

HEALTHY
MONDAY

MONDAY MOOD BOOSTERS

Kickstart your week with simple practices designed to lift your mood and help you feel your best. Monday Mood Boosters is a **12-week series** that introduces easy techniques, like movement, deep breathing, mindfulness, and creative activities, to reduce stress and create a positive mindset. Each Monday, try a new practice to relieve tension, restore energy, and set a positive tone for the days ahead.



How To Use This Program

Start each week by exploring a new **mood-boosting practice** designed to help you feel calmer, more focused, and energized. You can follow along week by week or pick the activities that fit your needs. To get the most out of the program, set aside a few minutes every Monday to try the activity, and revisit your favorites whenever you need a quick reset. You can also print each week's page and post it in a shared space, like an office, classroom, or at home, to keep the habit visible and easy to stick with.

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Uncommon Ways To Improve Your Moody Mondays

Feeling stuck in a funk?

We all have those days when motivation is hard to find. But this week, instead of pushing through with an extra cup of coffee, try shifting your focus to simple activities that lift your mood and reset your outlook. Small changes can make a big difference in how you start, and end, your day.

Make Yourself Happy This Monday.

Turn around your mood. Set aside time on Monday to reflect upon things that bring you joy.



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4 SIMPLE WAYS TO BOOST YOUR MOOD

1: Listen to Music

Turn on your favorite song to lift your mood and boost your energy. Dance, sing, or just enjoy the beat—music is an instant pick-me-up.

2: Get Lost in a Good Book

Escape into a great story to relax and reset. Reading lowers stress and helps you find your flow.

3: Practice Gratitude

Take a moment to appreciate the good things in your life. Write down three things you're thankful for or send a quick thank-you to someone who made you smile.

4: Laugh Out Loud

Watch a funny video or share a joke with a friend. Laughter releases feel-good endorphins and brightens your day.

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Goal This Week:

Try at least one of these mood boosters every day this week. Whether it's turning on a favorite song in the morning, writing down something you're grateful for, or texting a friend a funny meme, commit to small actions that bring more joy into your Monday, and your week.

WEEK 2

Boost Your Energy with 60 Seconds of Deep Breathing

A few deep breaths can make a big difference! This week, we're focusing on a simple breathing exercise that helps reduce stress, sharpen focus, and recharge your energy in just one minute. Whether you're at your desk, on a break, or starting your morning, use this technique to clear your mind and reset.

Why Deep Breathing Works:

- ✓ Reduces stress and anxiety
- ✓ Improves focus and concentration
- ✓ Boosts energy and productivity
- ✓ Can be done anytime, anywhere

How To Do It

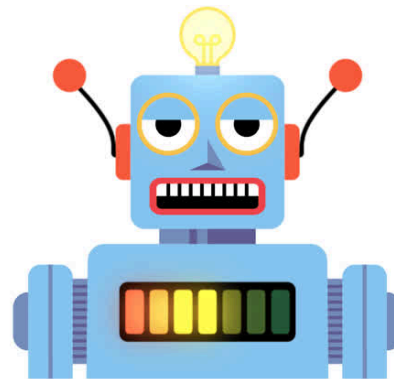
Follow this easy one-minute breathing pattern to calm your body and refresh your mind:

1. Inhale slowly for a count of **two**
2. Exhale for a count of **two**
3. Inhale for a count of **two**
4. Exhale for a count of **three**
5. Inhale for a count of **two**
6. Exhale for a count of **four**
7. Inhale for a count of **two**
8. Exhale for a count of **five**

Repeat for several rounds until you feel calmer and more focused.

PUMP YOURSELF UP WITH SOME DEEP BREATHING

Deep breathing can boost your energy and enhance your focus.



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Goal This Week:

Take **one minute** each day to practice deep breathing, especially when you're feeling stressed or sluggish. Try doing it first thing on Monday morning to set a calm, positive tone for your week.

How to Make Your Home Office a Peaceful Place to Work

Your workspace sets the tone for your day.

Whether you're working from home or commuting to an office, a cluttered and chaotic space can make it harder to focus and increase stress. This week, take a few simple steps to transform your workspace into a calming, organized environment that supports your productivity and well-being.

