

Forum:[Hack Forums](#)

Thread: [Instant Mood Boosters: Whats Yours?](#)

W1NK1LL3RX - August 7, 2025, 3:53 am

What's something super random that instantly boosts your mood, no matter what?

It could be a particular song, a weird food combo, a nostalgic movie, or a scent.

For me, it's looping old 90s rom-coms and that first sip of cold iced coffee, elite combo.

Curious to hear yours, no judgment, the weirder the better ?

Oh_Well - August 7, 2025, 4:10 am

Even if I worked for countless hours, once I make a fresh coffee (hot or iced) and play that first song while taking the first sip, IM GOOD TO GO xD

W1NK1LL3RX - August 7, 2025, 4:23 am

(Aug 7, 2025 04:10 AM)Oh_Well Wrote: [\[CITE\]](#) Even if I worked for countless hours, once I make a fresh coffee (hot or iced) and play that first song while taking the first sip, IM GOOD TO GO xD
Yes, I definitely need my coffee in the mornings; if I don't, I might be a little cranky.

diablospartan - August 7, 2025, 10:22 am

For me its the cofee in the morning to give me the energy

And most important one its gratitude it change my mind from negative to positive

W1NK1LL3RX - August 7, 2025, 10:39 am

(Aug 7, 2025 10:22 AM)diablospartan Wrote: [\[CITE\]](#) For me its the cofee in the morning to give me the energy

And most important one its gratitude it change my mind from negative to positive

Same here! Can't start the day without coffee. And yeah, gratitude really does help shift the mindset.

What do you take in your coffee?

RangoWorld - August 11, 2025, 1:58 am

(Aug 7, 2025 03:53 AM)W1NK1LL3RX Wrote: [\[CITE\]](#) What's something super random that instantly boosts your mood, no matter what?

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For me, it's looping old 90s rom-coms and that first sip of cold iced coffee, elite combo.

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I listen to my favorite artist. Sorry but I can't name them.

But instantly I feel better.

Oh_Well - August 11, 2025, 2:32 am

(Aug 11, 2025 01:58 AM)RangoWorld Wrote: [\[CITE\]](#) I listen to my favorite artist. Sorry but I can't

name them.

But instantly I feel better.

Is it like chill vibes or more hype? Music that hits instantly is elite fr.

RangoWorld - August 11, 2025, 12:18 pm

(Aug 11, 2025 02:32 AM)Oh_Well Wrote: [\[CITE\]](#) Is it like chill vibes or more hype? Music that hits instantly is elite fr.

The singer has made many variety of songs. More of their songs I would say is on chill side.

It's maybe just the voice you know. Connects instantly on an emotional and spiritual level. I never experienced something like this before and I hope others find a favorite singer like this too

Mech - August 11, 2025, 1:25 pm

Waking up early, not being in a panic to get out the door in the mornings.

plops - August 11, 2025, 4:21 pm

The moment I get to put on music, enter my own world and work on my projects after everyone else has gone to bed.

K4RM4 - August 11, 2025, 6:17 pm

My dogs ?

Oh_Well - August 12, 2025, 1:30 am

Thought of another one. An instant mood booster is when I wake up and I don't have to work xD

W1NK1LL3RX - August 12, 2025, 5:53 am

(Aug 12, 2025 01:30 AM)Oh_Well Wrote: [\[CITE\]](#) Thought of another one. An instant mood booster is when I wake up and I don't have to work xD

Feeling relaxed the night before, knowing you don't have to work the next day, is always a great boost.

Oh_Well - August 12, 2025, 5:56 am

(Aug 12, 2025 05:53 AM)W1NK1LL3RX Wrote: [\[CITE\]](#) Feeling relaxed the night before, knowing you don't have to work the next day, is always a great boost.

Exactly!! The day before a day off is sometimes even better than the day off itself hahaha

SIM-2362145 - August 12, 2025, 9:37 am

Driving, whenever i feel low i grab my keys and roam on empty roads at late hours.

W1NK1LL3RX - August 12, 2025, 9:42 am

(Aug 12, 2025 09:37 AM)SIM-2362145 Wrote: [\[CITE\]](#) Driving, whenever i feel low i grab my keys and roam on empty roads at late hours.

Yes, I can relate to this. Especially at sunset, get in your cab, put on your favorite Spotify playlist, cruise, and unwind. There's nothing better!

Oh_Well - August 12, 2025, 12:25 pm

(Aug 12, 2025 09:37 AM)SIM-2362145 Wrote: [\[CITE\]](#) Driving, whenever i feel low i grab my keys and roam on empty roads at late hours.

Very nice! I can relate

peldon - August 12, 2025, 1:31 pm

Swimming 30mn before breakfast when it's possible.....and my day is very different.

W1NK1LL3RX - August 12, 2025, 1:33 pm

(Aug 12, 2025 01:31 PM)peldon Wrote: [\[CITE\]](#) Swimming 30mn before breakfast when it's possible.....and my day is very different.

I love going to the beach and swimming; it's a great stress reliever!

Oh_Well - August 13, 2025, 1:07 am

(Aug 12, 2025 01:31 PM)peldon Wrote: [\[CITE\]](#) Swimming 30mn before breakfast when it's possible.....and my day is very different.

That sounds really good! And its not only refreshing, but a good exercise as well! Pool or sea?

Rahul007rhp - August 13, 2025, 5:24 am

Listening to my favourite songs / playlist would be a perfect instant mood booster for me

bevc - August 13, 2025, 6:13 am

This is a random one - a few houses down the street from me lives a family with a set of twins, toddlers (I guess they're about 2 years old), and I see them often outside their house while mum unloads the car or whatever, they're always holding hands, and they always smile and wave to me, one waves with the right hand and the other with the left hand. Always makes my day.

Another is a British TV show called 'Time Team'. It's just a show about archeologists going out to dig a site where they only have 3 days, the enthusiasm and joy they have is an instant mood lift, and it's fascinating. I always enjoy listening to academics talk about their subject, even when I don't know what the hell they're talking about, it makes me think that everything might turn out ok.

Oh_Well - August 13, 2025, 11:23 am

(Aug 13, 2025 06:13 AM)bevc Wrote: [\[CITE\]](#) This is a random one - a few houses down the street from me lives a family with a set of twins, toddlers (I guess they're about 2 years old), and I see them often outside their house while mum unloads the car or whatever, they're always holding hands, and they always smile and wave to me, one waves with the right hand and the other with the left hand. Always makes my day.

You have some great neighbors! I'd love to have that energy one day.

RemoteAccessTrojanSaarPls - August 13, 2025, 12:15 pm

(Aug 13, 2025 06:13 AM)bevc Wrote: [\[CITE\]](#) This is a random one - a few houses down the street from me lives a family with a set of twins, toddlers (I guess they're about 2 years old), and I see them often outside their house while mum unloads the car or whatever, they're always holding hands, and they always smile and wave to me, one waves with the right hand and the other with the left hand. Always makes my day.

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Are they girls?