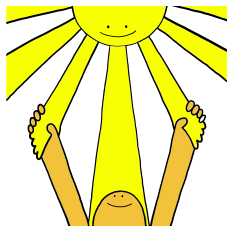


Try These Mood Boosters

Before starting this exercise, let's take a moment to check in with our feelings. Write down how you are feeling in this moment. For example, "I feel ... joyful, energetic, powerful, peaceful, sad, lonely, confused or overwhelmed."



A Walk in the Sunshine

Next time you spend time in nature, pause, notice and write down how it feels for you. For example, "I notice the warm sun on my face, I feel relaxed and refreshed, etc."

Maybe you'd like to spend more time in nature. Make a few notes on ways you might do so.



A Good Night's Sleep

The next time you catch a full 40 winks, pause, notice and write down how you feel. For example, "My body feels rested and energized, I feel patient and attentive."

Based on your observations, think of a few ways you might tweak your sleep routine.
