

# Mood boosters: We all need them sometimes

October 2016 Newsletter



Having a bad morning or being in a funk happens from time to time. Need help to shake off that “waking up on the wrong side of the bed” mood when it strikes? Read on for some tips:

## Remember: You’re in charge of you

- **You control your emotions.** Other people’s actions or words may affect you. But you’re in control of how deeply and how long you allow yourself to feel hurt, angry or sad.
- **When a bad mood strikes, see if you can figure out why.** If you can identify the “trigger,” it may help lift your mood and prevent recurrences from that source.

## Be proactive

When you’re in a bad way, you may not feel like doing much of anything. But there are ways to raise your spirits. Here are just a few ideas:

- **Connect.** Call a trusted friend and vent or cry. Get it out of your system.
- **Move.** Exercise is a natural mood booster. Any kind can work.
- **Go out.** Go to the park, the mall or the library. It doesn’t matter where: just go. You’ll get your mind off yourself and you’re likely to wind up interacting with others — another natural mood booster.

- **Go “inside.”** Learn how to meditate. Sit quietly, calm your thoughts, relax your body and concentrate on your breathing. Meditation can be a powerful tool for soothing and de-stressing.
- **Act it out.** Believe it or not, one good way to get past a bad mood is to act happy. Once you’re “in costume” — showered, dressed and even forcing a smile — you can actually start to feel it!

## Be prepared for next time

Once your mood has lifted, take notes. Pick a time when you’re in a good mood and make a list of things that make you happy. Do you like to walk in the woods, cuddle with your puppy, play with your kids, read or do puzzles? Write it all down.

This is your “happy list.” Next time you’re feeling down, look back at your list and use what you’ve learned to take control of your mood.

But remember: Occasional blahs are not the same as persistent blues. If you think you may be depressed, contact your doctor or Employee Assistance Program. Depression is a treatable condition. If you think you may be depressed, it’s important to reach out for help.