

Mood Moves



(Teacher's Guide)

Ask participants to think about this question: ***"How can you change the way you feel (your mood) if your goal is to feel better about yourself and life in general?"***

Share with participants that how healthy you are physically and mentally depends on your personality, emotional state and lifestyle. In order for people to feel better about themselves they 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.
- Refuse to make excuses, get angry, complain, assign blame or procrastinate.
- Do tasks that you can successfully complete and slowly build-up to more difficult tasks.
- 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.

Ask participants: ***"What kinds of things can help you have a more positive and happy mood?"*** You may want to list their answers so everyone can see them.

Examples:

- 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 Make a plan so you can increase the amount of physical activity in your daily schedule.

Share with participants: ***"There are goals you can set for yourself to make positive changes in your moods."***

Share with participants that they should start by doing one simple thing a day for themselves. ***"Set simple goals so you can feel successful. Take it slowly and be good to yourself even when you have setbacks."***

Goal Setting The following questions will help your participants come up with ideas for this goal setting activity. You may want to write down their responses somewhere so all the participants can read them.

Ask participants: **"If you could plan for a small break, just for yourself each day, what would you do during that break?"**

Examples:

- ❖ 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 bath or shower.
 - Close your eyes and take yourself to some place that makes you feel relaxed.

Ask participants: ***"What kind of lifestyle changes might be good for you and help you feel good about yourself?"***

- ❖ 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 different kinds of fruits or vegetables you eat 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.

Ask participants: ***"What might you do to meet your goals?"***

- ❖ When setting goals it is often helpful to get support from others. 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 each accomplishment and note it in a journal or on a calendar. Look back and revisit your successes frequently.

After discussing setting goals, ask participants to write two goals for themselves.

Set two goals for yourself:

1. _____

2. _____



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