



Strategies to Lift You Up When You Feel Down

We all occasionally experience feelings of discontent, sadness, or even unhappiness. When you find your spirits drooping, try some of these strategies to lift yourself back up:

1. Play a musical instrument
2. Explore a topic of interest on the internet
3. Phone your best friend
4. Dance
5. Make up a story
6. Listen to music
7. Check out a new movie
8. Write in your journal
9. Make a commitment to yourself
10. Jot down names of 3-5 people who love you
11. Cultivate gratitude
12. Look at photos of your children
13. Go swimming
14. Take a walk
15. Visit your mom
16. Go visit a friend or loved one
17. Spend time with children
18. Tell someone how you feel
19. Workout with an exercise video
20. Clean something
21. Cook a favorite dish
22. Read a good book
23. Immerse yourself in an activity you enjoy
24. Take part in a family activity
25. Send your partner an “I’m thinking of you” text