

# 10 Ways to Lift a Mood

1

## POUR A CUPPA

"When tea becomes ritual, it takes its place at the heart of our ability to see greatness in small things," novelist Muriel Barbery writes in *The Elegance of the Hedgehog*.

2

## TURN UP THE BEATS

Need a happy playlist? TURN TO PAGE 39.

3

## CUE THE FUNNY

Laughter releases dopamine, which can lift a mood and reduce stress. Find your favorite comedian on YouTube, search your social feed for cute animal memes. Be on the lookout for laughter.

4

## FIND SOME QUIET

You may need to create it! Turn off alerts. Power down for a few minutes – or early in the evening as a break before bed.

5

## SEEK THE BEAUTY

In one U.K. study, researchers found that looking at beautiful art increases blood flow to the brain. If you can't get to a gallery, create a digital one on your laptop or phone.

6

## PACK A SNACK

Plan ahead when you know you'll be on the go. Eating regularly – especially snacks with fiber, protein and healthy fats – can prevent a dip in blood sugar levels (a.k.a. feeling "hangry").

7

## PRESS PAUSE

Request a minute if you need one. Indoors or out, even a short stroll will make a difference. If you have more time, try an Awe walk. FLIP TO PAGE 150 FOR DETAILS.

8

## SMELL THE ROSES

Aromatherapy can influence mood. For some, lavender reduces stress. Experiment! Many people get a boost from the fragrance of citrus or peppermint.

9

## DISCOVER THE PET EFFECT

Dogs, cats, horses – pets of all kinds – are used in therapy with kids, students, seniors and veterans. Animal lovers will require no more explanation.

10

## DO A GOOD DEED

Earlier in these pages, we talked about helper's high and the physical effects helping others have on your sense of well-being. Don't take our word for it, give it a try!