

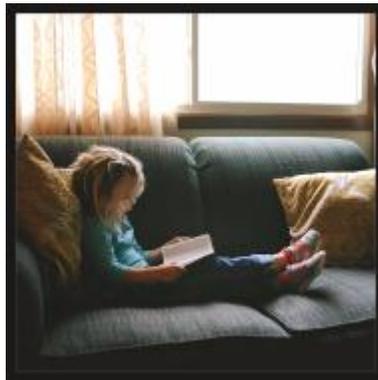
We all have those days...we all have those moods...they are unavoidable in our daily lives. Our moods and emotions have ups and downs; it's natural! Our emotions provide us information...they tell us what we enjoy through excitement, joy, and love! They also tell us when something is off...when we need to slowdown, do something differently, set a boundary, have a conversation, et cetera. It can be challenging to notice what we need when we are feeling sad, disappointed, angry, or exhausted. So, I have created this list for you to gain inspiration and ideas for you to take care of yourself and help you to turn around your bad mood. This way, you can wake up feeling a little (or a lot) better and ready to take action toward your values and goals! Choose what works for you and leave the rest.



1. **Get outside!** Go to the park, visit the beach, enjoy the mountain air, listen to a nearby creek, observe the calm of a lake. Use the nature that is available to you...feel the earth beneath your feet, use your senses...and observe the beauty around you!
2. **Make one of your favorite meals...**taste the amazing flavor and appreciate being able to nourish your body.
3. **Phone a friend.** Call a loved one & feel supported. Vent about your situation and then let it go. Ask this person about their life & what is important to them...it can help you shift from thinking about your current experience.
4. **Get Cozy!** Snuggle into your fluffy duvet. Surround yourself with a luxurious blanket. Put on some fuzzy, warm socks. Drink some hot tea. Allow yourself to feel comforted.
5. **Journal.** Free write your internal experience (thoughts, feelings, emotions...) or what has been happening in your life. You can draw or paint your experience. Write down bullet points (hopes, dreams, feelings, lists, etc.) Try making a list of 30, 50, 100 things that bring you joy!
6. **Do something on your bucket list!** What have you been dying to do? Buy a ticket to that concert! Plan your dream vacation! Schedule a sky-diving trip!
7. **Watch an uplifting movie.** Some of my favorites to laugh and appreciate the world around me are: *Princess Bride, Charlie's Angels, Forgetting Sarah Marshall, The Back-Up Plan, Trolls, Father of the Bride, The Other Woman, Etc.*
8. **Watch a tear-jerker.** On the other side of the spectrum, sometimes you just have to cry it out! It can be very cathartic. Watch a sad or moving drama...laugh, cry, let it all go! My sister loves doing this to *Step Mom* or *Armageddon*. I wish I had a meme of her ugly cry...that would definitely give you a laugh!
9. **Ask a friend to go for a walk before or after work.** Talk, walk, catch up, get a cup of coffee and connect.
10. **Drink a cup of tea.** Maybe enjoy a cookie or biscuit or piece of chocolate with your tea! Savor the taste, be comforted by the warmth, and mindfully drink the tea as a self-care ritual.



11. **Take a Bubble Bath.** Pour in some Epsom salts, bubble bath & essential oils. Light some candles, relax & enjoy! Let the bath wash away your worries.
12. **Meditate.** Take a moment, minute, or half hour to tune into your senses, breath, thoughts, physical sensations, emotions...breathe...and repeat a mantra such as "All is well" or "Inhale calm, exhale peace."
13. **Buy yourself a gift.** Avoid overspending (which can cause guilt and anxiety), but intentionally buy something to invite joy in your life. Examples include: A candle, latte, or book!
14. **Take a drive.** Get away for a half-hour or hour, listen to the music, roll the windows down, allow the breeze to rush past you, and let your worries melt away.
15. **Give yourself permission to do nothing.** Absolutely nothing for a minute, hour, or day without feeling guilty or lazy.
16. **Watch a favorite TV Show Episode!** I still laugh out loud to some of my favorite episodes of *Will & Grace*, *Friends* or *How I Met Your Mother*.
17. **Invite friends or family over for a meal!** Cook or order take-out or delivery. Enjoy a meal with loved ones. Avoid thinking about work or your to-dos, and allow yourself some time to enjoy, relax, and be in the present moment.
18. **Light some candles.** Turn off the lights, surround yourself with the soft, beautiful light, and smell the amazing fragrance. What do the comforting scents remind you of? The candles remind me that things do not always need to be so complicated.
19. **Intentionally chose how you would like to spend your evening.** We can get so caught up in doing what we are used to, or what we think we should do. Choose how you would like to spend your evening...do you want to go out to dinner? Go to sleep early? Read a book? Spend time with your kids, partner, roommates? Take some alone time to recharge? You choose what is right for you in this moment.
20. **Read a Book.** Did you know there are hundreds of free books on Kindle? Download the App! Go to the library and check out a novel...escape into a fantasy world...get to know the characters! Re-read one of your favorite books in your bookshelf...remember why you loved it the first time you read those pages.



