+++Five instructions for everyday performances for a shitty day+++  

**HAHA**  
laugh out loud (3-5 times)  
variation: ask the person right next to you to laugh with you

**FWEE**  
whistle your favorite song (10-15 times)

**BLA BLA**  
tell a joke

**MIAU**  
watch a cat video on youtube

**HELP ME**  
take a selfie  
send to a person you know will cheer you up