Five Easy Ways to Create a Calm Workspace:

- 1 Create a Dedicated Space
- 2 Declutter Your Desk
- 3 Add a Touch of Green
- 4 Adjust the Lighting
- 5 Incorporate Background Sounds

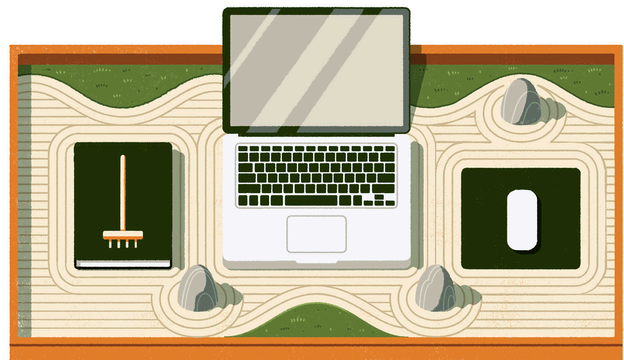
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Why It Matters

- A clean space reduces stress and mental fatigue
- Personal touches can lift your mood
- Plants and good lighting improve focus and energy
- A peaceful environment helps you stay motivated

BRING HARMONY TO YOUR HOME OFFICE.

A clean and serene workspace can help reduce stress.



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Goal This Week:

Choose **one way** to make your workspace more peaceful. Spend a few minutes today clearing clutter, adding a plant, or turning on relaxing music and notice how it impacts your focus and mood.

Using Movement to Boost Your Mood

Moving your body is one of the fastest ways to lift your spirits and relieve stress. Regular physical activity triggers feel-good brain chemicals that can help you feel calmer, more energized, and more positive—whether you're going for a brisk walk or dancing around your living room.

Types of Movement to Try:



Yoga

Yoga combines gentle stretching with deep breathing to relax the mind and body. It improves flexibility, focus, and circulation while reducing anxiety. Start simple with morning bed yoga, chair yoga, or sun salutations.



Aerobic & Endurance

Running, swimming, brisk walking, and cycling release endorphins that ease stress, boost confidence, and improve your mood. Repetitive movements create a calming effect, often called “muscular meditation.”



Tai Chi

This slow, flowing practice connects breath, movement, and mindfulness. Tai Chi helps reduce stress, improve balance, and promote relaxation. It's a gentle, low-impact exercise for all ages and fitness levels.

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Make movement your meditation

Regular physical activity can keep you calm, focused, and motivated.



YOGA

Align body, mind, and breath



AEROBIC

Unlock inner energy



TAI CHI

Sharpen focus with flowing movement



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Goal This Week:

Aim for **150 minutes** of movement this week. That's about **30 minutes, five days a week**, but you can break it up into shorter sessions if that works better for you. Whether it's walking, dancing, stretching, or cycling, find an activity that makes you feel good and stick with it!

Creativity Calms the Mind

Creative activities like drawing, coloring, dancing, or singing can help quiet your mind and lift your mood. Taking time to express yourself through art—even for just a few minutes—reduces stress and encourages relaxation. You don't have to be an artist to benefit. Just the act of creating can promote calm and joy.

How Creativity Helps

- ✓ Reduces stress and anxiety
- ✓ Boosts positive emotions and mood
- ✓ Promotes focus and mindfulness
- ✓ Encourages relaxation and healing

Engaging in a creative practice activates different parts of your brain, helping you focus on the present moment and find a sense of peace.

Simple Ways to Add Creativity to Your Day

Draw or Color

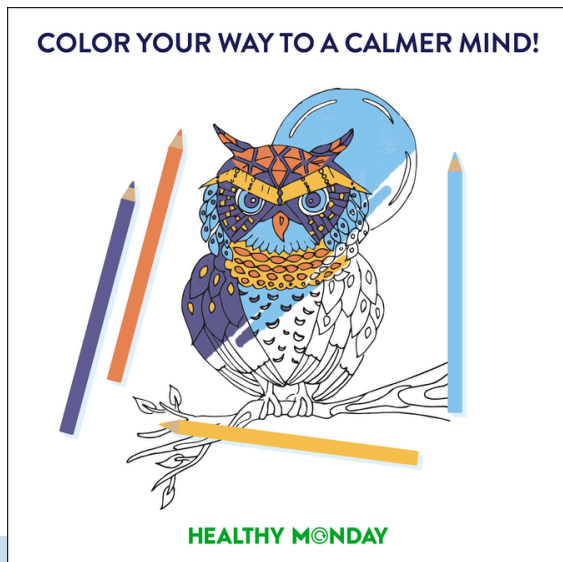
Pick up some pencils or markers and color an intricate design or doodle freely. This simple act can be calming and meditative.

