

Mood Moves

How can you change the way you feel (your mood) if your goal is to feel better about yourself and life in general? How you feel depends on your personality and physical and emotional well-being.

To feel better about you, you must throw away self-doubt and have positive thoughts. If you are negative and pessimistic, you can become a positive, optimistic person. Changing how you think will take some work on your part.

Try a few of these tips:

- Practice thinking positively.
- Do tasks that you can successfully complete and slowly build up to more difficult tasks.
- Refuse to make excuses, get angry, complain, assign blame or procrastinate.
- When you get frustrated or feel unsuccessful, look at this as an opportunity to learn and improve your future.
- Identify obstacles in your life and refuse to let them get in your way.
- Challenge yourself. Use every difficult situation as an opportunity to learn and practice your positive thinking skills.

Our lifestyles affect our moods:

- Having a healthy lifestyle can have a positive effect on how you feel (your mood). Yes, this means eating healthy foods and being active.
- Being active can affect your mood in a positive way. Exercise has been shown to release chemicals in the brain that affect our moods. Even if you don't exercise vigorously, being active can distract you from your problems, provide you with a sense of accomplishment, tone your muscles, and improve your overall health.

Mood Moves

- 1 Place "taking care of yourself" on the top of your priority list.
- 2 Make a plan so you can have one "feel good about yourself" moment each day.
- 3 Make healthy changes to your diet. To begin with, plan small dietary changes using the Food Guide Pyramid.

- 4 Plan so you can increase the amount of physical activity in your daily schedule.

Planning Your Mood Moves (Goal Setting)

Start by doing one **simple** thing each day for yourself. Set simple goals so you can feel successful. Take it slowly and be good to yourself even when you have setbacks.

- ❖ Plan a time each day so you can have a few moments to **YOURSELF**. This is your time so you decide what activity is best for you.
Some suggestions -
 - Write in a journal.
 - Write a letter to someone.
 - Read a book.
 - Take a walk.
 - Take a shower or bath.
 - Close your eyes and take yourself to some place that is relaxing.
- ❖ Achieving small goals can help you feel good about yourself. It feels good for most of us to accomplish something.

Examples of small goals you may want to set for yourself:

- Make a small change to your diet.
 - Eat fruits and vegetables for snacks.
 - Increase the number of servings and kinds of fruit or vegetables you have each day.
- Increase your activity level.
 - Cleaning - dust, sweep, etc.
 - Gardening
 - Yard work -mowing lawn, raking leaves, etc.
 - Go for walks with friends or family members.
 - Park farther away from your destination and walk.
 - Take the stairs instead of the elevator.

- ❖ When setting goals for yourself it is often helpful to get support from others around you. Explain to family members what you are trying to do. See if they (spouse, children) would like to join you. Find friends who may be interested in changing their lifestyles and work on goals together.

- ❖ Celebrate every small accomplishment and note them in a journal or on a calendar. Look back and revisit your successes frequently.

Set two goals for yourself:

1. _____

2. _____



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