



**14. Kiss** – research in the US suggests that kissing indicates long-term relationship satisfaction!



**15. Invert** – lying with your legs up a wall soothes the nervous system.

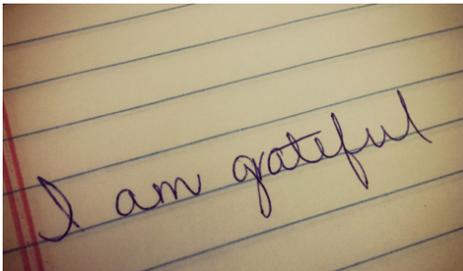


**16. Eat chocolate** – dark chocolate has medicinal benefits + increases calmness and contentedness.

**17. Enjoy a new experience** – our moods are elevated when we set out on a new adventure or explore new territory.

**18. Play a game with others** – playing games together improves mood.

**19. Eat fish** – populations which eat more fish have lower levels of depression.



**20. Go Gratitude** – think of one thing you are grateful for before you go to sleep, and express your gratitude out loud or in written form at least once per day.

**21. Leave the car home and take the train or bus** – commuting by public transport can give us time back to relax and unwind – or listen to our favourite podcast.

**22. Simple formula for life!** Psychologist Todd Kashdan recommends that we: Live in the Moment, Take care of our Body, and Do what we Love!



**23. Take a dip!** Research shows that positivity and a state of calm are induced by just 30 minutes in the ocean.



**24. Immerse yourself in nature** – being in nature for just 15 minutes each day can boost your vitality and your immune system.

**25. Be kind** – donating your time or talent to another will boost your immune system and your happiness. Set your intention to do one Random Act of Kindness – no matter how small – per day.



**26. Care for a pet** – or tend your garden – or pat someone else's! One survey found that people who cared for pets or gardens felt a higher sense of belonging and connection.



**27. Tuck into fruit and veg** – especially vegetables. A UK study found that more than 1/3 people with good mental wellbeing ate 5+ portions of fruit and veg per day.



**28. Breathe** – right now, take 10 deep breaths, letting go on the out breath completely, and feel your vitality rise, and your body calm down.



**29. Be grateful** – *It's not joy that makes us grateful, but gratitude that makes us joyful,* so said Benedictine monk David Steindl-Rast.

**30. Plan a vacation or a day trip.** Boost your energy levels by planning for future enjoyment, even if it's just a day trip to somewhere familiar or a new explore.

**31. Get puzzled** – mindfulness activities like jigsaw puzzles, crosswords or sudoku not only keep the brain stimulated and healthy, they also provide us with valuable mindful moments while we are mono-tasking.

**32. Play your favourite music!** Allow your heart to sing and your toes to tap as you bring your environment alive to the rhythms of your soul.

**33. Log off** – take some time out from social media – a day a month can provide the space for your own be-ing-ness to re-align.



**34. Go green!** Plants are good for our indoor environment too. Green plants will boost our wellbeing significantly.

**35. Get nutty** – a handful of nuts per day – especially walnuts and almonds, can boost your serotonin levels and help your brain wellbeing.

**36. Let it go** – whatever it is – if it's out of your control, release yourself from the frustration of trying to change it. Or move away from it. Or focus on something else.

**37. Forgive yourself** – for whatever you think you've done wrong. Research shows that when we forgive – and it seems to be mostly ourselves, for the choices we might have made – we are more likely to find happiness and release to our future.



**38. Be Curious?** *Living with deliberate curiosity will bring your more happiness than accidental certainty.* So said psychologist Lindsay Spencer-Matthews.

**39. Stand up** – sitting is the new smoking! Weight loss and improved moods can result from spending more time standing at our desk and moving around. Most people spend 70% of their day sitting – we weren't designed for that!



**40. Make a Plan.** Setting your intentions can bring hope for change if that's what you're looking for. It can move us out of a slump when we make plans – even seemingly small ones!



**41. Declutter!** The wardrobe, linen press, car glovebox, plastics cupboard, shed etc etc. Moving things that no longer serve you and re-purposing them can make space in your immediate world and in your mind. It shifts our energy and boosts our wellbeing.

**42. Do something spontaneous!** Planning is good, and so is being spontaneous. If that's a new habit for you, give it a go! Change it up.



**43. Stay hydrated!** Drink water – our central nervous system relies on hydration for performance – don't let your brain run dry! Choose a glass that makes you feel good.



**44. Tell stories around the fire.** Sharing fond memories boosts oxytocin levels. Connecting with others around the firepit restores our heart centre and we feel safe.

**45. Beans...beans...consuming** legumes like beans, peas and lentils provides magnesium which boosts energy and mood.

**46. Learn a new skill** – spending time learning new skills is good for our wellbeing. It provokes curiosity and neuroplasticity, and a sense of achievement, even when we might fail our way to success initially! Failure is learning if we pay attention.



**47. Arty farty!** Spend time appreciating the creativity of others. Whether it be appreciating the architecture of a part of the cityscape, or wandering through an art gallery, when we appreciate beauty, our wellbeing is lifted, as our spirits are too.

**48. Sleep well** – getting enough sleep is vital to your mood and overall wellbeing – what is enough? 6-8 hours is recommended, but more importantly is the feeling of being well-rested, whatever time is needed for that. Good quality sleep supports our immune system, our recover and repair and our nervous system for wellbeing.

**49. Create something** – whether it be a cake, herb garden, a crocheted beanie, or building a bookshelf. The sense of satisfaction that is derived from being creative builds your resilience and wellbeing.

**50. SIMPLY BE** – be still and listen to your surroundings, your thoughts, your intuition. BE PRESENT– that is the greatest gift there is.

