

LESSON 2: TOOL 1: MANAGE YOUR MOOD

Background Information

Students are introduced to the concept of moods as 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 the nervous system is in survival mode a lot of the time, we may experience negative moods more often and they may be more intense. To be in thriving mode, students need to aim to create a positive mood for themselves as often as possible. However, it's not always possible or appropriate to be in a positive mood. They also need to be able to manage negative moods. Inadequate sleep, unhealthy diet, too much screentime and not enough physical activity can all cause low moods, as can hormonal factors. Life events involving change or loss can also influence our moods.

Students reflect on the idea that our moods affect our experience of life. In a positive mood, we are more likely to be able to handle challenges and not take things personally. In a more negative mood, we may feel less motivated and be more easily triggered.

Students also reflect on ways to help them manage a low mood as well as identifying their mood boosters - the small actions they can take to boost happy hormones (dopamine, oxytocin, serotonin, endorphins). They are also reminded to keep using some of the calming techniques mentioned in Lesson 1 as a starting point in managing their mood.

The importance of reaching out for help and support should they experience a low mood over a longer period of time is also mentioned.

SPHE LINKS

Strand 1 Health and Well-Being:

Factors that influence health and well-being generally

Learning Outcomes:

1.6 Draw on a variety of strategies that can help regulate and manage harmful thoughts and emotions in order to nurture positive mental health

Strand 1 Health and Well-Being:

Coping with emotional or mental health challenges

Learning Outcomes:

1.8 Discuss healthy and unhealthy ways of responding to stress and anxiety

Strand 3: Into Adulthood:

Self-management and self-care skills

Learning Outcomes:

3.1 Explore strategies for self-care that can help maintain health and prevent ill-health

3.2 Demonstrate self-management skills necessary for life

3.3 Explore a range of life events where they might experience change, loss or heartache and discuss how to care for themselves and/or others during these times

Resources Required:

- Lesson 2 PowerPoint slides
- Pupil Reflective Journal

Lesson-specific Learning Outcomes:

Students should be able to:

1. Understand what a mood is
2. Become aware of the factors which influence positive and negative moods
3. Become aware of why it is important to learn to manage their mood
4. Learn ways to boost their mood based on the release of 'happy hormones'
5. Learn ways to manage a negative or low mood

AWARENESS AND DIALOGUE

Introduction:

Stop and Drop meditation

Development:

Show PowerPoint Slides for Lesson 2. Allow time for discussion and activities from the Pupil Reflective Journal and in response to the video clip.

REFLECTION AND ACTION

Reflection 1: Which of the mood boosters might work 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 time period. What factors may have influenced it? For example: *insufficient sleep, too much screentime, feeling overwhelmed, unhealthy diet, lack of exercise, lack of fresh air, relationship problems, unhealthy comparison with others, feeling unsupported, negative thinking, change or loss.*

Conclusion: Direct students' attention to the accompanying **Now What?** page of their **Reflective Journal** so that they consider what immediate action they might take as a result of this lesson.

Suggested Supplementary Activities:

1. Supplementary Worksheet 2 (SW2) – **My Mood Boosters**: Allow students to create a list of healthy mood boosters.
2. Additional video: This video explores the link between food and mood www.otb.ie/t2t-food-and-mood
3. Create classroom displays 'Our Mood Boosters' and 'Ways to Cope with a Low Mood'.

TOOLS TO THRIVE - BOOK B: TEACHER GUIDE: PART 2

LESSON 2- POWERPOINT SLIDES

Lesson 2 PowerPoint is available to download on the digital companion page for this book on: www.otb.ie/t2-a-t

**Lesson 2:
Tool 1: Manage Your Mood**

Recap:



Did you use the **Nervous System Check-in?**

Did you use any of the **calming techniques** from Lesson 1?

What effect did this have on your **daily mood?**

Let's learn about our first **new tool** now:
Manage Your Mood.

It helps to support all areas of well-being.

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**Lesson 2:
Tool 1: Manage Your Mood**

Lesson 2: Learning Outcomes

That you will:

1. Understand what a **mood** is.
2. Become aware of the factors which **influence positive and negative moods**.
3. Become aware of why it is important to **learn to manage your mood**.
4. Learn ways to boost your mood based on the release of **'happy hormones'**.
5. Learn ways to manage a **negative or low mood**.



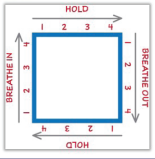
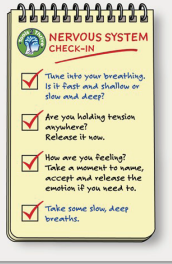
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**Lesson 2:
Tool 1: Manage Your Mood**

Before we start, take a moment to do a **Nervous System Check-in**.

Then, try one minute of **Box Breathing** and some **tension release exercises**.

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**Lesson 2:
Tool 1: Manage Your Mood**

What is your understanding of **moods?**

Think of a time when you were recently in a **good, positive mood**.

