



FOREVERWELL

Bringing the Y's ForeverWell Initiative right to your home!

MOOD BOOSTERS & MINDFUL TIPS

Brighten your mood from home with the five following tips:

1. Be Mindful

Keep a gratitude journal; each day write down three things you are grateful for. Keeping tabs on the things you feel lucky to have in your life is a great way to boost your mood.

2. Meditate

Multiple studies suggest that meditating - focusing intently and quietly on the present for set periods of time - can help lessen feelings of depression and anxiety.

[Meditation for Beginners Video](#)

[Meditation for Beginners How-to Guide](#)

Websites & apps for meditation:

[Headspace](#)

[Simple Habit](#)

(source: www.businessinsider.com)

3. Stay Active

Get outside! Bundle up and enjoy the crisp air or the warmth of the sun. It can be a refreshing change of scenery and remind you of the beauty of nature. If you can't get outside, open the curtains, let the light stream in, and spend some time sitting near the window reading, doing puzzles or being crafty.

We recommend going for a walk, working in your garden, or following along to a Y@home virtual workout.

4. Productivity - Utilize Your Special Interests

Set goals - choose some things you want to work toward over the next few weeks. Some can be short-term goals that you can knock out in a day, and other can be tasks that take longer. Seeing the results of your work and being able to check things off your to-do list can be very encouraging and motivating.

Other ideas include cleaning out your closet, going through old boxes, writing a short story, poem, or song, and planning your future vacation or family reunion.

5. Stay Connected

There are a number of ways to stay connected while we are social distancing. Skype or FaceTime family and friends, send a letter to start a pen pal chain, or carry out your family traditions to help yourself feel better by doing the things you enjoy with the people you love.

(source: www.alwaysbestcare.com)