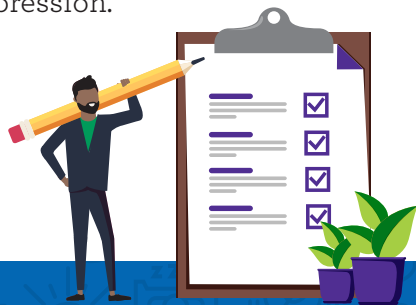


## Tips to boost your mood

- ✓ **Get active.** A simple walk around the block can lift your mood! Get outside daily.
- ✓ **Reach out to a family member or friend.** You may want to talk about how you're feeling, or do something to distract yourself. Let people know how they can support you.
- ✓ **Make a daily schedule.** Creating routines brings structure to your day. Following through can give you a sense of accomplishment.
- ✓ **Make a list of small goals.** Checking things off a list can help you feel good about yourself.
- ✓ **Volunteer.** Helping others is a great way to boost your own spirits!
- ✓ **Make a gratitude log.** Write down 1-2 things every day that you are grateful for in your life.
- ✓ **Consider therapy.** Having a professional listen and offer support can be helpful.
- ✓ **Talk with your doctor about medicines.** Many options are now available to help people living with depression.



### MY GOAL FOR THIS WEEK

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## The key to changing how you FEEL is changing what you DO!

You've taken a big step in asking for help with depression. You don't have to struggle by yourself.

If you have thoughts about hurting yourself, remember you are not alone. Immediately reach out to your doctor, a trusted family member, or friend!

You can also **call 1-800-273-TALK (8255)** or **text TALK to 741741** any time to get support.

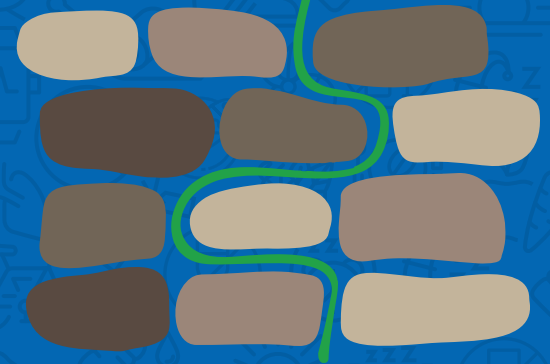


[www.ChangethatMatters.UMN.edu](http://www.ChangethatMatters.UMN.edu)

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# Improving My Mood



**CHANGE** that  
**MATTERS**

Promoting Healthy Behaviors

# My plan to improve my mood

About 1 in 5 people experiences depression at some point in their lifetime.

Common symptoms include:

- Low energy or motivation
- Problems sleeping
- Sad or cranky mood
- Feeling badly about yourself
- Feeling hopeless
- Crying often

## The Depression Spiral

When feeling down, people tend to isolate themselves, stop doing fun activities, and lose hope. You may find yourself spending a lot of time resting in bed, watching TV, or playing videogames. Unfortunately, these types of activities can leave you feeling worse.

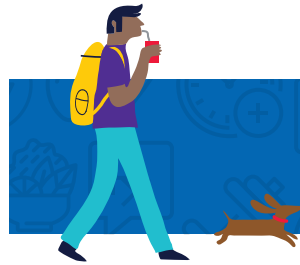


You can make a **choice** to do something differently to break the cycle.

## A great way to improve your mood is to reconnect with activities and people you enjoy.

Here are some activities you might consider. **Circle those that might interest you.**

- |                                   |                         |                               |
|-----------------------------------|-------------------------|-------------------------------|
| Soak in a bath                    | Read                    | Shop                          |
| Spend time with family or friends | Go to a movie or a play | Go to museums, zoos, or parks |
| Go on a walk                      | Cuddling/intimacy       | Cook or bake                  |
| Play with pets                    | Dance or sing           | Photography                   |
| Play or listen to music           | Volunteer               | Spend time with children      |
| Religion or spirituality          | Arts and crafts         | Garden                        |
|                                   | Puzzles and games       | Other: _____                  |



When feeling down, sometimes nothing sounds like fun. That's OK. Start small and do something new. Don't wait until you "feel" like doing something. Don't think too much about it. **JUST DO IT!**

**Every day has just 24 hours. How do you want to spend those hours?** In thinking about this question, you may reflect on: **What really matters to me? What makes my life meaningful? How can I use my skills/talents to make a difference? How can I help someone else?**

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**What activity are you ready to commit to doing?** Be specific about your goal: **When (day, time, for how long)? How often? With whom?** Examples: *I will go to church 2 Sundays per month with my grandchildren. I will take my dog on a 15-minute walk when I get home from work 4 days per week.*

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**When changing your behavior, it's helpful to tell somebody and ask him/her to encourage you.** Who could be your coach and support person?

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