

Reset Your Mood

Did you know that both positive and negative moods have a specific function in our lives, helping us to learn from experience, adapt our behavior, and build resilience?

It's important to honor our moods and feel what we need to feel, but if frequent or extended low moods are impacting your daily life, consider trying one or two of these **Resilience in Action** tips to help lift your spirits.



Get Moving: Even mild exercise can lift your spirits. Aim for at least 20 minutes of physical activity several times a week.



Let the light in: Light exposure helps regulate and lift mood, so, let sunlight stream in when you first wake up and try stepping outside a few times throughout the day.



Be grateful: Gratitude is a powerful mood-lifter. Write down a few things you're grateful for to inspire a mood shift



Nurture yourself: Take a warm bath, schedule a massage, watch a funny movie, or get lost in a good book to help reset your mood.



Change your perspective: Get up. Go outside or walk into a different room. A change of scene helps you refocus both attention and mood.



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