



Feel-Good Friday

Try one or more of these quick mood-boosters today:

- Remind yourself of the strengths you see in you.
- Smile, wave, and say hello to every person you pass on a walk outside today. As an extra kindness, add a compliment about their outfit, garden, or dog.
- Give someone your full attention, even if visiting virtually (put other electronics away).
- Help others feel valued by asking specific questions to each person in a conversation and listen closely to their responses.
- Try participating in something that interests a friend or family member, even if it isn't your favorite activity, hobby, or sport. Focus on sharing their enthusiasm.
- Find a photo of someone that sparks a positive memory and text it to them with a note saying that the photo brought a smile to your face.
- Avoid yelling, by pausing to take a deep breath when your anger is triggered.
- Express gratitude to every person you encounter today.
- Compliment people on specific efforts you have seen them make toward positive changes. Try saying, "I appreciate that you asked for help and kept working when you felt defeated," or "I noticed that you spoke up even though you were probably feeling nervous about being assertive."

You Can Do a Social-Emotional Good Deed

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org