

**QUICK MOOD BOOSTERS
TO HELP YOU FEEL IN CONTROL,
INCREASE YOUR SELF-CONFIDENCE AND
FEEL GOOD ABOUT YOURSELF**

- Listen to music
- Dance it out
- Do something to make you laugh
- Pet your cat or dog
- Do something that you enjoy
- Exercise to move your body
- Connect with family or friends
- Smile
- Breathe slowly
- Meditate for 5 minutes
- Write 3 things you are grateful for
- Tell someone you love them
- Work on a puzzle
- Eat a favourite snack
- Take a walk in nature