

HOW TO BOOST YOUR MOOD

with 9 easy steps

1



Smile

Science says smiling (even if you don't feel like it) triggers mood boosting hormones and chemicals in the brain. Try it!

2



Sing along to a happy song

Try and listen to music that matches the mood you want to be in. Singing along to the song will not only boost your mood, but will also be a form of exercise!

3



De-clutter

De-cluttering allows us to feel more organised and get rid of stressors in our head

6



Lighten up

Whether its sunlight or artificial light, being exposed to even one hour of light a day can be as effective as anti-depressants

5



Treat yourself

Buy yourself some flowers. Science says flowers have an instant and long lasting mood boosting effect

4



Do a good deed

Doing a good deed such as volunteering gives you a sense of purpose, achievement, and increases empathy which in turns boosts happiness

7



Meet a friend

Social interaction can play a big role in elevating your mood by helping to up and normalise happy chemical levels in your brain

8



Track your happy thoughts

Keeping a record of your happy thoughts is a way for you to revisit the good things in your life

9



Sniff a scent

Some scents like lavender and vanilla, can automatically elevate your mood and make you feel more relaxed

Sources:

<https://www.mindbodygreen.com/0-20069/why-spending-time-with-friends-boosts-your-oxytocin.html>
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