

QUICK AND EASY WAYS TO
BOOST YOUR MOOD RIGHT NOW!

7 Instant Mood Boosters





Hello there!

Hi, I'm Kristin Palmieri. As an experienced and licensed mental health professional, I know everyone has their own unique life journey. That's why I founded Grow Thru Mental Health Counseling, PLLC with compassionate, respectful licensed talk therapists to guide you with personalized solution-based strategies to help you adapt to life's circumstances.

We all need a quick mental health boost now and again. That's why I'm sharing my "**7 Instant Mood Boosters**" to help you boost your mood right now.

Kristin M. Palmieri, M.A., LMHC, LPC
Founder of Grow Thru Mental Health Counseling, PLLC
NY Licensed Mental Health Counselor & NJ Licensed Professional Counselor

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01 MUSIC

Play your favorite upbeat song and don't be afraid to dance. Music can change our mood instantly. Upbeat, feel good music that inspires us to move activates the feel good neurotransmitters in our brain.

02 FRIENDS

Call, text or FaceTime a friend. We are social creatures and maintaining social connections makes us happier.

03 SMILE

Smile at yourself in the mirror for one whole minute. This activates the cerebral cortex plus the "happy" emotional center of our brain, the amygdala and limbic system.

04 EXERCISE

Exercise in place. Give me 10 squats and 20 jumping jacks. Feel good neurotransmitters like serotonin are released in our brain. The endorphins release from exercise are natural pain killers.

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05 LAUGH

Seek more laughter. Watching a favorite comedian clip on TikTok or YouTube helps us feel lighter. When was the last time you had a good belly laugh?

06 DARK CHOCOLATE

Nibble a small piece of dark chocolate. This activates dopamine in our brain making us happier.

07 PETS

Go pet your dog or cat, or say hi to a neighbor's pet (with permission of course). Studies show cuddling a pet reduces blood pressure and gives us an emotional boost.



Let's connect!

If you're an adult struggling with grief or loss, depression or anxiety, life transitions or relationships, or mental health related to LGBTQIA+, we can help.

FREE CONSULTATION

GROWTHRUMHC@GMAIL.COM

914 729 5725

START YOUR JOURNEY TODAY

At Grow Thru Mental Health Counseling, we pride ourselves on diversity and inclusion offering a confidential, non-judgemental, safe space with a licensed talk therapist for adults in New York and New Jersey.

- ✓ Open 7 Days A Week
- ✓ Virtual, Online Seesions
- ✓ In-Person Sessions