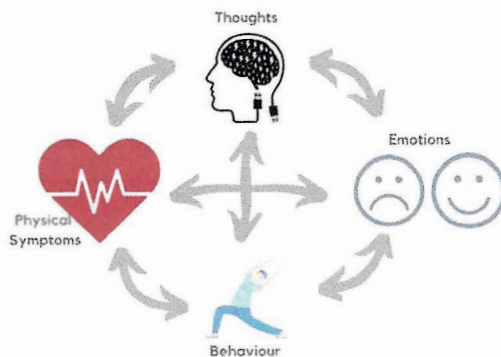


THE ABC'S OF MOOD



BEHAVIORS

- are things we **DO/CAN DO**
- can have a **BIG** impact on our mood
- feelings and thoughts can make us feel like we **CAN'T** do—that's when we should try the **OPPOSITE** of what mood tells us
- can increase our happiness by approximately **40%** (Univ. of Berkley, CA)

THOUGHTS

- are not facts
- are a story that our brain tells us based on things from the past and the present.
- sometimes thoughts cause us distress because the "stories" seem scary, lonely, embarrassing, etc.
- impact our mood and our behaviors
- we can help our mood by seeing our thoughts as stories instead of "The Truth"
- meditation is one way to help us not get so "caught up" in our thoughts

BODILY SENSATIONS

- can impact our mood and thoughts
- heart rate and breathing rate can be physical symptoms of mood
- we can change some of our bodily sensations to improve our mood in the moment
- breathing in through the nose for a count of 2 and out of the mouth for a count of 4 can calm our brain and body when we are upset



Walk



Call a friend



A funny TV show



Garden



Read



Cook a meal

FEELINGS

- aren't facts
- sometimes overwhelm us
- we can shift feelings by doing certain "opposite behaviors"
- we can improve our mood by addressing our feelings and taking action (behaviors!)