



## Tiny Habits for Staying Upbeat on Lockdown



### 6 Basics That Help You FEEL BETTER FAST



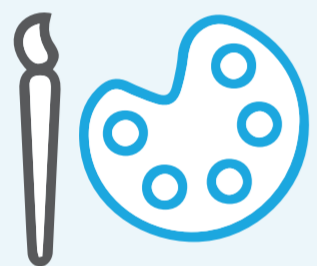
**Exercise** - For most everyone, anything that helps you move more can lift your mood. Experiment to find activities you enjoy. ([Source 1](#), [Source 2](#), [Source 3](#))



**Find ways to smile** for yourself and for others. “Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” ([Source 1](#), [Source 2](#), [Source 3](#))



**Connect with nature when you can.** ([Source 1](#), [Source 2](#))



**Explore creative hobbies, cooking, meditation, and mini projects.** ([Source 1](#), Just for fun - My kids and I made this creative [little movie](#) during a quarantine a few years back.)



**Consider staying focused on one day at a time, making a workable plan for today. You can always revise tomorrow.** Today, I’m going to try \_\_\_\_\_ and see how I like it.



**Look for opportunities to share kindness with others.** We are all in this together, and being kind helps everyone.



**Consider limiting the energy you spend on problems you cannot solve now.**

For example, this is probably not a good time to fight with your spouse about losses in the stock portfolio. Put your energy elsewhere for now. Make a plan to address resolvable conflicts with openness and explore solutions together.