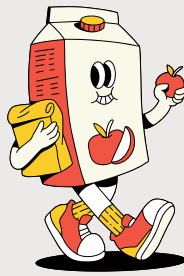
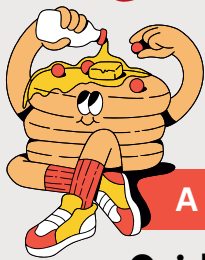


# LOVE YOUR BRAIN

## Mood Boost Menu



### APPETIZERS

Quick and easily accessible, for whenever you need a break.

Hug a friend, partner, pet or pillow.

Compliment someone.

Practice mindfulness, breathing, or meditation.

Get moving! Try stretching, squats, armchair aerobics, or playing with a pet.

Read something for pleasure.

### DESSERTS

Things you love which are best enjoyed in moderation.

Sweat it out in a sauna or hot tub.

Watch your favourite funny video on YouTube.

Watch an episode of your favourite show.

### ENTREES

Longer activities that require more time, but can be more rewarding.

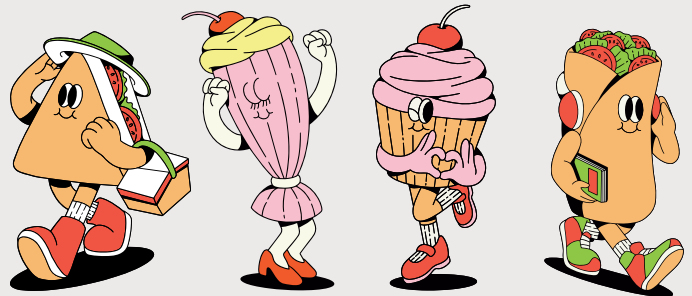
Catch-up face-to-face with a friend or family member.

Go on your favourite hike in nature – or try somewhere brand new.

Prepare a healthy meal.

Help a friend or family member with an act of kindness.

Wind down and prepare for a good sleep – avoid stimulating activities, screens, alcohol, and heavy foods before bed.



### SIDES

Ideal for accompanying other tasks.

Open your windows and freshen up your living space.

Enjoy a hot beverage while doing a tricky task.

Listen to a song you love (and maybe dance to it).

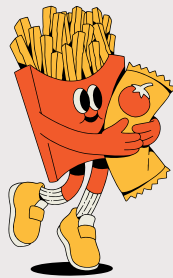
These tips are evidence-based. Check out our sources to learn more!





# Build Your Own!

## Mood Boost Menu



### APPETIZERS

Quick and easily accessible, for whenever you need a break.

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### DESSERTS

Things you love which are best enjoyed in moderation.

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Try making your own custom menu with all the things that fill YOUR cup!

### ENTREES

Longer activities that require more time, but can be more rewarding.

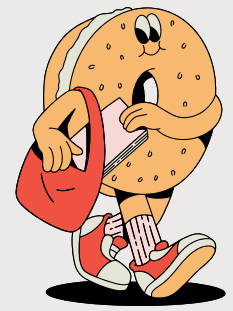
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### SIDES

Ideal for accompanying other tasks.

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