

# A DOZEN *mood* BOOSTERS



Try a new activity



Go for a walk



Keep a journal



Drink more water



Take a power nap



Get some sun



Stretch frequently



Read a good book



Learn something new



Listen to music



Break your day up into chunks



Reach out to someone

It's 2020 and things are feeling heavy – maybe it's grief for the one's who have died and we miss every day, grief over the heaviness of our current world, and then we add the small daily stuff that we are already coping with. Sometimes griefwork is just taking care of our general mental health.

At times we may not have the energy to really dig in to our mental health and that's okay. It can be just as helpful to take a deep breath, allow ourselves a little grace, and just add a mood booster into our day! Having these reminders handy allows us to find healthy outlets for ourselves as we continue to navigate this world and our experiences. Remember that you are coping with a lot of different feelings and you deserve to have some mood boosting moments. You are doing the best with what you have!