

1. **Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.
2. **Start your day with a cup of coffee.** Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
3. **Set up time to speed with friends.** Friends help boost are positive mood.
4. **Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.
5. **Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.
6. **"You don't have to see the whole staircase, just take the first step." - Martin Luther King, Jr.** Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
7. **Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days.** The flavonoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
8. **Feeling anxious? Take a trip down memory lane and do some coloring** for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.
9. **Take time to laugh.** Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
10. **Go off the grid.** Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
11. **Spend some time with a furry friend.** Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of

happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

12. **Do something with friends and family** - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.

13. **Take 30 minutes to go for a walk in nature** - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

14. **Do your best to enjoy 15 minutes of sunshine**, and apply sunscreen. Sunlight helps promote a positive mood.

15. ***"Anyone who has never made a mistake has never tried anything new."*** -Albert Einstein. Try something outside of your comfort zone to make room for adventure and excitement in your life.