

# 5 Mental Exercises to Increase Happiness

Blue Door Media LLC

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# Creative Writing Exercise

## How it works:

(1) Write down the first word that pops into your head

(2) Set a timer for 5 minutes

(3) Write down a 2nd word that has nothing in common with the first word

(4) Repeat until time is up

## Example:

Wrestling

Blill Gates

Philanthropy

Pencil Sharpner

The Joker

Squid ink

# Gratitude Session

## How it works:

**(1) Write down 3 things you have in your life. 1 person, 1 place and 1 item**

**(2) Set a 5 minute timer for each**

**(3) List reasons why you're grateful**

**(4) Read your list outloud when you are finished**

# Transcendental Meditation

## How it works:

**(1) Choose two phrases that make you happy**

### Example phrases:

I am lucky to be alive

My human brain is intelligent

I will learn and grow everyday

**(2) Set a timer for 5 minutes**

**(3) Take 3 deep breaths**

**(4) Close your eyes and repeat your phrases in your head.**

**Pro tip:** as your mind starts to wander, forgive yourself, and go back to your phrases

# Habit Setting

## How it works:

**(1) Write down 3 values**

**(2) Write down 3 goals that are in line with your values**

**(3) Set a Timer for 10 minutes**

**(4) Make a list of the easiest habits you could make that will lead you to your goals**

**(5) Choose the easiest habit and take action**

# Focused Breathing

## How it works:

**(1) Set a timer for 5 minutes**

**(2) Straighten your posture**

**(3) Breathe in through your nose, focusing all your attention on your breath**

**(4) Exhale through your mouth**

**(5) Repeat until time expires**

# Thank you for your effort!

Share your feedback with us!

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## About Blue Door Media

Blue Door is a Publishing Company based in Southern California. We've created a space for creatives to come together and chase our dreams. We're on a mission to make the world a better place.