

Lesson 2: Tool 1: Manage Your Mood

Key Message

A mood refers to **how we tend to generally feel over a certain period of time**. Moods can last from shorter to longer periods and we can generally classify them into **positive** or **negative moods**. If your **nervous system is in survival mode a lot of the time**, you may experience **negative moods more often and they may be more intense**. To be in thriving mode, you need to **aim to create a positive mood for yourself as often as possible**. Of course, it's not always possible or appropriate to be in a positive mood. You also need to be able to **manage negative moods so that they don't dominate your everyday life**. Inadequate sleep, unhealthy diet, too much screen time and not enough physical activity can all cause low moods. **Hormonal changes** in adolescence can also lead to mood swings and more intense moods at times.

Your moods affect your experience of life – in a **positive mood**, you are **more likely to be able to handle challenges** and not take things personally. In a more negative mood, you may feel less motivated and be more easily triggered. Also, you might be more reactive and you may take things more personally.

In a positive mood, you generally feel more **calm, optimistic, alert, energised** and **motivated**. Being aware of your general mood and what boosts it is important. **Being kind to yourself when you are in a more negative mood is also important**. You can become aware of the small actions you can take to **boost your happy hormones (dopamine, oxytocin, serotonin and endorphins)** and help yourself to feel a little better. The graphic in Reflection 1 on page 4 shows some examples. Remember to keep using some of the **calming techniques** mentioned in Lesson 1 as a starting point to manage your mood.

If you are experiencing a low mood over a longer time period, you may need to **reach out** for **extra help** and **support** to manage it. Many life events involving change or loss will naturally cause low moods and you will need to give yourself time and space to help you to recover.

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Reminder: Tools to Thrive Book A:

Use the *Morning Mental Health Routine* to help set yourself up for a more positive mood daily.

MORNING MENTAL HEALTH ROUTINE



- 1 NOTICE & SOOTHE
- 2 LITTLE THINGS
- 3 3 GOOD THINGS

Reflection 1:

Reflect on some of these ways to get your daily 'DOSE' (Dopamine, Oxytocin, Serotonin and Endorphins) of happy hormones to boost your mood.

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

Which of the mood boosters might work best for you on a personal level?

What other activities help to boost your mood?

Reflection 2:

Consider a recent example of when you were in a low or negative mood for a certain period of time.

What factors may have influenced this?

For example: *insufficient sleep, too much screen time, feeling overwhelmed, unhealthy diet, lack of exercise, lack of fresh air, relationship problems, unhealthy comparisons with others, feeling unsupported, negative thinking, change or loss.*

Example of low/negative mood:

What factors may have influenced this?



Follow-up: Use the **Mood Tracker** at the back of this journal to help you to notice any patterns in your mood over time and the factors that may be influencing your positive or negative moods. Once you notice the patterns, you can then take the necessary steps to manage your mood, by dealing with any factors that are within your own control.

Reflection 2:

5 WAYS TO COPE WITH A Low Mood

BE GENTLE & KIND TO YOURSELF

DON'T MAKE ANY BIG DECISIONS

REACH OUT FOR SUPPORT & CONNECTION

**REMIND YOURSELF THAT MOODS
CAN CHANGE**

**DO SOMETHING SMALL TO BOOST
YOUR MOOD**

Personal Notes:

If you wish, use this page to write or draw any thoughts or ideas you have.