Change My Moods
Learn tricks to get unstuck from bad moods

A lot of us don’t feel like doing much when we are down or depressed. Our mood is like wearing sad glasses. Nothing looks very fun or appealing. It can feel easier to be alone, or to distract ourselves in ways that don’t really make things better.

This can lead to a DOWNWARD SPIRAL of our mood.

But if we can make ourselves get ACTIVE we can often get ourselves out of a funk. We can boost our mood or energy levels just enough to get in an UPWARD SPIRAL to a better head space.

Experiment time!!
Rate your level of energy and mood from 0 (lowest) to 10 (highest):

Energy _______
Mood _______

Now, do a quick mood boost with your counselor. Some ideas

Then, rate your energy and mood again:

Energy _______
Mood _______

Did you notice a difference?
If so, how could mood boosters like this be useful to you?
Mood Boost Café

Spend a few minutes brainstorming different mood boosting activities using this menu. You can do this together or as homework for the next meeting. Feel free to include parents/caregivers if that feels helpful.

MENU

starters
quick, easy activities to boost mood/energy

mains
activities that take more effort but are rewarding

sides
pick me ups you can add to your daily routine

derserts
fun but not super healthy...like playing video games alone. consider using as rewards for doing hard things like homework or exercise

What works best?

Research says people get boosts from these kinds of activities:

- Doing the things you used to enjoy
- Being around other people
- Doing things you are good at
- Being physically active
- Taking a step toward a goal that matters to you
- Helping others
- Getting outside
- Connecting with someone you care about
- Doing something in line with your values

But each person is different. Add some ideas to your menu today. Then see what works for you and change up the menu as you learn.

On the next page you will make a plan for using mood boosts in the coming week...
Mood Boost Plan for This Week

1. When am I likely to get stuck in a bad mood?

What are some easy-to-do mood boosters that could help me get unstuck during those times?

2. Are there other mood boosting activities I can schedule for this week? Pick things I have control over and could realistically do.

Get specific about what you’ll do, when you’ll do it, how and with who else is involved:

What obstacles or challenges could get in the way? How can I overcome them?

What reminders or support will help me follow through?

If it helps, put your plan in the gray boxes and track what happens in the white ones:

<table>
<thead>
<tr>
<th>Day/time:</th>
<th>What I will do</th>
<th>Did I do it?</th>
<th>Did my mood change?</th>
<th>Other comments?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/time:</td>
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