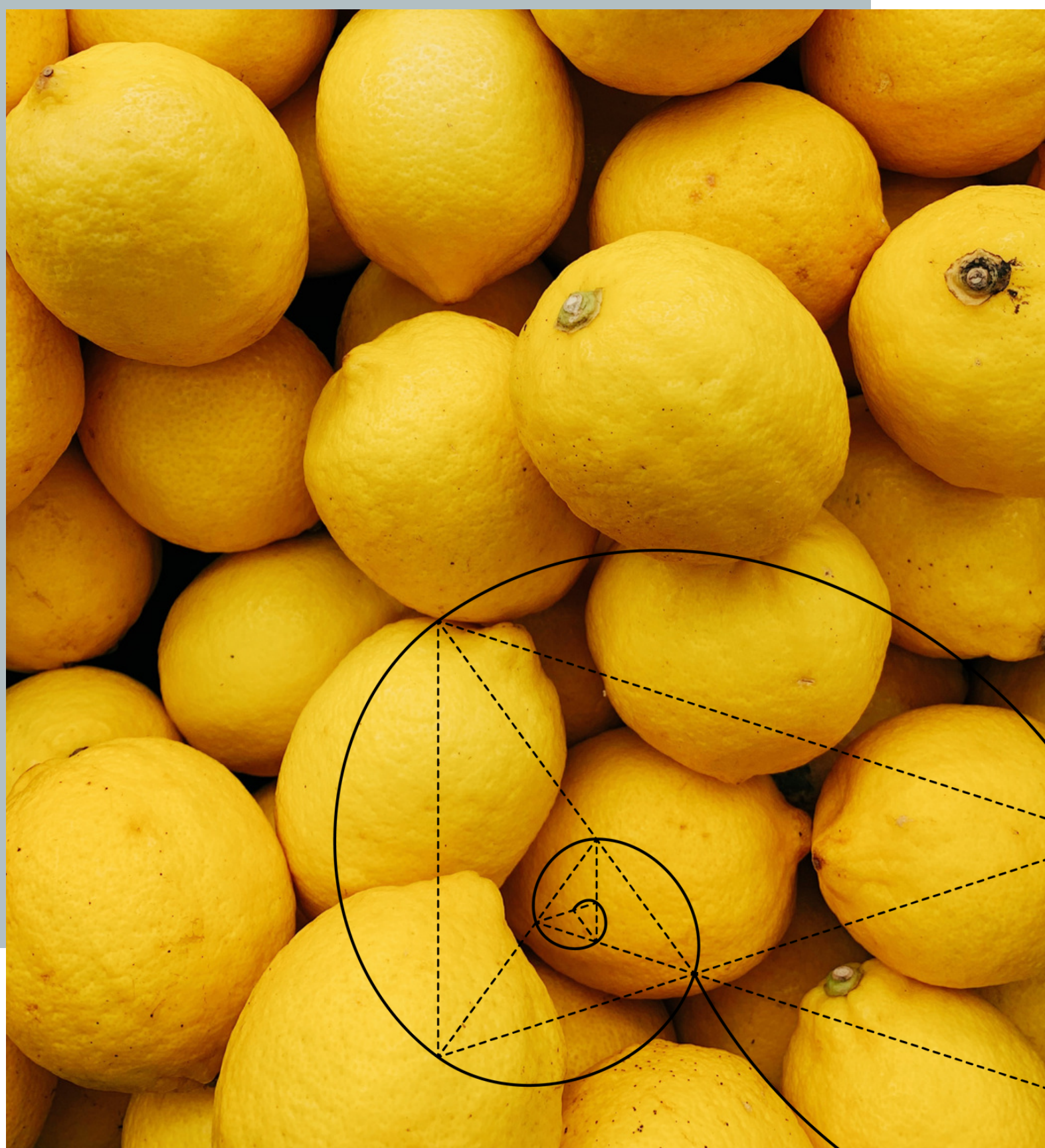
Too often we avoid the feelings of the moment by telling ourselves statements or judgements that disconnect us from it. We push away uncomfortable emotions like pain and anger and in doing so, miss the opportunity to learn what these emotions are trying to show us and how to heal.

