

# Mini Pick-Me Ups!

## 3-Second Mood Boosters - Anywhere & Anytime

Sometimes the best mood boosters come from from the smallest moments.

Here are some quick feel-good actions that take just 3 seconds or less.

<p>Look up &amp; blink slowly</p> <ul style="list-style-type: none"><li>● Signal to your brain to reset</li></ul>	<p>Name one thing you're grateful for</p> <ul style="list-style-type: none"><li>● Simple, effective mindset shift</li></ul>
<p>Smile - even if you don't feel like it</p> <ul style="list-style-type: none"><li>● Your brain gets the message anyway</li></ul>	<p>Touch something textured</p> <ul style="list-style-type: none"><li>● Grounds you in the present</li></ul>
<p>Stretch your arms overhead</p> <ul style="list-style-type: none"><li>● Opens posture, relieves tension</li></ul>	<p>Say: "I'm doing my best today"</p> <ul style="list-style-type: none"><li>● Affirmations builds resilience</li></ul>



*Which one lifted you a little?  
Try picking one at random throughout your day.*