

12 Evidence-Based Positive Mental Health Exercises

Learning practical research studies whose activities can lead to greater feelings of

happiness and positive overall mood.



**Do a daily act
of
kindness.**

Does: Do this at least once a
day for 10 to 20 days of your life.



**List three things
you are grateful
for.**

Does: Do this every night
for 3 weeks.



**Write down a
description of your
life as you would like
it to be in five years,
imagining the best
things that could**

happen to you.

Does: Do this for 10
consecutive days.



**Put a penny in a jar every
time you have a negative
thought about yourself.
Then change that thought
to a more charitable one
and say it out loud.**

Does: Do this daily until you
haven't had a negative thought
about yourself for 100 days.