



**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](http://meQuilibrium.com)*

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