21. **Be a tourist in your own town!** Go to your local museum, aquarium or zoo, try out a popular restaurant, visit local beauty (beach, lake, mountains, etc.), walk the streets of a nearby city...view these places as if you were seeing them for the first time!
22. **Enjoy a slow morning.** Make some tea, coffee or warm lemon water. Savor your cup while you journal, read, write, or meditate. Avoid your technology for the first half-hour or hour you are awake. Set an intention for your day. Notice your needs. What are your inspired actions for the day? What are you grateful for in this moment?
23. **Buy yourself some flowers.** Who says you have to wait for your partner to buy you flowers or wait for your birthday or Valentine's Day? Go out and purchase a lovely bouquet with some of your favorite blooms! (Tip: Trader Joe's or Farmers Markets can have less expensive options.)
24. **Practice gratitude.** Notice what you enjoy about your life, what has been going well. Write down 3-10 things you are grateful for. Look around you and notice some of the things you might take for granted; take a moment to truly appreciate

these things (your body, ability to move & breathe, the food in your fridge, friends, family, music, etc.) Check out this blog post on gratitude: <https://www.wellnesswithnora.com/single-post/2017/06/29/Good-Vibes-Only>.

25. **Go to a class.** Yoga, Cycling, Zumba, Photography, Cooking, Etc. Enjoy learning and crafting your new art and hobby!
26. **Be near water.** Go to your local lake, ocean, pool, reservoir, fountain...listen to the calming flow of the water. Since our bodies' are made of over 75% water, being near water can have a calming effect on the body & mind.
27. **Listen to some jams!** Make a positive-perception playlist! What songs bust away your sadness, shame, and disappointment and inspire joy, love & happiness? Listen to this playlist when you need it (a bad mood, a crappy day, when you need energy, to get moving in the morning, etc.)
28. **Pray.** Pray to the universe, your higher power, God, your loved ones whom have passed, etc. Say thank you for what you have. Ask for guidance. Ask for support with your current situation and next steps toward your goals and values.
29. **Partake in a nightly routine to support your wellness.** Turn off your electronics. Slow down before bed with a hot bath, read a book, enjoy some herbal tea, do some relaxing stretches, practice yoga nidra (<https://www.youtube.com/watch?v=l4r6r2lGKgU>), listen to some calming music.
30. **Workout!** We are mammals; we are meant to move. Go for a walk, do some yoga or stretching & surrender, go the gym or exercise class. Listen to your body, meet your body & energy where it's at today. Feel the endorphins!



