

Discover Your Uplifters

(things that make you feel good)



Check off which activities make you feel good, and take notes when applicable.
If you haven't tried something before, give it a go and see how you like it.

- Buy yourself some flowers as a treat.
- Call a friend you haven't talked to in a while.
- Color, doodle, or work on a paint-by-numbers project.
- Connect with others in online or in-person support groups.
- Cook your favorite dish.
- Create a "feel-good" kit: include uplifting notes, positive messages, photos, and mementos that bring you joy.
- Dance around to your favorite music.
- Dive into a book or listen to an audiobook.
- Do a random act of kindness for someone else.
- Do some stretching or yoga.
- Engage in one of your favorite hobbies.
- Find a creative outlet, such as writing, playing an instrument, or painting.
- Get a massage or use a self-massage tool.
- Go out and dance.
- Hang out with kids in your life
- Indulge in a favorite snack.
- Join a social group, sports team, or community activity.
- Learn something new or take a class.
- Light a scented candle or use aromatherapy.
- Listen to the soothing sounds of nature, like rain, wind, or crickets. Listen to your favorite tunes.
- Pamper yourself with a hair or nail appointment.
- Plan a future vacation.
- Play a game.
- Practice deep breathing exercises.
- Practice meditation.
- Savor a cup of your favorite tea or coffee.
- Send a thoughtful note to someone you care about.
- Sip on some fruit or herb-infused water.
- Spend 5-10 minutes writing in your journal.
- Spend some time bird watching.
- Spend time gardening.
- Spend time in prayer or reflection.
- Step outside and soak up the sunshine.
- Take a mental health day off work.
- Take a nap to recharge.
- Take a relaxing bath.
- Take a walk to clear your mind.
- Treat yourself to a nice meal at a restaurant.
- Try an extreme sport like rock climbing, mountain biking, or skiing.
- View the sunrise or sunset.
- Visit a museum.
- Volunteer your time in the community.
- Watch a comedy or something that makes you laugh.
- Watch a feel-good TV show or movie.
- Watch videos of cute animals.
- Work on a puzzle.