

3 minute Mood Boost

From Chaos to Clarity: Your 3 Minute Mood Makeover



When your mindset feels stuck or unhelpful, and you know it's time for a change, a quick 3-minute Mood Boost can help you reset and refocus!

When your mood feels overwhelming and you need a quick reset, this simple and effective 3 minute Mood Boost exercise can help. It's designed to shift you out of an angry, sad, or frustrated mindset and bring you back to a place of calm.

A bad moment doesn't have to turn into a bad day, and you can practice this anytime, anywhere. If you're pressed for time, you can even reduce each step to just 30 seconds.

STEP 1:

Start by noticing your thoughts. Don't get attached to them—simply acknowledge their presence and let them drift by like clouds in the sky.

STEP 2:

Next, turn your focus to your breathing. You don't need to overthink it; just slow it down gently. As you breathe, choose a mantra or affirmation that resonates with you, such as, I am capable, I am calm and centered, Peace is within me, I choose peace over anxiety, I forgive myself, or I am enough.

STEP 3:

Finally, shift your attention to gratitude. Reflect on three things you're thankful for, no matter how big or small. Take a moment to appreciate your surroundings, then continue your day with a brighter and more positive outlook.

BENEFITS OF A MOOD BOOST:

Engaging in this quick exercise is more than just a mood reset—it's a powerful act of self-care. By interrupting negative thought patterns and reconnecting with your breath, affirmations, and gratitude, you're retraining your mind to find balance amidst life's challenges. Over time, these small moments of mindfulness can improve your overall emotional resilience and well-being.