31. **Put some lavender essential oil on your wrists.** Smell the relaxing scent, breathe it in, allow the calming magic to relax your body and mind.
32. **Repeat an empowering affirmation or mantra.** "I love myself just the way I am." "I welcome miracles in my life." Some of my favorite ones can be found here: <http://www.louisehay.com/affirmations/>
33. **Clean your room, office, home, paperwork, personal space.** Sometimes we feel better when our space is clean, clear and organized. It's one less thing to worry or feel overwhelmed about.
34. **Practice Hygge.** *Hygge* (<https://www.newyorker.com/culture/culture-desk/the-year-of-hygge-the-danish-obsession-with-getting-cozy>) is the Danish term meaning a feeling of cozy contentment and well-being through enjoying the simple things in life. Light some candles, sit by a fire, get cozy with fuzzy socks and blankets, enjoy a hot cup of tea or cocoa, read a book, enjoy a crockpot full of chili with friends or family & put down your phone and tablet.
35. **Try out EFT Tapping.** Emotional Freedom Techniques, also known as EFT Tapping (<https://www.thetappingsolution.com/what-is-eft-tapping/>) or simply Tapping, is a combination of ancient Chinese acupressure combined with modern psychology through the statements made while tapping. Tapping can help with depression, anxiety, chronic pain and much more.
36. **Go for a hike.** Switch up your surroundings. Just get out, breathe, move, and remind yourself that you will get through this, everything will get better, everything will be okay. With each step you take, let go of your anxieties and tension.
37. **Get something checked off of your to-do list.** Get something done, cross it off, feel a little lighter.
38. **Eat some dark chocolate!** Taste the rich flavor & let it melt in your mouth. Allow your body to reap the rewards of the antioxidants, such as greater heart health, improves mood and vision and fights inflammation!
39. **Engage in a hobby.** Scrapbook, arrange a flower bouquet, blog, write, read a book, exercise, watch a sports game, etc.
40. **Plan a party!** A birthday celebration, holiday party, game night, girl's/guy's night!...what do YOU think would be fun?



41. **Look through old photos.** Remember the good times & memories with love & joy...think of ways you can cultivate those same feelings now. Avoid living in the past, thank yourself and the universe for those good times and set intentions for today, the present moment.
42. **Indulge your senses.** Smell essential oils or candles. Touch cozy blankets. Taste tea, or comfort food. Hear soothing music or nature sounds. See pleasing art or look outside at the nature around you.
43. **Drink some water.** Dehydration can lead to fatigue and feeling depressed. Get hydrated! Add some mint, lemon or berries to your water to enjoy it even more!
44. **Make a therapy appointment.** Do you need some extra support? Have you been suffering for a long time and are bursting to talk to someone? By taking a step and scheduling an appointment you are taking one step closer to that support. Find a therapist and/or psychiatrist today here. (<https://www.psychologytoday.com>) If you need support now, please contact the National Hopeline Network, a free 24/7 support hotline, at 1-800-784-2433.
45. **Play a game!** Board game, Candy Crush or Words With Friends on your phone, solitaire...you choose!
46. **Make your space special.** Add a throw pillow or blanket to your bed or couch. Place some art on your walls. Add an eclectic coffee mug to your collection. Smile at the added color and unique touch!
47. **Take a break.** Have you eaten today? Have a snack. Sit down for a couple minutes, do nothing but what you choose to do...have a cup of tea, eat a snack, breathe with your eyes closed...avoid multitasking.
48. **Swing on the swings at the park!** As you swing forward and back, feel the air on your face, smile, and let something go. Remind yourself that it is important to enjoy yourself and have fun! On that note...
49. **Play like you did when you were a child.** Write with sidewalk chalk, look up at the clouds and name what you see, see the world with innocent eyes, sing at the top of your lungs, play with a slinky, skip down the street, dance, smile & laugh.
50. **Stargaze.** Lie outside on a blanket and gaze up at the stars. Marvel how wide and expansive our amazing universe is. Remind yourself that you are made of that stardust...you are amazing!



51. **Get a massage.** Touch is so important. If a massage is too pricey, wash your feet in the tub then give yourself a foot massage with lotion or oil & relax!
52. **Bust out your sweatpants!** Put on your comfiest outfit or PJs and feel warm, cozy and blissful.
53. **Read a magazine.** When was the last time you flipped through the pages for no reason? Relax and enjoy what you see and learn.
54. **LOL.** Laugh out loud. Look up some jokes online, try laughter yoga (<https://www.youtube.com/watch?v=Fq4kTZuLops>) or do anything that helps you laugh!
55. **Do something for someone else.** Volunteer, bring a coworker coffee, call a friend or family member to ask them how they are, visit someone who needs some company, give a loved one a hug. By helping someone else, we help ourselves.
56. **Have a dance party!** Shake your booty, shimmy those shoulders, dance as if no one is watching!

