



6 Ways to Lift Your Mood

1. POUR A CUPPA

"When tea becomes ritual, it takes its place at the heart of our ability to see greatness in small things," novelist Muriel Barbery writes in *The Elegance of the Hedgehog*.

2. CREATE A HAPPY PLAYLIST

Brain imaging technology has revealed that listening to pleasurable music releases "feel-good" neurotransmitters.

3. CUE THE FUNNY

Laughter releases dopamine, which can lift a mood and reduce stress.

4. FIND SOME QUIET

You may need to create it! Turn off alerts.

5. PRESS PAUSE

Request a minute if you need one. Indoors or out, even a short stroll will make a difference.

6. DO A GOOD DEED

Don't take our word for it, give it a try!