

The Mood Boosting Plan

When life is getting on top of you, try these tips, backed by science, to feel better.

Glass half full

What is good in your life? What has gone well? What are you grateful for? Counting your blessings puts your attention on the glass half full. The mind is wired to notice what's wrong before you notice what's right, so practising gratitude helps you tune in and appreciate the good things in life.

Savour the positives

Bask, marvel, relish, delight, feast and luxuriate in positive experiences. Savouring is about slowing down to maximise your enjoyment of life's good stuff. Tip - use all your senses, stretch out the experience and ask yourself what you value in the experience.

Be a good friend

The number one source of happiness is other people so you can get an instant mood boost by reaching out to someone. Acts of kindness help both givers and recipients feel good, so you get positivity bouncing back and forth between you. It's also a useful distraction from your own troubles.

Get into nature

Green exercise is physical activity in a natural environment. It only takes a few minutes of walking in the woods or wild swimming to start generating positive emotions. Doing it by water has extra calming benefits for the mood.

Play to your strengths

Your strengths are you at your best – your positive qualities such as courage or kindness and your talents – what you're naturally good at. Finding ways to play to your strengths can help you perform well and grow your confidence and well-being.

Reframe

When something goes wrong, try to find the positive in the negative. A Sunday walk that's rained off becomes an opportunity to linger over the Sunday papers or curl up on the sofa with a box set.

Get into flow

What puts you 'in the zone'? Flow is that state where you're so completely absorbed in what you're doing that you lose track of time. Whether it's through a hobby, doing something physical like gardening or creative like crafting, flow is a very satisfying experience.

Something to look forward to

Make a list of 3 positive things that you expect to happen tomorrow and then relish the anticipation of them coming up. What will be good about it? Spend a moment anticipating the positive feelings you associate with the good thing.

