



Mood

Mood is a temporary state of mind or feeling that is influenced by environment and day-to-day routine, here are some ways to boost your mood:

1. Playing with a pet



2. Hanging out with friends



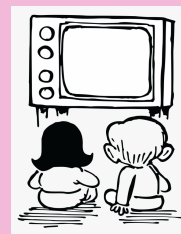
3. Participating in a hobby



4. Getting proper sleep



5. Watching your favorite show/movie



6. Cooking or baking

