

Pick-Me-Up Pocket Guide

15 Quick Ways to Lift Your Mood (even if your day is falling apart)

Some days, despite the best plans, feel like they are falling apart.

You might get surprising bad news or you may just feel overwhelmed because of all you have to accomplish. The relationships in your life may be messy, or you may have a different long-term trial.

Even so, life is meant to be joyful – joyful even when things are tough.

So when things feel like they are falling apart, what can you do to lift your mood? Below are 15 quick suggestions. None require a huge time commitment. In fact, some can be done in as little as 60 seconds.

None of these suggestions will solve your problems – but they will help you find a solution.

Because, when you make an effort to lift your mood, the chemistry in your mind and your body actually alters. Your thoughts clear. You are able to receive inspiration and be open to looking at things a different way.

Plus ... you'll just feel better!

NOTE: The following list is not in any particular order. Every activity is designed to last five minutes or less. Some activities will build up your energy, others are designed to calm you down.



1. Listen to Music

Music can shift your mood almost instantly. Depending on what you need, prepare a few songs on a playlist that you can pull out when you need to shift. Calming music will help you if you're feeling anxious or overwhelmed. Upbeat music can help if you're feeling afraid or worried.

2. Connect with Nature

Nature is calming and full of positive energy. Take a minute to stand in the grass or walk under a tree. Notice how the bark feels. Feel the cool earth. Calm your mind as you focus on the physical sensations. You may also be able to feel the "green" energy that flows from other living things.

3. Listen to Silence

Your world is full of noise. Turn off the distractions and make it a little more quiet. Turn off the television and put your phone in airplane mode. Let your ears take in the new silence.

4. Feed Your Body

When your physical body is struggling, your mind will struggle too. Drink in a big glass of water. Eat a healthy snack. Give your body some extra fuel, and your mind will be fed too.

5. Declare the Positive

What you say to yourself in your mind radically impacts your mood. Repeat positive statements to yourself over and over – either in your mind or out loud. You may want to write these in advance and record them so you can listen when your thoughts get overwhelming.



6. Look at Beauty

Beautiful pictures can calm the soul. Stand in front of a beautiful picture you have posted in your home, look at a picture you have saved on your phone, or look up beautiful art work online. Focus your thoughts only on what you're looking at.

7. Laugh Out Loud

Laughing releases massive amounts of positive chemicals in your body. Read silly poetry from your favorite poet or save a few laugh-inducing YouTube clips to watch in a difficult moment.

8. Breathe Deeply

Oxygen does wonderful things for the mind – waking it up and helping it think. Deep breaths also can calm and shift your energy. Try breathing deeply ten times while counting backwards from 10 to 1. Imagine the stress your feeling leave you with each breath.

9. Use Essential Oils

Essential oils have a powerful ability to change your mood and your thoughts. Use your favorite oil or blend in your diffuser or roll it onto your neck and wrists. Take a moment to notice the sensation and the smell.

10. Get Moving

Exercise releases endorphins that change the brain. Do a few jumping jacks or put on some power music and dance for three minutes. Get your heart rate up, and your mind will be clearer.



11. Take a Time-Out

Sometimes pausing a stressful situation can dramatically change the result. Step out of your situation, go into your bathroom, and lock the door. For 5 minutes, sit and breathe, listen to music, or pray. Allow your thoughts and your energy to calm down.

12. Touch Something

Your skin is the largest organ in your body ... and is often overlooked when it comes to shifting your mood. Carry a small smooth stone or crystal that you can run between your fingers when you feel your stress levels elevate. Or find a small piece of smooth velvet or other soft fabric that you can smooth in moments of stress.

13. Practice Gratitude

When your mind is racing, it seems that everything is falling apart. Shift your thoughts by writing down 10 things you're grateful for. Carry this list with you and read it again when you find yourself shifting back into negative thought patterns.

14. Connect with a Friend

In a world where we have never been more connected, we can still feel all alone. In a moment of heightened stress, reach out to a friend – someone who knows the right thing to say to help you shift your mood. Avoid Social Media, which can be distracting and often make things worse. Instead call or text a specific person.

15. Say a Prayer

Prayer connects you with a divine source of power and comfort. Whether it is a prayer in your heart or a vocal prayer offered on your knees, prayer provides peace and a space to receive additional inspiration.