

10 WAYS TO BREAK A BAD MOOD CYCLE

Pray and Breathe

IT SOUNDS SIMPLE, BUT SOMETIMES WE JUST NEED A RESTART.

Tickle Attack

NO MATTER THE AGE OF THE PEOPLE IN YOUR HOME, A SUDDEN TICKLE ATTACK MAKES ANY HOME ERUPT WITH LAUGHTER.

Cuddle Up & Read a Book

TAKE TURNS WITH A TIMER IF YOU HAVE MULTIPLE KIDS.

Friend Refresher

TEXT A FRIEND. WALK WITH A FRIEND. OR EVEN COFFE WITH A FRIEND. GET AROUND JOYFUL PEOPLE.

Dance Party

BURN A CD OF YOUR GO-TO TUNES TO HAVE ON CALL FOR WHEN MOODS START TO SPIRAL DOWN.

Encourage Someone

LOVING ON OTHERS TAKES THE FOCUS OFF US AND REPLACES CRANKINESS WITH COMPASSION.

Change Scenes

JUMP IN THE CAR FOR A SWEET TEA RUN FOR MOM OR WALK TO A PLAYGROUND TO GET YOUR SMILES GOING.

Funny Photos

TAKE FUNNY PHOTOS TOGETHER OR PLAY WITH THE PHOTO BOOTH FEATURE ON THE COMPUTER.

Play

CRAZY CONCEPT, BUT MAKING TIME TO PLAY WITH OUR CHILDREN IS A SUREFIRE JOY-STARTER.

Listen

ASK QUESTIONS FROM SILLY TO INSIGHTFUL. (WHAT MADE YOU HAPPY? WHAT WOULD YOU DO IF...?)