Take three deep breaths, inhaling for four counts and exhaling for six.

#CupsOfJoy

Smile, even if you don't feel like it (it can trick your brain into feeling happier).

#CupsOfJoy

Close your eyes and visualise your happy place for 30 seconds.

#CupsOfJoy

Try a quick 1-minute mindfulness meditation.

Perform a quick body scan to relax tense muscles.

#CupsOfJoy

#CupsOfJoy

Practice gratitude: think of three things you're grateful for.

#CupsOfJoy

Repeat a positive affirmation like "I am enough" or "This moment will pass."



















Listen closely to the ambient sounds around you.

#CupsOfJoy

Count five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste.

#CupsOfJoy

Focus on the sensation of your feet on the ground to feel grounded.

#CupsOfJoy

Recall a funny memory or inside joke.

Daydream about an exciting goal or dream.

#CupsOfJoy

#CupsOfJoy

Plan a pretend holiday in your mind.

#CupsOfJoy

List five things you love about yourself.



















Think of your favourite movie scene and replay it in your head.

#CupsOfJoy

Imagine the best compliment you could receive and savour how it feels.

#CupsOfJoy

Picture yourself succeeding at a challenge you're facing.

#CupsOfJoy

Replay your favourite song in your head and imagine dancing to

#CupsOfJoy

Write a mental thank-you note to someone who has helped you.

#CupsOfJoy

Practice gratitude: think of three things you're grateful for.

#CupsOfJoy

Imagine what your pet (or a favourite animal) might say to cheer you up.



















Reflect on one thing you've learned recently.

#CupsOfJoy

Give yourself a mental high-five for something you've accomplished.

#CupsOfJoy

Recall a time you overcame a difficult situation.

#CupsOfJoy

Think about a quality you admire in yourself.

Plan a mental itinerary for your perfect day.

#CupsOfJoy

#CupsOfJoy

Remind yourself of a recent compliment someone gave you.

#CupsOfJoy

Remember a time you made someone laugh or smile.



















Choose a word that describes Reflect on how far how you want you've come in the to feel today. last year. #CupsOfJoy #CupsOfJoy Mentally list your strengths and talents. #CupsOfJoy Roll your shoulders a few times to release tension. Stretch your #CupsOfJoy arms and take a deep breath. #CupsOfJoy Wiggle your fingers Do a quick posture and toes for a few check: sit up seconds. straight and align

#CupsOfJoy

your spine.



















Yawn, even if Close your eyes you're not and tilt your face tired, to relax. toward an imagined sun. #CupsOfJoy #CupsOfJoy Snap your fingers or clap to reset your focus. #CupsOfJoy Blink slowly a few times to rest your eyes. Nod your head #CupsOfJoy as if agreeing with yourself. #CupsOfJoy Hug yourself and Mentally send squeeze gently good vibes to for comfort. someone you

#CupsOfJoy

care about.



















Think of someone you admire and why.

#CupsOfJoy

Reflect on a moment when someone showed kindness to you.

#CupsOfJoy

Imagine a loved one cheering you on.

#CupsOfJoy

Picture someone you care about smiling at you.

Recall a time when you made someone proud.

#CupsOfJoy

#CupsOfJoy

Imagine holding hands with someone you trust.

#CupsOfJoy

Mentally compose a thank-you to someone who inspires you.





































