

The Joy Diamond

To help you build up your chances of having a great day, try and tick off one of the things from each box.

These make serotonin, which stabilizes our mood.

Balance

- Meditation
- Journaling
- Enjoy nature and sunshine
- Gentle exercise – give yoga a try and practise your breathing, too

These create dopamine that helps us think more clearly.

Reward

- Complete a task – start small, like making your bed, then build up to bigger ones.
- Practise self-care activities
- Eat nutritious food
- Celebrate those wins

Love

- Dance to music
- Be kind to others
- Give compliments
- Hug a friend

These release oxytocin, making us feel loved.

Release

- Watch your favourite comedy and LOL
- Enjoy some dark chocolate
- Exercise – aerobic exercise, such as a quick walk or gentle run
- Smell something you like – try perfume or even freshly baked bread!

These release endorphins, helping us to feel happy and positive.