



ACTIVITIES TO MAKE YOU FEEL GOOD



Procrastination
 Low self esteem
 Lack of motivation
 Low energy or fatigue
 Inability to focus – bored
 Anxious, Hopeless
 Mood swings



Meditate
 Daily to do list
 Focus on long term goals
 Exercise regularly
 Create something



Butter, Mayonnaise
 Ice cream, cheese
 Eggs, Avocado
 Salmon
 Watermelon
 Blueberries, Strawberries
 Pumpkin seeds
 Prunes

Increase Dopamine



Feeling lonely
 Stressed
 Lack of motivation
 Low energy or fatigue
 Disconnect of relationships
 Feeling anxious
 Insomnia



Socializing – connect with a friend
 Give a compliment
 Listening to music
 Play with a pet
 Physical touch / hugging
 Deep breathing
 Laughing



Eating your favorite food
 Chocolate
 Ice cream
 Eggs
 Bananas
 Pepper

Increase Oxytocin



Low self esteem
 Overly sensitive
 Lack of motivation
 Feeling hopeless / mood swings
 Social anxiety
 Anxiety / panic attacks
 Insomnia



Epsom Salts Bath
 Soak up the sunlight
 Vigorous exercise
 Cold shower
 Walking
 Meditation
 Massage and Self Care



Nuts & seeds
 Blueberries
 Apples & bananas
 Leafy greens
 Cayenne pepper
 Oats
 Tofu and Soy
 Pineapple

Increase Serotonin