



.....

Activities to Help Mood

.....

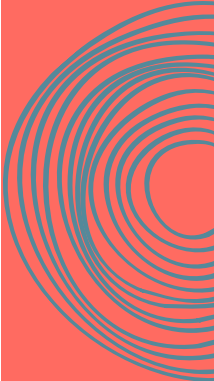
Expressing Emotions

- Cry
- Grunt, stomp, shout
- Identify your feelings and underlying needs
- Journal or doodle
- Look for meaning & purpose in your struggle
- Scream and/or swear while driving
- Squeeze a rubber ball
- Talk in loving and helpful ways
- Use assertion to name feelings/needs
- Write a letter expressing your feelings
- -----

Moving my Body

- Bike ride
- Kick a ball around
- Chop wood
- Play a sport
- Clean
- Stretch your body
- Climb up and down stairs
- Dance
- Do yoga
- Garden
- Go for a run
- Walk or hike
- Work out/Exercise
- Yoga
- -----

Relaxing

- Breathe deeply for up to 10 breaths
 - Exercise hard
 - Go for a drive
 - Engage in a hobby
 - Listen to a relaxation tape
 - Massage
 - Play a game
 - Progressive relaxation from toes to head
 - Rock in a rocking chair
 - Sit in the sun
 - Take a break from problem solving - come back to it later
 - Visualize.: a mini-vacation
 - Visualize a peaceful place
 - Visualize a secret room
 - -----
- 

.....

Activities to Help Mood

.....

Being Social

- Ask for support
- Help someone out
- Be with people you admire • Listen to someone else's perspective
- Call or visit a friend or family member
- Make eye contact and smile at others
- Spend time with uplifting, positive people
- Go out of your way to be nice to others
- Go to a social activity/event
- Attend a support group
- Volunteer
- -----

Noticing the Five Senses

- Burn incense
- Drink a cup of tea or coffee
- Cold wash cloth on your face
- Eat something tasty
- File your nails
- Eat something you enjoy
- Hold an ice cube in your hand until it melts
- Lay on a heating pad
- Light a candle
- Listen to music
- Listen to sounds in nature
- Paint your nails
- Notice physical sensations in the current moment
- Put on lotion
- Put on scented oils or perfume
- Seek out something beautiful and get lost in it
- Sex
- Snap a rubber band on your wrist
- Splash cold water on your face
- Suck on hard candy
- Take a hot bath or shower

.....

Activities to Help Mood

.....

Being in the Moment Activities

- Accept without judgment
- Packaging - box up a thought & set it aside
- Affirm yourself
- Play with a craft
- Distract yourself with entertainment
- Imagine how someone you admire would handle something
- Make an appointment for a massage
- Make an appointment with a therapist
- Say a Mantra
- Name things for which you are grateful
- Observe without judgement
- Pray or meditate
- Read uplifting material
- Recall a past pleasant moment
- Reward yourself for success
- Shout "stop"
- Sing or hum a joyous song
- Smile
- Speak up for yourself from your inner wisdom
- -----

Challenging My Thoughts

- Read
- Count backwards by 3's from 100, count things or count to 10 slowly
- Creative writing
- Examine pros and cons about something
- Focus on what you like, not what you don't
- Identify your thoughts without judgment
- Focus only on one thing
- Plan a joyous event for the future
- Play a musical instrument
- Recite the Serenity Prayer
- See current situation as an opportunity to grow
- Sing something complex
- Think of long-term goals
- Visualize success
- Put together a puzzle
- -----