# 50 feel good moments

It's important to make time to do things that make you feel good. These activities help to support your mental wellbeing and foster positivity. Consider this list and other things you may enjoy doing, and pick one to do each day. Doing something that brings you joy every day can improve your mood and help you feel good. Start with something small today, every little bit helps.

1. Get outside and watch the clouds form shapes and drift by
2. Give positive feedback about something (e.g. writing a letter or email about good service)
3. Get creative in the kitchen, try some new recipes
4. Repair something around the house
5. Post a letter to a loved one
6. Soak in a hot bath
7. Video call someone who lives far away
8. Reorganise your wardrobe
9. Light a scented candle or burn some oil or incense
10. Grab a picnic blanket and have a picnic in your backyard
11. Watch some stand-up comedy on TV or online
12. Go through some old photo albums and reminisce
13. Stop and smell some flowers
14. Do a jigsaw puzzle or play a board game
15. Listen to a podcast or radio show you enjoy
16. Get crafty, sketch or paint

17. Do some gardening
18. Sit outside and listen to the bird
19. Re-watch your old favourite movies
20. Go for a bike ride
21. Do a crossword puzzle or sudoku
22. Pat or cuddle your pet/s
23. Do a favour for someone
24. Try learning a few words in a new language
25. Take a free online class
26. Put some music on and dance and sing
27. Upcycle or creatively reuse something old
28. Write down a list of things you are grateful for
29. Teach a special skill to someone else (e.g. knitting, woodworking, painting, language)
30. Put a vase of fresh flowers in your house
31. Bake a loaf of home made bread
32. Have a chat with an older relative or friend and ask them questions about their life
33. Read a new book or audio book

34. Train your pet to do a new trick
35. Try to write something (e.g., a poem, article, blog, children's story)
36. Try doing 5 minutes of calm deep breathing
37. Make a playlist of uplifting songs
38. Treat yourself to a takeaway coffee
39. Try some yoga, pilates or tai chi
40. Rearrange the furniture in your house
41. Blow bubbles
42. Watch a sunset or sunrise
43. Stargaze
44. Box a punching bag, lift weights or do some planks
45. Reorganise your kitchen and pantry
46. Give yourself a manicure or pedicure
47. Make home made pizza
48. Research a new club to join e.g., book club or walking group
49. Eat something nourishing (e.g., chicken soup)
50. Write a diary or journal entry

Source: Centre for Clinical Interventions