Sing or Dance

Put on your favorite song and sing along—or dance around your room! Expressing yourself through music can lighten your mood instantly.

Craft or Create

Try a DIY project, make a vision board, or start a simple craft. The process of making something with your hands helps shift your focus and promotes relaxation.



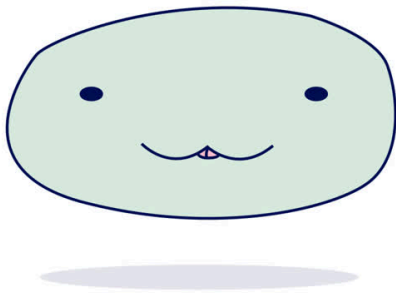
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Goal This Week:

Take at least **10 minutes each day** to do something creative. Try coloring, doodling, or crafting to help clear your mind and reduce stress. Don't worry about the outcome—just enjoy the process!

The Benefits of Smiling

SPEND MONDAY SMILING –
YOU MIGHT MAKE SOMEONE ELSE
SMILE, TOO.



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Start your day with a smile!

It might feel simple, or even silly, but smiling has powerful effects on your mood and overall well-being. Even a quick smile can lower stress, boost your energy, and help you connect with the people around you. And the best part? Smiling is contagious—when you share a smile, you spread positivity to others, too!

Why Smiling Works

- ✓ Helps relieve stress and tension
- ✓ Boosts your mood, even if the smile isn't "real"
- ✓ Encourages positive thinking
- ✓ Strengthens connections with others

How to Add More Smiling to Your Day

Smile First Thing in the Morning

Start your day with a big smile—even before you feel like it! This small action can set a positive tone for the rest of the day.

Look at Something That Makes You Happy

Keep a favorite photo on your phone or computer background. Seeing it throughout the day can prompt an automatic smile.

Connect with Someone Who Makes You Laugh

Reach out to a friend or family member who always brings a smile to your face. Even a quick text exchange can lighten your mood.

Watch or Read Something Funny

Take a break to enjoy a funny video, a favorite meme, or a silly story. Laughter is one of the best ways to trigger a genuine smile!

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Goal This Week:

Start **each day with a smile**, whether it feels natural or not. Aim to smile at someone else at least once a day—whether in person, over the phone, or virtually. Notice how it makes you feel!

Strengthen Your Resilience to Overcome Daily Challenges

Feeling overwhelmed or burnt out?

Stress is a normal part of life, but when it builds up over time, it can lead to burnout—a state of physical, emotional, and mental exhaustion. The good news? You can bounce back. By building resilience, you'll be better equipped to handle challenges, recover from setbacks, and regain a sense of balance.

What is burnout?

Burnout goes beyond everyday stress. It can leave you feeling stuck, drained, and disconnected. Common signs include low energy, sleep issues, frequent illness, and feelings of failure or helplessness.

What is resilience?

Resilience is the ability to adapt and recover during tough times. It's not something you're born with—it's a skill you can practice and build over time through healthy habits, connection, and mindset shifts.

BUILDING RESILIENCE: HOW TO STRETCH, NOT SNAP.

This Monday, strengthen your resilience by practicing self-care.



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4 WAYS TO BUILD RESILIENCE

1. Prioritize Self-Care

Eat nourishing meals, stay hydrated, move your body, and get enough rest. Support your mental health with breathing exercises, meditation, or journaling. Taking care of your body and mind gives you the energy to cope with stress.

2. Talk It Out

Connect with someone you trust and talk about how you're feeling. Mindful listening—taking turns without interruption—can help you feel heard and supported. No one around? Write it out in a journal to process your thoughts.

3. Lean on Your Support Network

Even if burnout makes you want to isolate, reaching out can help you reconnect and gain strength. Send a message, join a virtual group, or check in with a friend. Your community can remind you that you're not alone.

4. Reconnect with Your Purpose

When things feel heavy, pause and ask: What brings me joy or meaning? Use positive affirmations, set small goals, and engage in acts of kindness to reignite your motivation and self-worth.

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Goal This Week:

Choose **one resilience-building strategy** to practice each day. Whether it's a 5-minute breathing break, a chat with a friend, or a reminder of what matters most to you. Start small, and build strength from the inside out.

Refresh with a Sun Salutation

Looking for a fresh start this week?

Yoga is one of the best ways to reset your mind and body. Just a few minutes of movement can reduce stress, calm your thoughts, and improve your overall mood. This Monday, boost your energy and bring balance to your day with a gentle Sun Salutation—a classic yoga flow designed to awaken your body and clear your mind.



