

When I'm feeling down
it's really hard to get back up again.

Emotions are a roller coaster, am I right?!

Sometimes I'm feeling on top of the world like the #momboss I am, and other times I feel down in the dumps and I won't get out of bed.

Instead of staying in that depressed state, I use 3 simple tips to get MOTIVATED.

And they're so easy, I have to share them with you too.

1. WASH MY HAIR

Get out your fanciest smelling shampoo & condish, and wash your dang hair. I swear, hair washing is the first thing to go when I start feeling down. The easiest fix? Wash your dang hair.

2. HYDRATE LIKE IT'S MY JOB

Did you know that if you're dehydrated, your mood seriously suffers?? Next time you're feeling frustrated for no apparent reason, chug a glass of water and see how you feel. I also LOVE Liquid IV for quick hydration.

3. CHECK WHAT I'M LISTENING TO

Sometimes I need to listen to someone else's thoughts instead of my own. That's when I bust out my favorite podcasts and I focus on learning instead of moping.

XOXO

Simple & Blush Team

P.S. my secret 4th tip is actually doing my hair...so use the discount code MOTIVATE for 10% off your order until Saturday!