

6 WAYS TO BOOST YOUR MOOD

DEEP BREATHING

Your breath is a powerful tool to ease stress and make you feel less anxious. Take a couple of minutes to get comfy, place a hand on your chest and the other on your belly, breathe in through your nose to let your belly fill with air, breathe out through the nose. The hand on your belly should move more than the one that's on your chest. Repeat until you feel calm and relaxed!

MINDFUL COLOURING

Grab yourself a mindful colouring book or print out a sheet from the internet. Colouring can be a great tool for re-focusing on the present moment and reducing stress.

CREATE A 'MOOD BOOST' PLAYLIST

Go through your Spotify or iTunes account and add a bunch of songs that boost your mood to a new playlist. Then, every time you feel anxious or need a mood boost have a listen to your favourite songs. You can continuously add to this playlist as time goes on!

GOOD THINGS

At the same time each day, write down 3 good things that has happened in the past 24 hours. This will help you tap into positive emotions and remind you of the good things in your life!

SELF-SOOTHE BOX

A self-soothe box contains items that ground you, make you feel more relaxed and reduce symptoms of sadness, anxiety or low mood. Include an item that connects to all of your senses. For example, a stress ball for touch, several photos that provoke happy memories for sight, your favourite scented candle or perfume for smell.

LIMIT NEWS

Limit the amount of time that you check the news and social media by giving yourself a window of time each day (for example, the first hour after you wake up) to not access those sites or apps. Reducing your time spent on social media will improve your mental health, decreasing anxiety and feelings of loneliness while also boosting your self-esteem.

