

MOOD BOOSTERS



Animals

Play with an animal
Walk a dog
Listen to the birds
Visit a nature park or zoo
Watch animal videos online



Self care

Take a bath or shower
Give yourself a facial
Daydream
Meditate
Pray



Cook

Cook a meal for yourself
Cook a meal for someone else
Cook a few days' meals & freeze
Bake
Try out a new recipe



Get creative

Draw or paint a picture
Take some photographs
Make a photograph album
Start a scrapbook
Do some sewing or knitting



Music

Listen to music you love
Find some new music to listen to
Turn on the radio
Play an instrument



Get active

Go for a walk
Go for a run
Go for a swim
Go cycling
Practise yoga or pilates



Express yourself

Laugh
Sing
Shout
Dance
Paint



Read

Read a book
Read the newspaper
Read your favourite website
Visit the library
Browse in a bookshop



Plan

Set a goal
Make a 5-year plan
Make a 'to do' list
Make a 'bucket list'
Plan your next holiday



Around the house

Clean your favourite room
Wash the windows
Do laundry, fold & put away
Organise a cupboard
Do one of those tasks you keep putting off
Add some fresh flowers or a pot plant



Kindness

Help a friend or stranger
Make a gift for someone
Try a random act of kindness
Plan a surprise for someone
Make a list of things/people you are grateful for



Treat yourself

Have breakfast in bed
Have a massage
Have a long bath
Sleep in late
Go for a sauna or spa



Write

Write a letter
Write a 'thank you' card
Write a journal/diary
Write or refresh your CV
Start writing a book



Relax

Give yourself permission to sit and relax, especially when you're tired
Daydream about your favourite things to do
Turn your phone off
Watch a movie or show
Give yourself a hand or foot massage



Nature

Get out in the garden – plant/prune/harvest
Mow the lawn
Go for a walk in nature
Sit in the sun
Lie on the grass
Watch the sunrise or sunset



Learn

Learn a new skill
Watch a tutorial video
Sign up for a course
Listen to a podcast
Watch a TED Talk



Connect

Get in touch with a good friend
Join a new group
Reconnect with an old friend
Hug someone you love



Try something new

Try a new food
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a different kind of book to usual