

Mood-Boosters (varies with individual interest)

Adapted from *Healing the Addicted Brain* by Hal Urschel

- 1) Exercise
- 2) Watch sports or play them
- 3) Video Game
- 4) Breathe Deeply
- 5) Have a phone conversation
- 6) Go for a walk
- 7) Play with a pet
- 8) Eat
- 9) Be silly (finger paint, skip, whistle, play on a swing, play on a jungle gym)
- 10) Sing
- 11) Road Trip
- 12) Work
- 13) Blow Bubbles
- 14) View uplifting pictures
- 15) Go through a positive memory box/photos
- 16) Relaxation techniques
- 17) Take a bath
- 18) Visit a park
- 19) Read
- 20) Write/Journal
- 21) Watch TV or your favorite movie
- 22) Talk with a supportive person
- 23) Listen to music
- 24) Acting Class
- 25) Antiquing
- 26) Archery
- 27) Attend a Concert
- 28) Attend an Auction
- 29) Attend Interesting Lectures
- 30) Basketball
- 31) Bicycle
- 32) Birdwatching
- 33) Boating
- 34) Bowling
- 35) Build an aquarium
- 36) Camping/Back-packing
- 37) Canoeing/Kayaking
- 38) Card games/Board Games
- 39) Chess/Checkers/Dominos
- 40) Collect coins
- 41) Cook or learn to cook
- 42) Dance
- 43) Decorate a Room
- 44) Design and cultivate a garden
- 45) Exercise
- 46) Fish
- 47) Fly a kite
- 48) Get involved in local politics
- 49) Go to a baseball, football, or soccer game
- 50) Go for a drive
- 51) Go out for dinner
- 52) Go to art exhibits
- 53) Go to museums
- 54) Go to the beach
- 55) Go to the movies/theatre
- 56) Go to the opera
- 57) Go to the zoo
- 58) Golf
- 59) Hike
- 60) Horseback riding
- 61) Ice Skate
- 62) Jog/Run
- 63) Learn to knit/sew/needlepoint
- 64) Learn to macramé
- 65) Learn to box
- 66) Learn to paint
- 67) Learn to sculpt
- 68) Learn to throw pottery
- 69) Learn to paint
- 70) Learn to play new music
- 71) Learn woodworking

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| 72) Lift weights at the gym | 112) Country dancing |
| 73) Listen to relaxing music | 113) Folk Dancing |
| 74) Make model airplanes, cars, or ships | 114) Hockey |
| 75) Organize a small space | 115) Jazzercise |
| 76) Picnic with friends or family | 116) Latin Dancing |
| 77) Play ping pong | 117) Martial Arts/MMA |
| 78) Play a musical instrument | 118) Modern Dancing |
| 79) Frisbee | 119) Softball |
| 80) Racquetball | 120) T'ai chi |
| 81) Tennis | 121) Tap Dancing |
| 82) Touch Football | 122) Water aerobics |
| 83) Joke Books (physical or online) | 123) Make a fire |
| 84) Make up a joke of the day | 124) Word |
| 85) Rock climb | puzzles/Crosswords/Sudoku |
| 86) Rollerblade/skate | 125) Organize your files |
| 87) Ice skate | 126) Plan a meal |
| 88) Sail/Boat | |
| 89) Scuba diving | |
| 90) Plan a vacation | |
| 91) Shoot pool | |
| 92) Target practice | |
| 93) Archery | |
| 94) Flea Market shopping | |
| 95) Shuffleboard | |
| 96) Sightseeing | |
| 97) Ski/Snowboard | |
| 98) Make encouragement letters for others | |
| 99) Donate money to a worthy cause | |
| 100) Volunteer your time to a
worthy cause | |
| 101) Stamp collecting | |
| 102) Skydiving | |
| 103) Surfboarding/Wakeboarding/Tu
bing | |
| 104) Sunbathing | |
| 105) Photography- study or enjoy | |
| 106) SwimmingLong walk | |
| 107) Work on a car | |
| 108) Ballet | |
| 109) Ballroom dancing | |
| 110) Baseball | |
| 111) Basketball | |