

## Activities to Boost your Mood

1. Dance! Rhythm is regulating. Turn up the music, grab a willing friend or family member and dance!
2. Go for a walk. Research shows that being in nature increases energy levels and has significant impact on improving mood. Also, rhythm! And you get to feel good about doing something healthy for your body.
3. Get an adult coloring book. Taking a few minutes to do some coloring is calming and regulating. More rhythm! This functions to get you out of your amygdala, or your "feeling brain" and back into your cortex, or your "thinking brain."
4. Journal. The act of writing your thoughts processes them in a way to help them stop bouncing around in your head non-stop.
5. Snuggle. Extended physical touch with someone you love increases your own oxytocin and serotonin levels. These bring joy and happiness. It can be a romantic partner, your kiddo, or even your doggo!
6. Eat something healthy. The more plants, the better! Take care of your microbiome and it will take care of you!
7. Eat some dark chocolate. It boosts serotonin. And it's a plant! It's got a host of other physiologic benefits as well as giving your mood a boost.
8. Get some sunshine. Many people are chronically low in Vitamin D. The sun is the best source of this critical vitamin. Fifteen minutes a day will work wonders. Consider a UV lamp in winter months or if you are in a rainy climate with reduced opportunity for sun exposure.
9. Do one household chore you have been avoiding. Completing a task will give a dopamine rush. This gives you big feelings of accomplishment.
10. Say nice things to yourself about yourself. You are a human of value and have wonderful traits. Focus on those things and leave behind the negative self-talk that brings you down.