

Generate a Better Mood

Everybody has a day when they don't feel right – get used to acknowledging how you feel and understand why you feel that way.

Then, it is in your hands to TAKE ACTION and change your feelings...and influence your mood....at least a little bit!

Try one or more of these ACTIONS to get you back on track!



Have you got a COOKIE JAR?!

Remind yourself of things you have done well before.



MOVE

Walk, run, dance, skip, bounce, cycle – you never feel worse after movement!



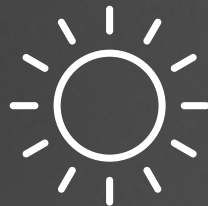
BREATHE

PAUSE and try 10 deep, controlled breaths.



GRATITUDE

Find things to be grateful for and write them down or speak them out loud.



Be OPTIMISTIC

Talk positively about things that will happen today and in the future.



Listen to MUSIC

Music has the power to generate different feelings and shift your mood.



Get one small job DONE...

We overestimate how long 'unpleasant' jobs take – if it takes less than 5 minutes DO IT NOW!



....then TREAT yourself ...a little!

Make a drink...Have a snack...Do something you enjoy.



Take a NAP

Switch off for 10 minutes and grab an energy and mood boost.