What caused it?

How did you feel?



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**Lesson 2:
Tool 1: Manage Your Mood**

FACTFILE – Moods:

- How we generally feel over certain periods of time.
- Can be classified as **positive or negative**.
- Are influenced by **many factors**, some **inside and some outside of our control**.
- Affect our **behaviour and interactions with others**.
- Affect our **experience of life**.
- Can be **boosted in small ways**.

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**Lesson 2:
Tool 1: Manage Your Mood**

FACTFILE – Moods:

- Need to be **managed**, so that negative moods do not predominate.
- If your **nervous system** is in survival mode a lot of the time, negative moods may be more frequent and more intense. **The challenges of 6th year might cause this**.
- Using the **calming techniques** from Lesson 1 can help to balance your mood.

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**Lesson 2:
Tool 1: Manage Your Mood**

A **low or negative mood** is like a **lens or a filter** that you see the world through, so everything appears **more negative**.

Think for a moment of a time when a **low mood** affected your view of the world...

How did it impact on your **actions and behaviours?**




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**Lesson 2:
Tool 1: Manage Your Mood**

Watch...



Movie Time


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**Lesson 2:
Tool 1: Manage Your Mood**

Video Follow Up Discussion:



Option for group-work/pair work:
What 5 tips would you give to a friend who is struggling with a low mood?

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**Lesson 2:
Tool 1: Manage your Mood**

How do your ideas compare to these?

5 WAYS TO COPE WITH A Low Mood

- BE GENTLE & KIND TO YOURSELF
- DON'T MAKE ANY BIG DECISIONS
- REACH OUT FOR SUPPORT & CONNECTION
- REMIN yourself THAT MOODS CAN CHANGE
- DO SOMETHING SMALL TO BOOST YOUR MOOD

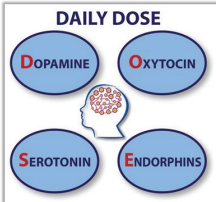
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**Lesson 2:
Tool 1: Manage Your Mood**

Many small things can release those 'happy hormones' that can **boost your mood...**

Let's look at examples of **Mood Boosters** that help you to get your daily **DOSE** of happy hormones.



For a reminder and more details of the Happy Hormones, check the back of your Reflective Journal.

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**Lesson 2:
Tool 1: Manage Your Mood**

The following Mood Boosters can help you to get your daily **DOSE** of happy hormones...


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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**Lesson 2:
Tool 1: Manage Your Mood**


Reflection 1:



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

What other activities help to boost your mood?

Check out the Pupil Digital Companion Page for an online article on 'Good Mood Foods' - otb.ie/t2t-b-p



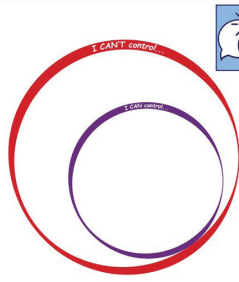
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**Lesson 2:
Tool 1: Manage Your Mood**

Many factors affect our mood, some of which are **within our control** and some of which are **outside of our control**.

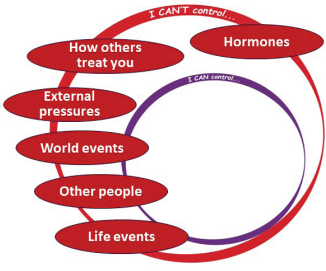
What factors are outside of our control?



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**Lesson 2:
Tool 1: Manage Your Mood**



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**Lesson 2:
Tool 1: Manage Your Mood**

Life events

Many events in life happen that involve change, loss or heartache.

Can you name any examples?

How can you look after yourself and others during these times?

The 5 ways previously mentioned can help during these difficult life events too.

5 WAYS TO COPE WITH A Low Mood

- BE GENTLE & KIND TO YOURSELF
- DON'T MAKE ANY BIG DECISIONS
- REACH OUT FOR SUPPORT & CONNECTION
- REMIN yourself THAT MOODS CAN CHANGE
- DO SOMETHING SMALL TO BOOST YOUR MOOD

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Tool 1: Manage Your Mood**

What factors are within our control?

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Tool 1: Manage Your Mood**

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50. **Lesson 2:
Tool 1: Manage Your Mood**

A Mood Tracker can help you to notice 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 control. Try the Mood Tracker at the back of your Reflective Journal as a starting point.

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Tool 1: Manage Your Mood**

Reflection 2:

Consider a recent example of when you were in a low or negative mood for a certain time period. What factors may have influenced it?

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

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52. **Lesson 2:
Tool 1: Manage Your Mood**

Closing Quote:

We have found that decreasing negativity without increasing positivity is a losing battle.
- Dr. Dan Tomasulo

Have a look at the *Now What?* page of your Reflective Journal and consider what immediate action you could take to implement any ideas from this lesson into your daily life.

Check out the Pupil Digital Companion Page for online articles, videos and websites on the topics covered in this lesson.
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