8 FEEL GOOD TIPS TO BOOST YOUR MOOD

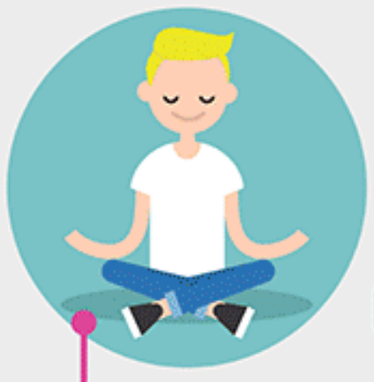
Having a bad day? Here are some ways to feel better.

Take your mind off it:

make plans with friends or family. Laughing and spending time with loved ones can be a good distraction from a bad day.

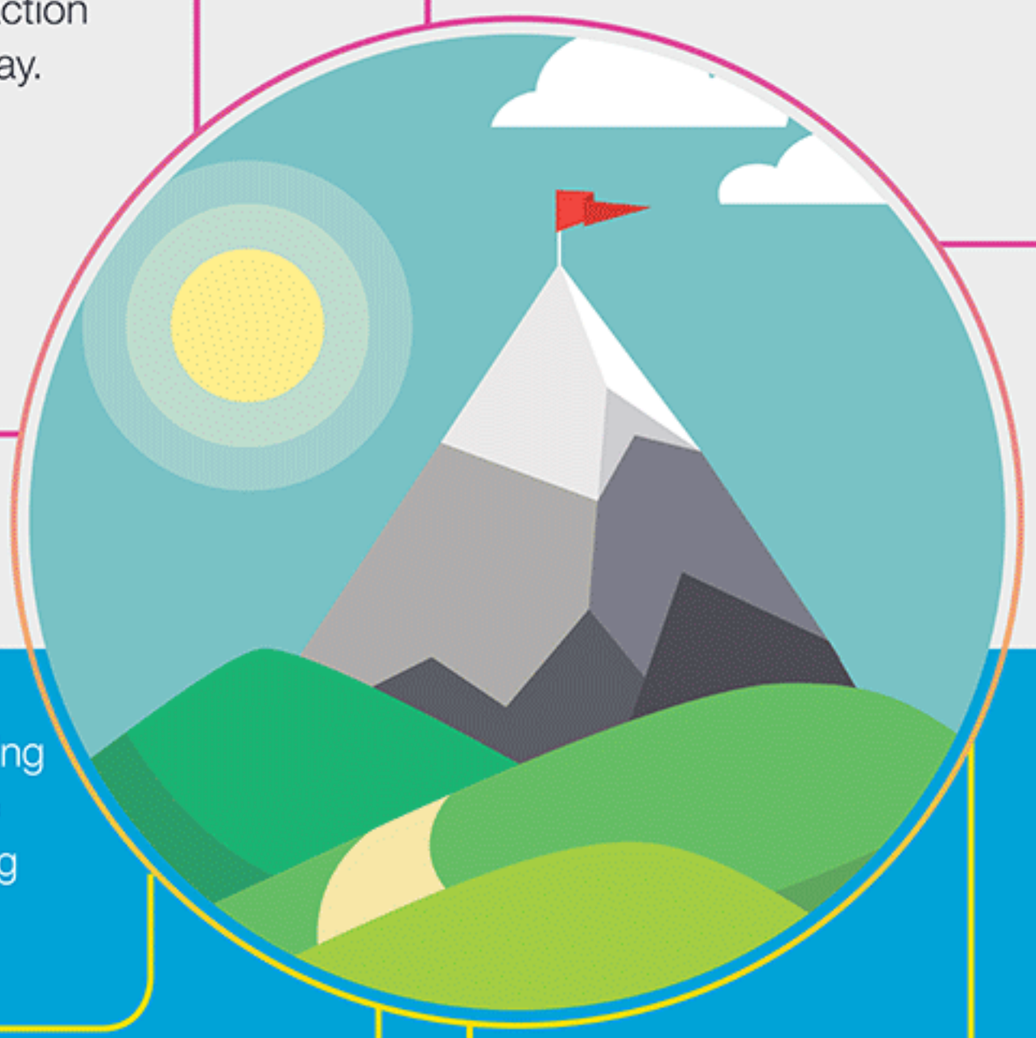
Let it out:

cry, yell, sob… it's OK to express yourself in whatever way feels right for you.



Breathe:

focus on your breathing. Take a few deep breaths, relax your body and mind and concentrate on feeling better.

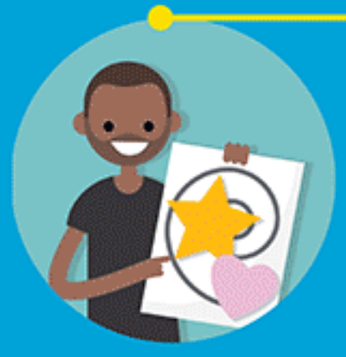


Focus on you:

what makes you happy? Take some alone time doing something just for you, such as listening to your favourite music or watching your favourite TV show.

Give back:

if you're having a bad day, helping to brighten someone else's day may make you feel better. Do something nice for a friend or volunteer with a local charity.



Talk about it:

sometimes all it takes to feel better is talking about a problem. You can speak to a friend, parent/caregiver or teacher about what's on your mind. You can also call a Kids Help Phone counsellor at 1-800-668-6868.

Get artistic:

draw, paint or write about how you're feeling to turn your bad day into something creative.

Exercise:

go for a walk, dance to music or do some other physical activity you enjoy. This can help boost your mood and make you feel better (mentally and physically).

Remember:

you're not alone.

Almost everyone has bad days from time to time — lots of people feel the same way you're feeling right now, but it will get better.

Kids Help Phone

1-800-668-6868
KidsHelpPhone.ca