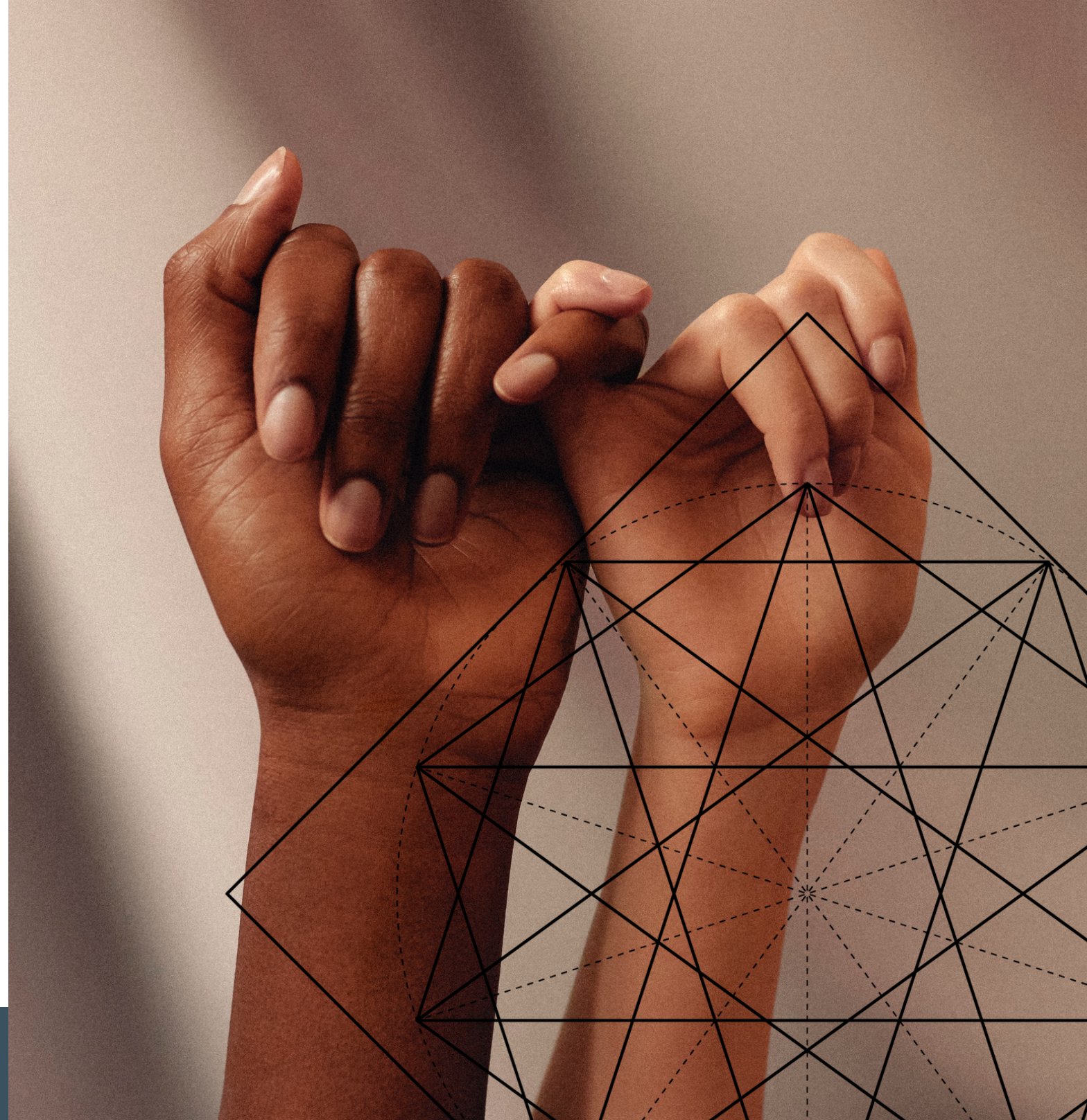
By admitting where you are and that you want to change, by greeting the moment, you gain the power to bring change into your life. Your energy starts a needed shift.

## Energy Shift #2: CHANGE ONE THING IN YOUR DIET.

Take a moment to check in with yourself and think about how your diet makes you feel. What we consume not only affects our physical health but our energy and mental health. We can shift the energy toward positive change by making one small change with what we choose to put in our bodies. Start slow, by adding more water and vegetables to your diet. Eventually by eating more of the good things, you crowd out the need or desire for the things you know you should avoid.

Just start with one thing. The energy toward your diet and how that feeds, sustains and helps you will start to shift.





## Energy Shift #3: CONNECT WITH SOMEONE.

Connections with others, as brief as they may be, remind us of our humanity and interconnectedness. We all long to feel seen and heard, especially after the past few years of isolation and turmoil. Work to make small connections with people everyday. Smile (even if wearing a mask, studies show smiling decreases depression), make eye contact, open the door for people, if you're up for it, make small talk. Make your entire day small points of happy connections.

As human beings our energy flows between us. So you can make a big shift by connecting with a person in a positive way.

## Energy Shift #4: CREATE SOMETHING.

Nothing shifts our energy like creativity. When we were children we'd make things all the time, cutting paper, and gluing things, making drawings or singing songs. Somehow as we become adults we lose that sense of play. It's easy to feel stuck when you do the same thing everyday. Put the screens down and do something creative that makes your heart sing. Doodle, write a story, sing out loud, cook a healthy meal from scratch, dance!

Creating something breaks us out of our sluggish routines and invites movement and celebration into our lives, all of which is a powerful way to shift our energy in the right direction.





## Energy Shift #5: LISTEN TO YOUR SMALL VOICE

We all have a small voice inside of us, quietly offering good advice, if we can slow down and listen to it. Your small voice is urging you to take a more conscious look at the daily activities and be present to make healthier choices. If your small voice is guiding you to make healthy choices and you do the opposite, explore what is the cause of your unhealthy reactions and try to find a better response. To dig even deeper, ask yourself, what is propelling you?

By understanding yourself a bit better your energy will shift and everything will start to flow.



## UNSTICK YOURSELF

Yes, the world seems stuck these days. And you may be right that people are angrier or less civil. But how do you change the world? You start with yourself. Start today to employ these five simple energy shifts and see how you start to see and feel things differently.

Go with the flow! And live well.

I invite you to listen to my podcast [Connect The Dots](#) and visit [my website](#) for a deeper dive into the practice of Chinese medicine. I offer practical ways to fully understand yourself and your body and how to heal in ways that have been taught since the beginning of time itself.