

Improve your body's fuel. Reduce sugar & packaged treats, add fresh produce and whole grains for more energy and a better outlook.

Go Outside. Sunshine and fresh air are nature's best remedy. Vitamin D is proven to lift your mood and help nerves in the brain function properly.

Do something nice for somebody else. Small actions count. Hold the door for someone, send a happy text to a partner or friend, donate ten bucks to a favorite charity—plenty of ways to be kind & share good vibes.

Listen to a happy song. Music is a quick and easy mood-lifter. Belt out the lyrics for added benefit and endorphin rush.

Go somewhere quiet. Step away from surrounding noise and external stimulation. Spend a few minutes in personal reflection, mediation or prayer to center your mind and soul.

Visit feel-good websites for a happier outlook.

Try [Happy News](#), [Good News Network](#), and [Daily Good](#).

Phone a friend. To be calm & happy, spend time with calm, happy people. Only have a few minutes? Call one of them.

De-clutter. Getting organized can help us feel instantly calmer. Just five or ten minutes is enough to tackle a small project, like a desk or the kitchen table.

Rearrange your furniture. Changing your environment can refresh and recharge you while motivating you to repurpose or donate items.



Can't seem to shake a foul mood? You may be struggling with depression. Reach out for professional help to address underlying problem(s) so you can move on & be your best self.

