

BOOSTING YOUR MENTAL HEALTH

little things



Flip through old photos. Feeling nostalgic about the past can make you feel more optimistic about the future.

Listen to happy music or breathe in a calming scent. Pop in some headphones or put a scented oil on your desk.



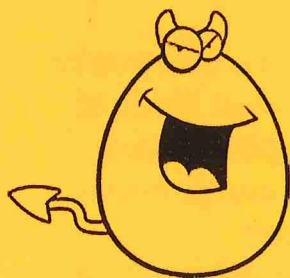
Open the shades. Eat lunch by a sunny window. Some sunshine can give you a great boost.

Walk around the block. Go for a stroll in the park. Even a small amount of exercise can improve your mood, especially in a natural environment.



Do a good deed. Volunteer. Making others feel good makes you feel good too.

GET RID OF "ROTTEN EGGS"



"Rotten eggs" are those little things that get you down. It might be looking too much at the news or morning rush hour. Identify and find ways to get rid of your own rotten eggs.

More ideas on the back!

Sources:

prevention.com
psychcentral.com
huffingtonpost.com

