



**Wespath**

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Center for Health

## Boost Your Mood



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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