

Lifting Spirits

I appreciate you.
You are really gifted.
You're my rock!
You always know the right thing to do/say.
I love your patience.
You are such a giving person.
I wish I had your talent.
You are such a hard worker.
I love your determination.
You are really dedicated.
It was difficult but thanks for following through.
I can always count on you.
You're such an inspiration!

Ways to Lift Someone's Spirits

1. Be There

Spend some time with the person. They may welcome the attention from a friend, particularly if feeling alone or unappreciated. Stop by with a batch of cookies and stay a bit to provide a sympathetic ear. Let them talk about whatever is bothering them -- sometimes, just being able to give voice to concerns helps ease the burden. Don't try to analyze or solve their problems, just listen. Let them know you care about them and are available to help as needed.

2. Meaningful Gestures

Go beyond the periodic phone calls, "thinking of you" notes and occasional flowers by reaching out in a personally meaningful way. A whimsical cat figurine for their collection or a favorite author's latest novel says you took the time to find just the right gift for them. Send a humorous cartoon or quote via social media daily, giving them something to look forward to. Create a "just for you" book of coupons that can be redeemed as needed for mood-lifters such as "a chat with a friend," "ice cream treats" or "comedy club outing."

3. Get Moving

Sitting around feeling sad is unlikely to help. Distract the person with an activity that gets them out and about. Go for a walk in the park or a bike ride, or attend an upbeat dance or exercise class together. Exercise can be a quick mood-booster. Help them feel better about themselves by trying a new outdoor challenge, to remind them they can be successful and have fun while trying new adventures.

4. Helping Others

Encourage them to get involved in a community service project. Helping the less fortunate might boost their spirits, be a healthy outlet to form new social bonds and provide new perspective on their own problems, perhaps even making them seem less daunting. Offer to go with them to participate in an activity.¹

Random acts of kindness will always lift spirits.

Synonyms to Lift Spirits²

<ul style="list-style-type: none">✚ cheer up✚ boost the morale✚ buck up✚ cheer you up✚ cheering you up✚ for morale✚ lift the spirits	<ul style="list-style-type: none">✚ lighten the mood✚ make you feel better✚ make your day✚ might cheer you up✚ perk you up✚ you feel any better✚ your spirits up	<ul style="list-style-type: none">✚ feel a little better✚ fix you right up✚ hear better✚ raise your spirits✚ your chin up✚ your head up✚ your spirits
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¹ Adapted from [How to Lift Someone's Spirits \(oureverydaylife.com\)](https://oureverydaylife.com). Accessed 28 June 2022.

² [LIFT YOUR SPIRITS in Thesaurus: 48 Synonyms & Antonyms for LIFT YOUR SPIRITS \(powerthesaurus.org\)](https://powerthesaurus.org). Accessed 28 June 2022.