



Boost your Happiness activities list

Did you know that the type of activities you can do can positively impact your mood and level of energy? Especially in times of increased stress and/or negative feelings like irritability or feeling down this can have a major impact. But at those moments we might not feel like doing so. Then we have to realise that something we have to act counter to what we feel at that moment to boost the hormones that support the positive feelings. This list is meant as an overview of suggestions and does not try to be a complete or total guide. It is meant as an inspiration to help and choose some things to do when you might not completely feel like it and have difficulties coming up with them yourselves. Especially physical activities can have a major impact! Find out what works for you.

- * Turn on your favourite music and take a moment to dance to it
- * Getting up early to enjoy the sunrise
- * Practice yoga (at a class or follow an online option)
- * Read a book
- * Cut out images that make you smile from a magazine and make a mood board
- * Take a walk on the beach
- * Sit down under a palm tree and look up
- * Send a message to an old friend to catch up
- * Look at funny videos online
- * Crack a joke with a friend
- * Actively smile to persons you see during the day
- * Wish persons you meet during the day a great day
- * Compliment a person on something
- * Make a drawing
- * Try out painting
- * Jumping rope
- * Try out a new recipe
- * Share your food with your neighbour
- * Work out in the gym or at home with a work out video
- * Take a stop on the hill to enjoy the view
- * Listen to a bird singing
- * Meditate
- * Eat slowly and really taste and experience what you are eating
- * Write down every day what you are grateful for
- * Create a gratitude jar (look this up on internet for more info)
- * Practice standing in a strong posture
- * Actively try to laugh for longer then 20 seconds
- * Give another person a hug
- * Practice daydreaming
- * Gardening
- * Swim
- * Go to the park
- * Have a picnic
- * Declutter and donate
- * Write a letter to a loved one
- * Unplug social media for a day
- * Do something you loved as a child
- * Enjoy a healthy breakfast in bed
- * Make a smoothie
- * Create your own happiness idea list
- * Talk with others about ideas for happiness activities
- * Go hiking
- * Take a bath or a shower
- * Watch a movie or tv show
- * Make a new picture inspired by an old picture
- * Crochet
- * Go window-shopping
- * Have 5 minutes of focused breathing
- * Look up positive affirmations and have them visible as a reminder in your environment
- * Practice daily affirmations to yourself in the mirror
- * Have a family game night
- * Organize a BBQ
- * Have a potluck evening
- * Plan a staycation
- * Redecorate or organise your house
- * Walk your dog / pet your cat
- * Bake a cake or other yumminess
- * Make a romantic dinner
- * Be a tourist in your own community
- * Go through your old photographs
- * Go fishing
- * Try out diving
- * Puzzle
- * Watch the stars
- * Help out someone in need
- * Start volunteer work
- * Go kayaking
- * Write little thank you notes
- * Play 'appreciation hot seat' (look this up)
- * Pick up litter
- * Listen to inspiring videos or podcasts
- * Play empathy bingo (look this up)
- * Take on a fitness challenge
- *
- *