

MOVEMENT AND MINDFULNESS JAR

Whether through exercise and movement or positive self-talk, the activities below can help boost your mood when you're feeling low.

Directions

1. Get an empty jar.
2. Print out the activity ideas below on strips of recycled paper. Feel free to add your own additional ideas to the blank boxes below.
3. Fill the jar with all of the ideas.
4. When you need a mood booster or are just looking to break out of your usual routine, pull out an activity from the jar.

Listen to your favorite song and dance around for 30 min.	Turn your work meeting into a walking meeting.	Attend a group fitness class.	Meditate for 15 minutes.
Get some fresh air and go for a walk for 30 minutes.	Try a new yoga routine.	Take a mindful walk or run and focus on your surroundings.	Do a 30-minute at-home workout.
Play tourist and take a walk around your city.	Try a new workout that's out of your comfort zone.	Invite a friend or family member to join your workout.	Go for a hike nearby.
Crank up the music and jump rope for 15 minutes.	Grab a journal and dump your thoughts onto paper.	Go outside and have a 10-minute nature session.	Write down 10 things you're grateful for right now.
Five senses exercise—name five things you can see, feel, hear, taste and smell.	Round up a group of friends for a pickup game of your favorite sport.	Spend 5 minutes stretching in the morning and in the evening.	Put on your favorite TV show and do 10 squats during each commercial break.
Fill in the blank			

