



# *Mood boosters:* Curating your personal collection of happiness



Think about the things that make you feel good – the warm sun on your face, watching puppies play, listening to your favorite band, reading a funny meme, a home-cooked meal, your best friend’s laugh ...

Here’s an opportunity to create your own go-to “feel-good” collection – a ready-made repository of “mood boosters” to reach for whenever you need to lift your spirits or soothe your soul.

Your collection could include:

- Photos that remind you of great times in your life or people you love
- Inspirational quotes that restore your focus
- Song playlists to help you unwind or rev you up
- Videos that make you laugh or help you take a break
- Podcasts or articles that keep you learning and growing

Your mood-molding stockpile can take any digital or physical form you prefer. If you carry a smartphone, tablet or laptop, that might be the easiest place to store it. You might also enjoy putting together a scrapbook, tucking notes into your wallet or hanging Post-Its in your spaces.

Use the prompts on the next page to get started building your mood-booster collection.



**Move your mood** – Movement is a natural mood booster. Put together a playlist of finger-snapping, toe-tapping songs you can't resist – and other lists to help curate a vibe. Print or download some dance moves, new workouts or yoga practices you'd like to try.



**Find your calm** – Sometimes a little peace is what you need most. For example, spending time in or around nature is a natural stress reducer. For times you can't go for a hike, sit near a tranquil body of water or listen to birds chatter, gather images and sounds that help you feel relaxed.



**Practice gratitude** – Reflecting on what you appreciate can help ease stress and anxious thoughts. It can also help nurture optimism. Keep a list or make a collage of what you appreciate and why.



**Spark your memory** – Sometimes we mean to do or say things but forget – or lose our nerve in the moment and feel frustrated later. Get ahead of yourself by keeping a “to-do” list or setting up calendar reminders: “Check in with mom and dad today” or “Remember to thank the barista – don't just rush in and out.”



**Find reasons to laugh** – Collect memes, cartoons, quotes and videos that give you the giggles. Add the people who make you laugh to your favorites list on your phone to make it easier – and faster – to reach out to them.



**Stay inspired** – Save motivational quotes and keepsakes that remind you of your strength, give you hope and celebrate times you triumphed.

Think about what else can help you in the moment and day to day – and gather it. Here's some space to capture your ideas.