



Wespath

BENEFITS | INVESTMENTS

Center for Health

Boost Your Mood



Laugh

The next time you have five minutes, try one of the tips below to lift your day from good to great.

1. Write down three great things that happened today

These don't have to be out of the ordinary. Practicing gratitude can put you in a positive frame of mind.

2. Change up the scenery

Intentionally get up, move, stretch or go anywhere different. Altering your physical perspective can alter your mental one too.

3. Clear your desk (or clean something)

It's a rewarding practice to end the day, and can start the next day off on a good note.

4. Savor something good

Take five minutes and focus on something that brought you joy.

5. Write a thank you note

Not only does remembering something nice make you feel good, the receiver will feel good too.

6. Laugh

It creates positive energy that is easily shared.

7. Make a list

Prioritizing your to-dos can give you an ongoing sense of accomplishment as you cross things off the list.

Adapted with permission from 5-Minute Mood Booster from meQuilibrium.com

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