



How to get out of a funk



Serotonin Boost

Look through photos of happy memories.

Journal and reflect on happy occasions.

Make a list of your achievements.

Dopamine Boost

Make a bucket list (things you want to do).

Listen to music.

Meditate.

Consume some probiotics

Testosterone Boost

Move your body.

Get some sunshine.

Eat some protein.



Oxytocin Boost

Phone a friend and have a chat.

Spend time with friends.

Get a massage.

Cook something and share it with someone.

Endorphin Boost

Go for a walk or run.

Do a yoga or Pilates class.

Dance to your favourite tunes.

Shoot some hoops.

Write your own mood boosters here



Source: www.healthline.com