



purpose. passion. potential.

Neurodoses

Below are micro-practices to shift your mood & energy.

Choose what feels most needed in the moment from the left column and try a practice in that row.



Energy	Take a few deep breaths and notice any sensations. Stand and shake your body for 2 minutes to release tension. Loosen your muscles and breathe.	Feel your feet solidly on the ground. Exhale deeply and then slowly inhale and feel your belly fully expand. Hold it for 5 seconds. Slowly release all the air from your lungs. Repeat 3-5 times.	Get outside and go for a walk. No need to go far. Breathe in the air, notice the sky, observe any features of the season - sun, snow, blooms, falling leaves, wildlife. Be present.
Focus	Silence all of the electronic notifications on your devices for 60-minutes once a day. Observe your deep focus skills begin to build each session. Consistency is the key.	When distracted by thoughts while on a task, simply write it down and return to your task. Your mind will relax knowing that the thought was captured.	During a break, complete a crossword or Sudoku puzzle. Read a book or long-form article. Repeat these focus-building exercises daily.
Purpose	Clarify your sense of purpose by identifying what matters most to you - your values, goals, impacts. Write a purpose statement and keep it in a visible place to remind you of your 'why.'	Focus your time on activities and people who align with your purpose and help to move you closer to your goals. Say "no" more often to things that don't support you or deplete you.	Count your blessings. Notice how your purpose is already manifesting. Cultivate a sense of active gratitude for the people, experiences, and opportunities in your life.
Connection	Use your body language and eye contact to show your friend or coworker that they have your attention. Be fully present.	When it comes to important messages, face-to-face conversation adds layers of depth. Nonverbal cues foster empathy and authentic interaction.	Adding value is more than what you say. Ask a question, be curious or observe a pattern. This builds and deepens trust.
Mood	Music is proven to shift your mood and reduce stress. Listen to a song or create a playlist that boosts your energy and matches your vibe.	Instead of reaching for caffeine, drink more water to avoid an energy crash. Nourish your body with healthy, high-protein food to positively impact your mood and well-being.	Write an email of appreciation to a colleague who recently did something nice for you, went above and beyond, or has been a great support to you. You'll both get a 'good mood' boost!