



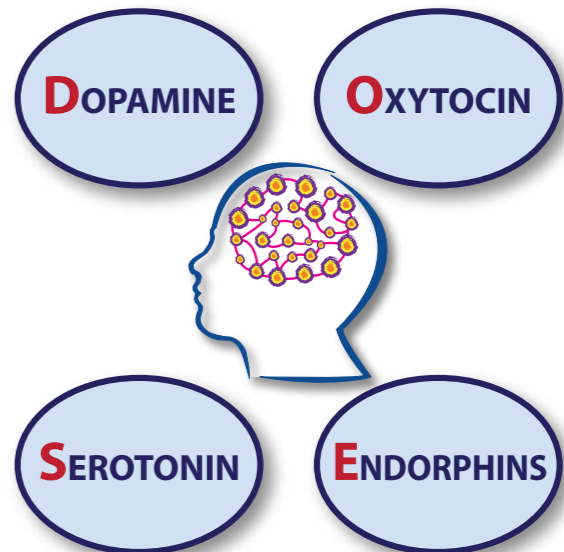
Manage Your Mood

Lesson 2: Tool 1:  
Manage Your Mood

Aim to do some of the following **Mood Boosters** daily to help you to get your daily **DOSE** of happy hormones.



DAILY DOSE



MOOD BOOSTERS

MOOD BOOSTERS	
DOPAMINE	OXYTOCIN
Meditate for at least 10 minutes	Play with pets
Listen to instrumental music	Have a 20-second hug
Celebrate small successes and goals	Listen to upbeat music
Try something new	Compliment someone
SEROTONIN	ENDORPHINS
Spend 15 minutes in nature	Do at least 30 minutes of physical activity daily
Eat at least 5 daily portions of fruit and vegetables	Use essential aromatic oils
Practise gratitude daily	Watch something funny
Savour the small positives	Spend time on your hobbies



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These 5 ways can help you to cope with a low mood.

**BE GENTLE & KIND TO YOURSELF**

**DON'T MAKE ANY BIG DECISIONS**

**REACH OUT FOR SUPPORT & CONNECTION**

**REMINDE YOURSELF THAT MOODS CAN CHANGE**

**DO SOMETHING SMALL TO BOOST YOUR MOOD**