



Ways to Lift Your Mood

IT'S ALWAYS HELPFUL TO KEEP A REMINDER OF WAYS TO LIFT YOUR MOOD. THAT WAY, THE NEXT TIME YOU'RE IN AN UNPLEASANT MOOD YOU CAN REFER TO YOUR LIST AND TAKE ACTION! WRITE DOWN A LIST OF WAYS YOU LIKE TO LIFT YOUR MOOD. HERE ARE SOME OF OURS TO GET YOU STARTED! COMPLETE YOUR LIST AND POST IT SOMEWHERE YOU WILL SEE OFTEN. (E.G., FRIDGE, BATHROOM MIRROR OR INSIDE A NOTEBOOK.)

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 playlist of happy songs: brain imaging technology has revealed that listening to pleasurable music releases "feel-good" neurotransmitters.
3. Cue the funny: laughter releases dopamine, which can lift your 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.

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7. _____

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