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10 ways to boost your mood in 15 minutes or less when you're having an off day and don't want to do anything

By Brooke Helton Jan 17, 2023, 9:51 PM



Most people go through periods where they just don't feel like doing anything at all. In fact, that's one reason why so many struggle with procrastination. On days like these, a quick act of self-care might be just what you need to feel better. Having an off day is natural, every now and then. But if you've reached a point where your mood has a destructive impact on your health, well-being, career, and relationships, then it may be time to reach out to a professional, **says Dr. Faisal Tai, board-certified psychiatrist at PsychPlus.**