57. **Take some pictures of your favorite things!** Make a collage and notice the beauty of what you love, what you are grateful for, what is in your life. You and your life are beautiful!
58. **Go window shopping.** No need to buy anything! Just enjoy “doing nothing” for an hour or two. Try on sample lotions and perfumes, read greeting cards, look at postcards, feel the materials of the clothing on the racks, explore & see what you can find!
59. **Ask for a hug.** This is something I needed to learn. Sometimes you just need a hug, but those around us cannot read our minds. Just ask your friend, family member, loved one for a hug. Be vulnerable and accept the love and support they give you.
60. **Celebrate the season!** Make a list of all of the things you want to do to appreciate this time of year and start planning to do them!



61. **Lie in Savasana.** Yoga’s ending posture, Corpse Pose...i.e. lying on your floor, mat or bed with your arms by your sides, palms face up, relax your shoulders down your spine, and close your eyes. Tune into your breath...deep inhaled and exhaled, relax and just breathe for five minutes...feel grounded, feel supported.
62. **Practice Self-Compassion.** Dr. Kristin Neff is the self-compassion guru! She explains that there are three elements (<http://self-compassion.org/the-three-elements-of-self-compassion-2/>) to self-compassion: self-kindness, understanding common humanity, and mindfulness. How can you be kind and understanding of yourself and your experience in this moment? We are all human, we are fallible, we all suffer, and you are not alone. How can you be mindful and take a balanced approach to your emotions and what you are experiencing?
63. **Breathe.** Feel the breath fill up your chest, diaphragm and stomach, exhale out the breath completely, let the tension and your worries go with each exhale. Repeat.
64. **Paint.** Grab a canvas or piece of paper, paints and a paint brush & be creative! Don’t worry about ability or talent! Paint how you are feeling. Paint the seasons. Paint anything you want!
65. **Practice acceptance of the present moment.** Accept what is occurring right here, right now. Accept the current circumstances. This does not mean that you condone what is going on, just acknowledging “It is what it is.” Admit what you have control over, what you can work towards, and let go of the things outside of your control.
66. **Play with a pet; be around animals.** If you don’t have a dog or cat; offer to pet-sit! Take them for a walk and snuggle! It has been proven that as you are cuddling with your pet, oxytocin is released and cortisol (your body’s stress hormone) levels drop, alongside a calmed heart rate.
67. **Sing your heart out!** Sometimes singing out loud and listening to your own voice and your own heart to the music is such a good feeling! Sing in the shower or car (bad voice, “good” voice and everything in between!) Sing along to your favorite artists and favorite songs while cooking in the kitchen or getting ready in the morning. Enjoy yourself!
68. **Practice Radical Self-Love.** Gala Darling (<http://galadarling.com>) is the radical self-love guru! Cultivate happiness, appreciate yourself, and realize how amazing you are by truly loving and appreciating the person you are today! Name some of your positive attributes, be good to your body, practice positive affirmations, and do whatever you need to do to feel good.
69. **Take a nap.** This is not for everyone...but sometimes you just need some rest! Take a 20-minute power nap, allow your mind to rest, close your eyes and shut down for a few moments. If naps aren’t for you, get to sleep early to recharge and refresh!
70. **Stop & smell the roses.** Literally, smell a rose or flower you see in your neighborhood or at a park...slow down and appreciate the little things; look at the world around you!



71. **Practice Grounding.** Feel your feet planted firmly on the floor beneath you. Breathe...feel the breath flow in and out of your body. Grab an ice-pack out of the freezer and use it on your face or neck to ground yourself into the present moment, feel the intense cold (wrap with a towel if too intense). Place your hands under cool running water, allow yourself to feel the water flowing through and over your fingertips.
72. **Learn something new!** Ask Google a question, look up random words on dictionary.com, learn origami or how to crochet via YouTube...the options are endless!
73. **Stretch.** Breathe and gently move your body; it works so hard for you each and every day.
74. **Unplug.** Forget social media, your phone and the news for an hour, day, week or month. Let go of the comparisons and worries that can arise from the technology around us.
75. **Go to the movie theater by yourself.** Take some space, relax and immerse yourself in the film world for two hours.
76. **Prepare your favorite dessert.** Pie, ice cream sundae, cookies, chocolate soufflé ...indulge!
77. **Explore a bookstore.** You can find so many things in a bookstore...amazing stories, cards, gifts, journals, calendars with fuzzy kittens or action heroes, coffee, pastries, books on travel and food, games, I can go on and on...
78. **Buy a plant.** Nurture it, watch it grow & flourish! Try lucky bamboo...it can grow almost anywhere, is very easy to care for and brings you good luck!
79. **Watch the sunset.** Be in the present moment, appreciate the natural beauty and know that with the sun going down, this day is done. Tomorrow is a fresh start filled with possibilities!
80. **Watch the sunrise.** Commit to going to sleep early, waking up early, and start anew with the new day. Admire the beautiful colors and your fresh start.



