

HELP OUT

Helping someone can make you feel better. Ask a friend or family member if you can help them with something. So long as you're safe, you can do something to help a stranger like holding a door open for them or helping carry their shopping.



SMILE!

Smiling increases mood-boosting chemicals in the brain. Look at yourself in a mirror and smile. Try a big smile, a small smile, a smile where you see your teeth and one where your mouth is closed. Whatever way you smile...you're beautiful!



How many times a day do you think you can help people?

Can you share your smile with someone?

EMOTICONS FOR A SMILEY WORLD

EMOTICONS FOR A SMILEY WORLD

TALK TO SOMEONE

Connecting with others helps you feel better whether that's meeting up in person, talking on the phone or chatting online. Take the time to have a conversation with someone you love or admire. You could even use our Take the Time to Talk Conversation Cards to get the chat started.



LIVE IN THE MOMENT

Slow down your breathing and make each breath a bit bigger. Pay attention to what you can see, hear and feel at the present moment. This will help to calm you.



Who do you want to talk to today?

What can you feel in your body?

EMOTICONS FOR A SMILEY WORLD

EMOTICONS FOR A SMILEY WORLD

DONATE

Giving something to someone in need or giving money to a charity can actually make you feel better. It can help you feel that you matter and what you do, however small, can make a difference. Look for something you don't need that you can take to a charity shop or give away to someone who could make better use of it.



What could you give to someone else to help them?

EMOTICONS FOR A SMILEY WORLD

SLEEP

Getting good sleep every night is important for keeping you in a good mood. Try going to bed and waking up at the same time every day so your body gets into a regular rhythm. What things can you do before bedtime to help you sleep well?



What time will you go to bed tonight?

EMOTICONS FOR A SMILEY WORLD

EXERCISE

Exercise has huge benefits for the body and mind. Regularly doing exercise that makes you out of breath at least three times a week can make you happier.

1. Rate your mood now on a scale of 1-10.
2. Do 10 minutes of jumping, jogging or burpees.
3. Rate your mood afterwards on a scale of 1-10. Do you feel better afterwards?



What are your favourite ways to exercise?

EMOTICONS FOR A SMILEY WORLD

LISTEN TO MUSIC

Music can be a quick way to lift your mood. It can reduce stress and pain and even helps your heart be healthy. Playing songs that remind you of a happy time can bring back happy memories. Which songs can you listen to or sing to feel better?

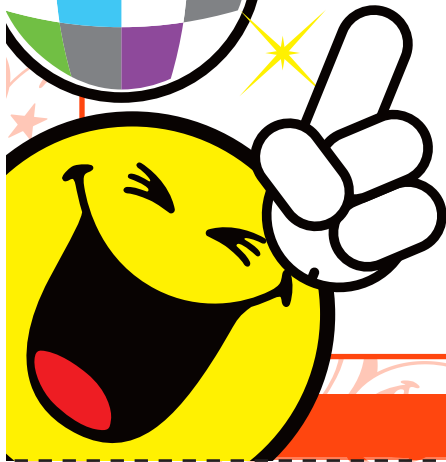


What's your happy song?

EMOTICONS FOR A SMILEY WORLD

DANCE

Dancing not only keeps you fit, it lifts your mood and helps you get in touch with your feelings. It doesn't matter how you dance. You can be as silly and wild as you like. Play, sing, shout or hum a song and do a little dance!



Can you make up a silly dance that makes people laugh?

EMOTICONS FOR A SMILEY WORLD.

MEDITATE

As well as reducing stress, meditation increases happiness, focus and memory. There are lots of ways to meditate. Try the following and find a way that works for you:

- Focus on something like a tree or a candle.
- Repeat a word you find relaxing over and over again.
- Count your breaths and try not to think about anything else.
- Watch your breaths or your thoughts come and go.
- Try to relax every muscle in your body.
- Try a Take the Time to Feel card for more ideas.



Can you find and let go of all the tension in your body?

EMOTICONS FOR A SMILEY WORLD.

NATURAL WONDER

Being in nature, especially in trees, is good for your brain as well as your body. Can you spend time in the park or garden. Could you get a plant to look after? Find out what grows in your area at this time of year and see if you can plant a seed and watch it grow.

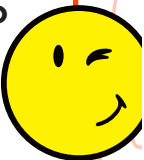


When can you go outside today?

EMOTICONS FOR A SMILEY WORLD.

VOLUNTEER

Volunteering not only helps others but it has been shown to help the volunteer. As well as doing something important to you, it can help you feel fulfilled, give you new skills and find new friends who care about the same things as you. You can even do something as simple as pick up litter in your neighbourhood for five minutes.

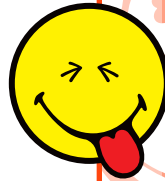


Who or what cause would you like to help?

EMOTICONS FOR A SMILEY WORLD.

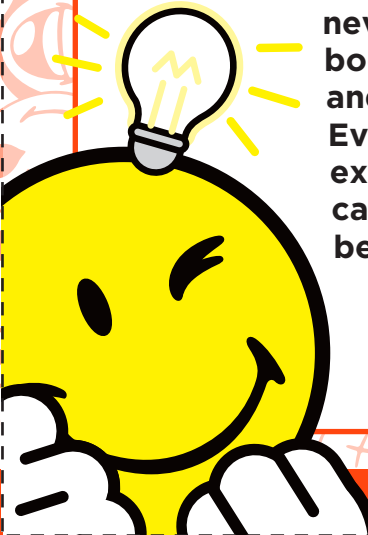
LAUGH

Laughing releases chemicals that increase happiness and reduce stress. You don't even need to be laughing at a joke to get the benefits. Try laughing now. Yes, at nothing. Does it feel silly and make you actually laugh? Do this with a friend. Laughing with others makes our friendships better.



TRY SOMETHING NEW

Is there a musical instrument you've always wanted to play, a place in your neighbourhood you've always wanted to go or a form of exercise you've always wanted to try? Trying something you've never done before can boost your confidence and lift your mood. Even just doing a new exercise video online can help you feel better.



Can you make a joke that makes someone else laugh?

Is there something you've always wanted to try?

EMOTICONS FOR A SMILEY WORLD

EMOTICONS FOR A SMILEY WORLD

READ A BOOK

Reading is good for the brain: it reduces stress, improves mood and may even help you live longer. What's not to like? There are millions of stories out there. Find one you like and escape your world into a book for a break.



SIT IN THE SUN

Too much sun is definitely dangerous, especially in the middle of the day, but getting a little bit of sunshine during the day is good for our mood, bones and immune system. If there isn't sunshine where you are, just get outside for a walk during daylight. It's a quick, free mood boost to set your brain a bit happier.



What kind of stories do you like?

What's your favourite season?

EMOTICONS FOR A SMILEY WORLD

EMOTICONS FOR A SMILEY WORLD