

5 Mind-Body Ways to Boost Your Mood

These simple moves will improve your mood quickly. Give them all a try to see what feels best and creates the sense of connection you're looking for!

1. Find your inner superhero - Use this when your confidence needs a lift.



Stand with your feet firmly planted to the ground slightly wider than hip width. Place your hands on your hips, lift your chest and keep your eyes forward. Stay here for a couple of minutes.

Think and feel: I am strong. I am powerful. I am amazing. I can do anything!

2. Just breathe - Take 5 minutes for conscious breathing.



Sit comfortably and close your eyes. Inhale for a count of 2 as you feel your ribcage expand. Exhale naturally for a count of 4. Keep your mind engaged on your breath – breathe in calm and breathe out worry. Let it go!

3. Open to all possibilities - Find a quiet place outdoors for this mood booster.



Stand up tall, arms slightly out from your sides, palms forward, smiling face upturned to the sky. Breathe easily and stay like this for several minutes.

Create space and openness for joy and change to flow in.

4. Legs up the wall - Use this to rest and reset your body.



Lie on your back and bring your legs up to rest comfortably against a wall. Spend at least 5 minutes here as long as it feels good.

This will ease tension throughout your body – take note of any tight spots and focus on softening them.

5. Roll away stress - Get out the foam roller or therapy ball and start rolling.



Chest opening: lie long-ways on the roller with your arms out to the sides. Feel a gentle stretch across your chest and arms – don't force. Relax here for 3-5 minutes.



Thoracic spine mobility: place the roller perpendicular to your spine somewhere between your shoulder blades. Hips are on the floor, knees bent with feet on the floor. Gently extend your upper back over the roller ensuring you don't arch through your low back. Repeat a few times and then move the roller higher or lower on your back, wherever it feels stiff and repeat a few more times.