81. **Watch an inspiring TED Talk!** Listen to the wise and encouraging words of Brene Brown or Elizabeth Gilbert. Check out some good ones here! <https://www.themuse.com/advice/10-inspirational-ted-talks-perfect-for-anyone-having-a-rough-day>
82. **Perform a random act of kindness!** Pay for someone's coffee or their take out in the drive through behind you. Help an elderly person with tasks that might seem easy for you, hold the door open for someone, put quarters in a meter for someone if their parking has expired, or do a chore without someone knowing. Reap the rewards of a good deed!
83. **Do something silly!** We tend to take ourselves too seriously and are always trying to improve ourselves or our situation. Do something pointless and silly...because it's not pointless...it might get you to smile, laugh, have fun! Slide on the floor in your socks, tell a knock-knock joke to a coworker, send a funny-face snap chat...what other ideas come to mind?
84. **Allow yourself to show up differently.** Be someone else; someone totally different. If you are normally shy & self-conscious, act confidently today. If you tend to focus on what is going wrong, act as if the glass is half-full. Wear clothes of a different style...be spontaneous...etc.
85. **Make a manifesting vision-board.** What are your wildest dreams? What are you cultivating in your amazing life? What are your hopes, goals, and future opportunities?

86. **Carpe Diem!** Seize the day! How can you fully live in this very moment?
87. **Look up your astrological sign!** Find out what makes your horoscope strong and what you might want to expect this time? For example, I am a Pisces...Pisces are friendly, selfless and empathetic. Notice how you might use some of these qualities in your life!
88. **Change up your image!** Get a haircut, switch up your make-up or accessories, and present yourself the way you want to be perceived.
89. **Write a list of people you haven't spent time with lately and calendar them in!**
90. **Grab your camera (or smartphone) & snap some pics!** You choose what is beautiful or interesting in your world. Make some prints and frame them. Admire your work.



91. **Research your family tree.** Learn more about your ancestry, where your parents and grandparents and great grandparents were born. Discover family genealogy, traditions and more!
92. **Write a letter from your future self.** Write how you got through this day and difficult time and not only survived, but thrived! Explain how you overcame struggles and made your dreams your reality!
93. **Write someone a love letter.** Your partner, sibling, parent, or best friend. Tell them how much they mean to you.
94. **Have a movie marathon!** What is your favorite series? *Harry Potter*? *Lord of the Rings*? *Batman*? Bust out the popcorn or ice cream and veg!
95. **Look up a favorite quote!** And post it up somewhere in your home; decorate it!
96. **Read blog posts on one of your favorite blogs.**
97. **Plan a vacation!** Decide where you would like to go, how you can budget for it, activities you would like to do, restaurants you would go to, places you would stay and reasons why this vacation is important to you.
98. **Write a poem.** Bust out your creative side! Try a haiku. Express your thoughts and feelings.
99. **Go bowling or ice skating!** Have fun with it!



Disclaimer: The information contained in this blog is intended to aid in your self-care and wellness practice. It is not intended to replace care best provided by ongoing professional mental health treatment and support. If you are suffering from depression or other mental health concerns, please get help. You are not alone. Call this free 24/7 hotline: **National Hopeline Network: 1-800-784-2433** or find a therapist and/or psychiatrist today here: <https://www.psychologytoday.com/> (You can search for a provider within your insurance, however, call your insurance provider to confirm they are within network and ask about any expenses that might arise).