Why Yoga Helps Boost Your Mood

- ✓ Relieves stress and anxiety
- ✓ Increases flexibility and circulation
- ✓ Supports focus and mental clarity
- ✓ Encourages mindfulness and self-awareness

According to Harvard Health, regular yoga practice has been shown to decrease cortisol (the stress hormone), improve sleep, and even reduce symptoms of depression and anxiety. Starting your day with movement and breath can help you feel grounded and refreshed.

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Goal This Week:

Set aside **5-10 minutes** each morning to practice a Sun Salutation (or any gentle yoga flow). Notice how your body and mind respond. Are you calmer, more focused, more energized?

Breathe In Light, Breathe Out Darkness

Your breath is a powerful tool for calming the mind and resetting your outlook. This week, try a short breathing visualization to release stress, let go of negativity, and make space for light and positivity. It only takes a few minutes but the effects can last all day.

A Step-by-Step Guide

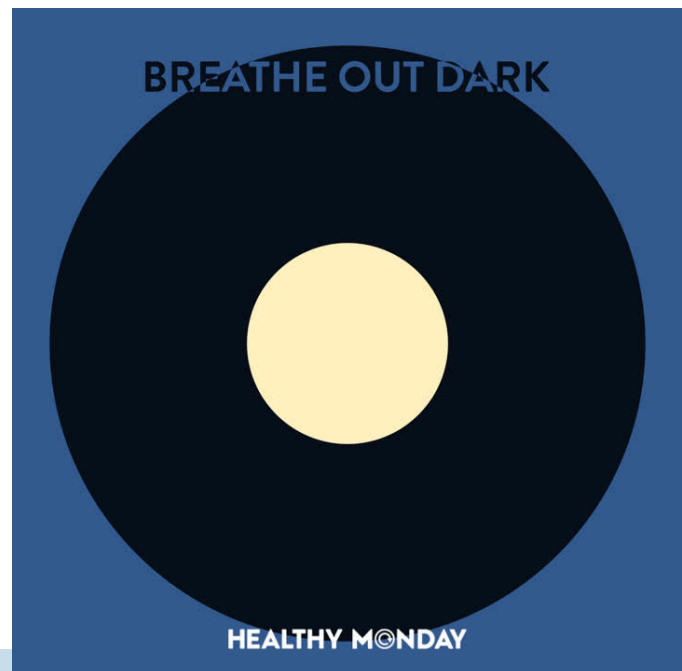
- 1. Find Your Position:** Sit upright or lie down in a quiet space. Close your eyes and take a few gentle breaths.
- 2. Visualize the Light:** Picture a soft orb of light—this represents peace, joy, and the positive parts of your life. Imagine it glowing in front of you, ready to enter your body.
- 3. Inhale the Light:** Breathe in slowly and imagine the light filling your head, neck, and shoulders. Hold it there for a moment and let it energize you.
- 4. Exhale the Darkness:** Breathe out slowly, releasing dark smoke—this represents stress and negativity. Watch it dissolve and disappear.
- 5. Repeat the Cycle:** Do four slow, deep breaths. With each inhale, let the light spread further; with each exhale, let go of more tension.

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Why Visualization Breathing Helps

- ✓ Combines mindfulness and breathwork to reduce anxiety
- ✓ Helps shift focus away from negative thoughts
- ✓ Encourages mental clarity and emotional balance
- ✓ Promotes relaxation and grounding

Visualization activates the imagination while calming the nervous system. When paired with slow, intentional breathing, it becomes a powerful practice for restoring peace of mind.



[Click here to view the GIF.](#)

Goal This Week:

Set aside **5 minutes** each day to practice this breathing visualization. Try it first thing in the morning or anytime you feel overwhelmed. The more you practice, the easier it becomes to return to a calm and focused state.

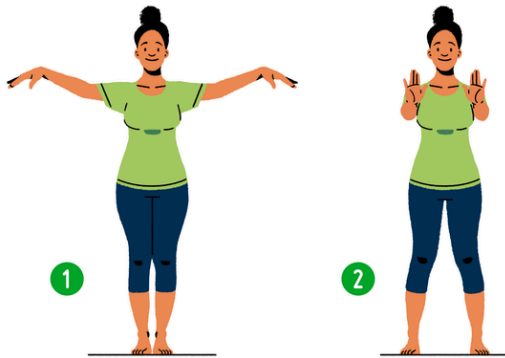
Reduce Stress with Tai Chi

Use gentle movement to reduce stress this week.

