

# Popular Threads on Solosez

## What Do You Do For "A Pick Me Up"?

I thought it would be interesting and useful for members of the Firm to let others know what you do when you're feeling a bit down or dull in the spirits.

I've recently picked up bike riding as an incredible pick-me-up. Those endorphins kick in and I'm good for several hours. Of course a trip down to the local Starbucks is another way (though not as good) when bike riding is not practical.

I also have a radio in my office preset to my favorite stations.

David Leffler, New York, New York

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I recommend following a guy with a bright blue mohawk and multiple facial piercings to where he buys his coffee. Then find a couple podcasts you like and listen only to satellite or internet radio. Bike riding is also good. When I'm down, I put on Zeppelin 2 or Slayer's Reign in Blood and hit the bowflex. Between the memories brought back by the Lemon Song and the rage of Angel of Death, I'm good and I've beaten the bowflex.

Steve O'Donnell

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I garden for the longer term pick-me-up. During the day, if I'm feeling sluggish I take a break and go for a short walk.

Marion J. Browning-Baker, Stuttgart, Germany

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Now, in my dotage, I find it helps to fanaticize about women I can't get.

Of course, that was pretty much what I did in my youth.

John P. Page, Tampa, Florida

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Exercise regularly. I used to run almost every day at noon. I now aim for three running days and two weight training days; that's not to say that I have succeeded much of late in achieving my aim. I like to bike, road and mountain, but it just takes too much time to obtain the equivalent running workout.

I recently purchased a skateboard. After not riding for nearly thirty years I have to say that so far it's about the best thing I've done for myself in a long time. I plan to eliminate some running and weight days and use the



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time to ride on the flats and in the local skate park.

David Masters, Montrose, Colorado

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For a pick-me-up? Internet radio WFUV out of New York, they play Wilco, Grateful Dead, Emmylou Harris, Dr. John, White Stripes, Joan Jett, Lou Reed, Dylan, Lucinda Williams, Fountains of Wayne. Great music station.

I keep my guitar in the office. I pick it up and play a few licks and record it on the Dictaphone.

I shop on the internet. EBay for artwork, and cool art deco stuff; Land's end for reasonably priced office clothes; Posters.com for office artwork; HGTV.com, for household tips, etc... (I probably sound very boring and bourgeois to some).

Lunch with friends.

This is a good thread. I like hearing from others on this subject

David Silverstons, Hollywood, Florida

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Well, I've been pretty down a lot lately, and find checking in with people I haven't talked to in a long time - or people I know in the storm areas - helps with perspective. I've had a few completely unexpected calls from people I had lost track of, and it could not have come at A more needed time. Walks or bike rides in what passes for the woods in Iowa. (coming from New England, this is a significant difference)

That and praying.

Jim Moriarty, Cresco, Iowa

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I agree, this is a good thread. My pick me ups include: Very loud music, accompanied by my very bad singing, intellectually undemanding i.e. trashy novels, baking, lifting weights, going out for lunch/dinner/drinks with friends (not usually all three in one day, though it has been necessary at times <G>), watching Family Guy w/ my family.

I also take a girls' weekend away every 6-12 months--lots of laughing, long walks, etc.

Madeleine Butterfield Bass, Providence, Rhode Island

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If it's a brief break, I go out and pick roses in the garden. Or do laundry.

Or, like Petula Clark, I go downtown. All right, so downtown's only a

couple miles away. But I'll have coffee at a sidewalk cafe, hang out at Sanborn's book department, go over to the Cathedral, and maybe top off the evening at the Corral del Comedia.

If I need a day's break, then it's Patzcuaro, about an hour away.

If I lived in the US, I'd go shopping or to a real bookstore.

jennifer rose, Morelia, Mexico

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Exercise, spend time with family, go do something I have wanted to do but have not gotten to. I have walked, rowed, biked, ran, swam, lifted and even got conned into aerobics once (long ago). Physical activity, mental variation in activities, visits with friends -- all help.

Every day we start with the same amount of time. Every day we choose, consciously or unconsciously, how to spend it. Every day it is gone. Choose well, choose clearly and minimize regrets.

If I know what I am doing, know that I chose to do it, and work towards completion, that is time well spent. It matters not whether to someone else the task might be considered a job or a pleasure. Too much leisure does not bring happiness, nor does too much work.

Longtime 'Sezzers know I work more than most. I do it ultimately because of the choices discussed herein.

Darrell G. Stewart, San Antonio, Texas

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ballroom dancing -- or if there isn't enough time...listening to ballroom dance music

Laurie Axinn Gienapp, Bradford, Massachusetts

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1. Coffee - strength of blend varies with how much of a pick me up is needed / required. 2. My daily workout (well, 4-5 day / week anyway) - 15-20 mins of yoga stretching, followed by a 50 min power walk, followed by a 20 min dumbbell routine or rowing machine for upper body. I hate it when work interferes with my training. 3. Oldies radio - hits from the '60s - what my kids call "classical music".

Rod Klafehn, New York

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I too do the java jolt if I'm out at my virtual office; If I'm at the home office, it's real easy: play Frisbee with my chocolate lab and chase her around the yard. It's exercise and enjoyable for us both. Or, I tell my husband that I need one and he generally appears at my office bearing lunch, coffee or some other welcome gift (get your minds OUT of the

gutter!)

Samantha, Florida

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hmmmm . . . I clean my bellybutton and burn ants with a magnifying glass, but just when I am feeling peckish.

Otherwise, I have enjoyed a good workout, but I notice the great feeling afterward has been very elusive in the last 5 years or so.

I find the "off beaten track" music a good diversion as well, but tend toward new age, space music, acoustic, folk and world music. I find mood music much more engaging than head banging.

For a born introvert, I also find the company of good friends a welcome thing, might be that I don't get enough of it so it's always special, dunno.

Frederick Mischler, Dayton, Ohio

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I started a not-for-profit organization. It is a great stress reliever.

Russelle

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I have a home office, too, so, yes, do laundry, cook. I take a noon break, checking what's on the PBS rerun of Charlie Rose, to watch while I eat. I run out to check my mail, get groceries if I need them. Those are usual breaks. BIG pick me ups have to wait for a weekend, and I can't do them most weekends: back packing or hiking in the mountains of northern New Mexico; and, finally, this year again, out boat camping twice this summer (we've had severe drought and the lakes are part of a system to pass water on through from Colo. and on to Texas (and big old thirsty Albuquerque takes much of the water that otherwise is stored in my favorite lake here, Heron Lake, up near the Colo. border). Some get-togethers with friends, too, of course.

Gini Nelson, New Mexico

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Go out dancing at night, or garden in the daytime. Also helpful is listening to bhangra music. Veronica Schnidrig, Portland, Oregon

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John Coltrane's "Blue Train" always does it for me.

Eugene Lee

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If at home, during summer, Amaretto Iced Coffee. Put 1 1/2 oz Amaretto Syrup and 1/2 oz Vanilla Syrup in a 16 oz cup (substitute any syrup you like). Add 2 oz espresso, double strength. Stir. Fill cup 3/4 with ice, preferably smaller cubes Add milk to top. Stir.

David Tarvin, Omaha, Nebraska

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Fly. There's nothing better to leave the "real world" trouble behind.

Scott I. Barer, California

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