



mood management

Moods are a reflection of your emotional state. Moods are a function of a large number of factors that affect everyone differently.

Monitor your mood: Self-monitoring involves identifying subtle changes in your daily mood in order to develop self-awareness.

Identify the source: It is important to take some time to find out with is bothering you.

Prioritize: Manage your time and tasks.

Ask yourself:

- How did I feel today?
- Was my mood within the normal range?
- Was a feeling slightly low or high?

Note the circumstances in which you experienced particularly high or low moods.

Moods can interfere with your day-to-day activities. Here are a list of symptoms that may be contributing factors:

- Loss of interest or pleasure
- Increase or decrease in appetite
- Unable to sleep, or sleep too much
- Physically agitated or slowed down
- Fatigued or loss of energy
- Feeling worthless or guilty
- Unable to concentrate
- Thoughts or self-harm or suicide
- Elevated or irritable mood
- Excessive energy

how your mood can affect you

quick strategies to improve your mood

Reflect on your accomplishments: Focus on your accomplishments rather than on your shortcomings.

Change your perspective: Take a negative comment or situation and look for something positive about it.

Do a good deed: Volunteering or helping someone else can boost happiness as it increases empathy, which can help you appreciate all the good things in your own life.

Talk: Talking with someone you trust about the things that are making you feel stressed, overwhelmed or anxious can reduce these feelings and improve your mood.

- 1 Get adequate **sleep** to enhance your mood and well-being.
- 2 **Take a break** from your daily demands by **relaxing**.
- 3 **Meditate, go for a walk, take a shower, listen to music, or read.**
- 4 **Drawing, painting and writing** can help you express your thoughts.
- 5 **Plan fun activities.**
- 6 **Create a daily routine** to gain a sense of control and predictability.
- 7 Find a type of **exercise** you enjoy.

active ways to manage your mood



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