

When You're Feeling "meh"

Fill Your Heart:

Do Good

Doing good helps you and the person you help to feel better. Big or small acts of kindness can give you a sense of purpose and meaning. Smile, make some cookies, or write a note to someone.

Hobbies

Hobbies are activities you love doing just because you love to do them! They usually give you a finished project you can be proud of. Paint a picture, shoot some baskets, or curl up with a book.

Nature

Get outside into the natural world! Taking a walk or looking at the trees outside can calm you when you're not feeling your best.

Hugs

A good hug can make you feel better and change your mood. 8 seconds is what researchers say make the biggest difference. Want bonus points? Try to get an 8 second hug 8 times a day!

Move Your Body

When you exercise, your body makes chemicals that help you feel better. Try it! Go for a bike ride, run, swim in the pool, jump on the trampoline, or do whatever kind of sport or exercise you enjoy.

Relationships

Relationships are one of the most important things you have! They include: relationships with other people, with yourself, and with a higher power (some people call this God while others say The Universe). Go spend time with someone you love. Find time for being together with no distractions.

S.H.E.D.

Not feeling your best? Check your Sleep, Hydration, Exercise, and Diet. There are times you might be feeling "meh" simply because you are hungry, thirsty, or tired. When this happens, take care of your body.

What to Do When You're Feeling "Meh"

Fill Your Heart:

Use the blank lines below to add your ideas for filling each heart. Name some hobbies. Who will you hug? List your favorite exercises. Think of new things to try!

Do Good

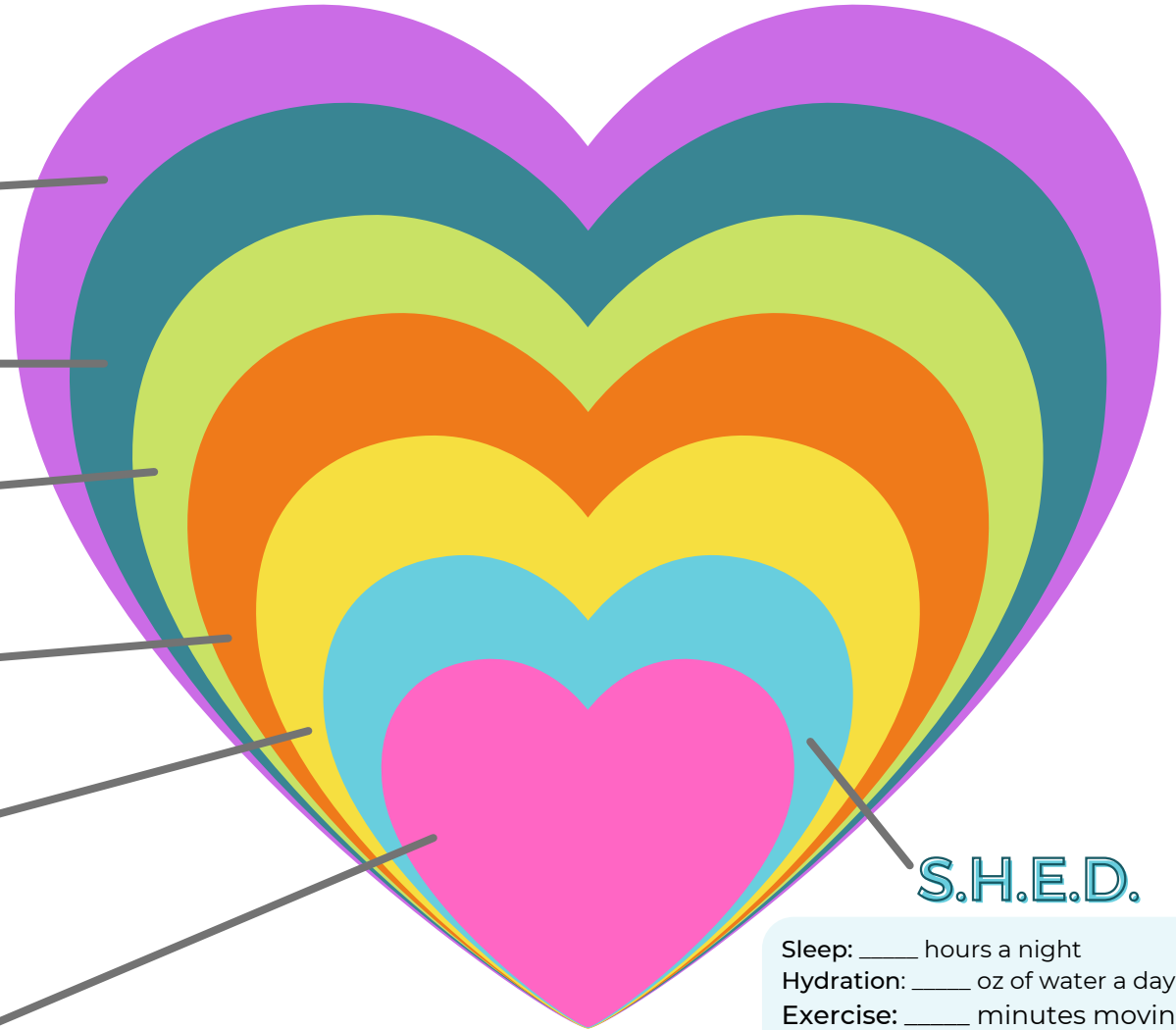
Hobbies

Nature

Hugs

Move Your Body

Relationships



S.H.E.D.

Sleep: ____ hours a night
Hydration: ____ oz of water a day
Exercise: ____ minutes moving
Diet: ____ fruits & veggies a day