Tai Chi is a slow, flowing form of movement that promotes calm, clarity, and flexibility. Rooted in ancient Chinese tradition, Tai Chi blends breath, focus, and motion, making it the perfect practice to reduce stress, improve balance, and ease into your week with peace and purpose.

Tap into your inner crane this Monday with two tai chi moves

Destress with Tai Chi, a mind-body martial art that joins the breath with standing poses.



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TRY THESE 2 BEGINNER TAI CHI MOVES:

Tai Chi Warm-Up (The Crane)

- Stand tall with feet together, knees relaxed
- Inhale as you raise your arms gently to the sides like wings
- Exhale slowly, lowering your arms back down
- Visualize yourself gliding like a bird
- Repeat for 1-2 minutes, syncing your breath with your movements

Opening Posture (Move Through Water)

- Stand with feet hip-width apart, arms at your sides
- Bend your knees slightly and relax your shoulders
- Inhale, lifting your arms slowly in front of you as you rise
- Exhale, lowering your arms to hip level and sinking back down
- Imagine moving gently through water
- Repeat for 1-2 minutes

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Goal This Week:

Practice these two Tai Chi moves for **at least 5 minutes each day**. You can do them in the morning to set a peaceful tone, during a break, or before bed to wind down.

Show Your Community Some Extra Kindness

It's easy to get wrapped up in our own to-do lists and challenges but when we pause to help someone else, we're reminded of the power of connection. Kindness not only supports those around us, it also lifts our mood, strengthens relationships, and gives us a greater sense of purpose.

Why Kindness Matters

- ✓ Builds stronger, more connected communities
- ✓ Increases empathy and emotional well-being
- ✓ Boosts self-esteem and positive emotions
- ✓ Creates a ripple effect of generosity and joy

Research shows that practicing kindness, even in small ways, can improve your mental health, reduce anxiety, and lower levels of cortisol, the body's stress hormone.

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Goal This Week:

Choose **at least one act of kindness** to share with your community. Whether big or small, your effort can brighten someone's day and lift your own in the process.

Simple Ways to Spread Kindness

Support a Local Food Pantry

Contribute canned goods or organize a mini drive in your building or community center.

Help a Neighbor Out

Offer to run an errand, walk their dog, or bring over a homemade meal.

Tip a Little Extra

At your favorite coffee shop or restaurant, show appreciation with a generous tip and a kind word.

Donate Blood

If you're eligible, visit a local blood drive or Red Cross center. Your donation could save a life.

SUPPORT YOUR LOCAL COMMUNITY
BY GIVING A LITTLE EXTRA.

It can go a long way.



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Dance Your Way to Gratitude

Dancing is a powerful way to express yourself, shake off stress, and feel more connected to your body. This week, celebrate how far you've come by dancing with intention. Let movement and music remind you of the good things in your life and let gratitude be your rhythm.

HOW TO DANCE INTO GRATITUDE THIS WEEK

- 1 Start Your Day with a Song**
Play a feel-good tune when you wake up and dance like no one's watching.
- 2 Turn Chores into a Dance Break**
Washing dishes? Doing laundry? Add a beat and make it a mini dance session.
- 3 Reflect on the Joy**
After dancing, take a moment to write down one thing you're grateful for. Pairing gratitude with movement strengthens both habits.

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The Link Between Dance and Gratitude

When we dance, we honor our bodies' abilities. Each step is a celebration of movement, a reminder to be thankful for what we can do, not what we can't. It's about embracing joy and appreciating life in motion.

Dancing helps shift your focus from what's wrong to what's right. Whether it's a 3-minute solo jam or a spontaneous kitchen groove, moving to music can instantly lift your spirits.



Goal This Week:

Dance to at least **one song each day**—no rules, no choreography. Let your body lead the way and your heart follow with gratitude.

Additional Resources

You made it through 12 weeks of Monday Mood Boosters, well done.

You've taken meaningful steps to reduce stress, lift your mood, and build lasting habits that support your mental and emotional well-being. By showing up for yourself each Monday, you've created a powerful foundation for a more positive, focused, and balanced life. Keep the momentum going, and remember, a small shift each week can lead to big changes over time. Check out the additional resources below to stay inspired and continue your journey.

**Urgent
Self-Care**

**Mindful
Monday.**

**Stress
Management
Resources**

**Healthy
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Programs**