

MOOD BOOST "MENU"

If you're feeling stressed, overwhelmed, or just in need of a pick-me-up, this menu is full of quick ideas to help you reset your mind and lift your mood. Think of it like ordering your favorite snack—but instead, you're choosing an activity that brings peace, joy, or energy. Whenever you need a boost, pick something from the menu and give yourself the break you deserve!

Appetizers

(Quick Fixes — 1–5 minutes)

- Take 5 deep breaths
- Drink a glass of water
- Step outside for fresh air
- Put on your favorite song
- Stretch your arms and legs

Main Course

(Stronger Reset — 10–20 minutes)

- Journal your thoughts
- Go for a walk
- Call or text a friend
- Color or draw
- Watch a funny video or show clip

Dessert

(Treat Yourself — Feel-Good Boosts)

- Eat a favorite snack
- Dance around your room
- Play with a pet
- Wear your favorite outfit

Chef's Specials

(Soul food — Ongoing habits)

- Pray/talk to God
- Practice gratitude
- Read a book
- Work on a hobby you love
- Get to bed early