

5 SIMPLE WAYS TO BOOST YOUR MOOD (no “drugs” involved!)

Everyone gets down and blue now and then. While this is not a “cure-all,” these are five simple ways to elevate your mood. Incorporating just one strategy in your day can significantly change how you feel.

- 1. Get some fresh air, go outside.** Most people, when feeling down, tend to keep to themselves, usually staying indoors, in their rooms, etc. This, in and of itself, can become depressing. Stepping out for a few minutes and taking in some fresh air can boost your mood. This can simply be standing/sitting outside your front door, or you can take a short stroll or walk. The point is to get outside.
- 2. Get moving.** Do some light to moderate exercise. Moving your body releases endorphins, your body’s natural “feel-good chemicals.” If you can (and weather permitting), do some exercise outdoors (see #1). You don’t need to train for a marathon. Just some simple stretches or walking will do.
- 3. Embrace an attitude of gratitude.** What are you thankful for? Your family, your job, your health, your friends, etc.? No matter what’s going on in your life, you have things you can be thankful for. Make a list of these things and keep it where you can see it. Better yet, write a list of what you are thankful for on a daily basis. When we focus on these things (i.e., what we have versus what we don’t have), it’s difficult to feel down.
- 4. Connect with others.** Get together with your family or friends. Seek support from others through social networks or support groups. Volunteer to help others. Focusing on others as opposed to yourself puts your difficulties into perspective. If you don’t have family or friends nearby, or if they are inaccessible, go to where there are people (e.g., park, shopping mall). Sometimes just being around others brings “energy” and a sense that “you are not alone.”
- 5. Follow a healthy lifestyle.** Are you eating nutritious meals, getting enough rest, and exercising (see #2)? Not eating or sleeping well can wreck havoc on your moods---you know, irritability and even depression. Make sure you are eating three nutritious meals with some healthy snacks every day, including drinking enough water. In addition, get at least 7-8 hours of sleep at night.

If you would like more information about managing your moods or to find out how our services can meet your individual needs, contact us at [\(813\) 985-6121](tel:8139856121) or visit our website at www.liveempowered.com to schedule your FREE phone consultation.

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