

Happiness HACKS

HAPPINESS TIPS TO IMPROVE YOUR MOOD

1. PRETEND TO BE HAPPY - FAKE IT TILL YOU MAKE IT!
2. CALL OR VIDEO CHAT WITH FAMILY OR FRIENDS
3. SPEND SOME TIME OUTDOORS
4. GET FLOWERS FOR YOURSELF
5. WATCH YOUR FAVORITE MOVIE
6. MAKE A HAPPINESS PLAYLIST AND LISTEN TO IT
7. PRACTISE GRATITUDE
8. SPEND TIME WITH YOUR PET
9. DO SOMETHING CREATIVE
10. MEDITATE REGULARLY
11. GET MORE QUALITY SLEEP
12. SING OUT LOUD
13. DANCE!
14. TAKE A RELAXING BATH WITH CANDLES
15. TAKE A BREAK FROM TECHNOLOGY
16. EAT MORE FRUIT AND VEGETABLES
17. GET MORE EXERCISE
18. APPRECIATE THE SMALL JOYS IN LIFE

