**Mood Booster**

A GUIDE TO QUICKLY ENHANCING YOUR MOOD

**HYDRATE**

easy right?! grab a few sips of old fashioned h2o

**VISUALIZE**

close your eyes and imagine your mood meter slowly increasing

**BREATHE**

breathe. breathe. breathe. 
inhale + exhale

**SELFIE-HUG**

yep! wrap your arms around yourself, and take in a giant pull

**REST**

seated or lying down, catch a snooze for the ultimate reboot

**MOVE**

give your body a quick shake, jump, or shimmy for an instant mood jolt

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xoxo, 
#WereHealing™