

# 100 Ways to Boost Your Mood - for Teen Girls

1. Move your body for 20 minutes today
2. Hang out with someone you like
3. Help someone out
4. Get some more sleep - try a 20 minute nap or go to bed earlier for the next couple nights
5. Eat something that has mood enhancing properties- like berries, bananas,nuts, etc.  
<https://www.healthline.com/nutrition/mood-food>
6. Listen to something funny- funny video, song, podcast
7. Call someone who makes you laugh
8. Smile- fake it til you make it - [science](#) that says boost serotonin and dopamine (feel good endorphins)
9. Think of something you are looking forward to in the next week/month/year
10. Remember a happy memory
11. Try a [self-compassion exercise](#)
12. Spend time cuddling with an animal
13. Go for a drive and just take in sights
14. Sign up for something new (class, webinar, activity, club at school, etc.)
15. [Volunteer](#) - giving back makes us feel good-
16. Dance
17. [Eat some chocolate](#)- Go dark for this one-
18. Create a [bucket list](#) or a list of things you've never done but would like to and choose one thing to go and do
19. Go outdoors in nature
20. Ask a friend to make plans for a future date
21. Make a happy or mood lifting music playlist
22. Take an amazing selfie
23. Go back and do something that you used to enjoy when you were younger
24. Go see a movie - preferably something inspiring or funny
25. Read a book
26. Draw something
27. Make art (paint, sculpting, collage, etc.)
28. Call someone you haven't spoken to in a long time (e.g. aunt, friend) and ask them about their day
29. Write down some [affirmations](#)
30. Make your own list of mood boosting ideas
31. Go shopping
32. Put on your favourite outfit and go out
33. Go to a party
34. Organize or plan a party
35. Play a sport
36. Do something kind for someone else unexpectedly
37. Read poetry

38. Write poetry
39. Do something thrill seeking (e.g. roller coasters, mountain biking, ice climbing, cave diving, hot air balloon, etc.)
40. Go to a pet store and pet the cutest furry fluffy critters you can find
41. Write a [letter to your future self](#)
42. Do a series of pushups, situps, squats and lunges for 90 seconds each
43. Look in the mirror and say 3 nice things about yourself
44. Get a spa treatment (e.g. massage, manicure, pedicure)
45. Go to a laughter yoga class
46. Go to a regular yoga class
47. Do something a little extravagant (e.g. expensive dinner, rent a limo, wear something nice, splurge on something)
48. Give/get a hug
49. Snuggle a baby
50. Play with a younger cousin/sibling
51. Do something physically vigorous like a run or hike
52. Offer yourself words of encouragement
53. Go for ice cream or another delicious treat
54. Give someone a compliment
55. Make a list of things you'd things you like to do today and knock them off celebrating each one you get to
56. Research your dream career
57. Have a meal with people you enjoy
58. Book a session with a therapist or teen life coach
59. Play a game
60. Cook a nice meal
61. Ask 3 people what they like about you
62. Listen to inspiring videos
63. Watch funny memes
64. Make a video
65. Set a 28 day challenge
66. Go into a crystal shop and pick out one that speaks to you
67. Journal your feelings, hopes, and dreams
68. Use a mood tracking app everyday for the week
69. Garden or do something that has you getting your hands dirty
70. Read a book from your childhood
71. Learn something new
72. Run some stairs for 5 minutes
73. Buy a inexpensive gift card to your favourite treat place and give it to the next person in line
74. Start a gratitude journal/list
75. Download and start on an acts of kindness calendar
76. Create a dance routine with a friend
77. Write a song

78. Make up the most outrageous touchdown celebration move
79. Flip through a fashion magazine and snapshot your favourite outfits
80. Find someone famous who looks like you
81. Check out [this calendar](#) to download all kinds of action calendars to boost happiness and download the app
82. Watch a [ted talk on happiness](#)
83. Clean out your closet or another space
84. Show love to someone your care about
85. Write a thank you letter to someone (you can send or not)
86. Tackle a to do list
87. Drink plenty of water
88. Meditate
89. Organize something
90. Find, printout, write out quotes that you like and make them visible
91. Scrapbook a favourite memory
92. Sing
93. Make a new friend
94. Give something up
95. Try a new wellness app
96. Play video games
97. Write down a list of your strengths and qualities
98. Create a [vision board](#) where you imagine your ideal self/ideal life-
99. Use mental vacation technique (imagine a favourite place- imaginary or real and take it in through all your senses - what you see, hear, feel, smell, and taste)
100. Use your [posture](#) to boost confidence and mood