

# 21 QUICK & EASY CURES FOR R.E. DEPRESSION

1. Watch a sad old movie and make cracks about it.
2. Do imitations of W. C. Fields in front of your dog.
3. Kiss your ceiling
4. Sing Christmas Carols (preferably in August)
5. Discuss all your in-depth problems with a door knob.
6. Take a flashlight into a closet and make hand animals.
7. Draw all over the bottom of your feet.
8. Play tennis with a Ping-Pong ball.
9. Tell someone you love them.
10. Bake a cake all by yourself and eat it all by yourself.
11. Get all dressed up to walk around the block.
12. Drink a tall glass of unsweetened grapefruit juice.
13. Mail a bathroom scale in a plain brown wrapper to a fat freind.
14. Blow a huge bubble using eight pieces of bubble gum.
15. Open your mind.
16. Dig out your high school yearbook and "remember when" for 20 minutes.
17. Kiss your dog.
18. Wallpaper your trash can.
19. Eat a taco with lots of onions.
20. Make a list of everything in your car, truck and storage closet and see which is longest.
21. Read this dumb list 3 times out loud in front of a mirror, and try not to smile.