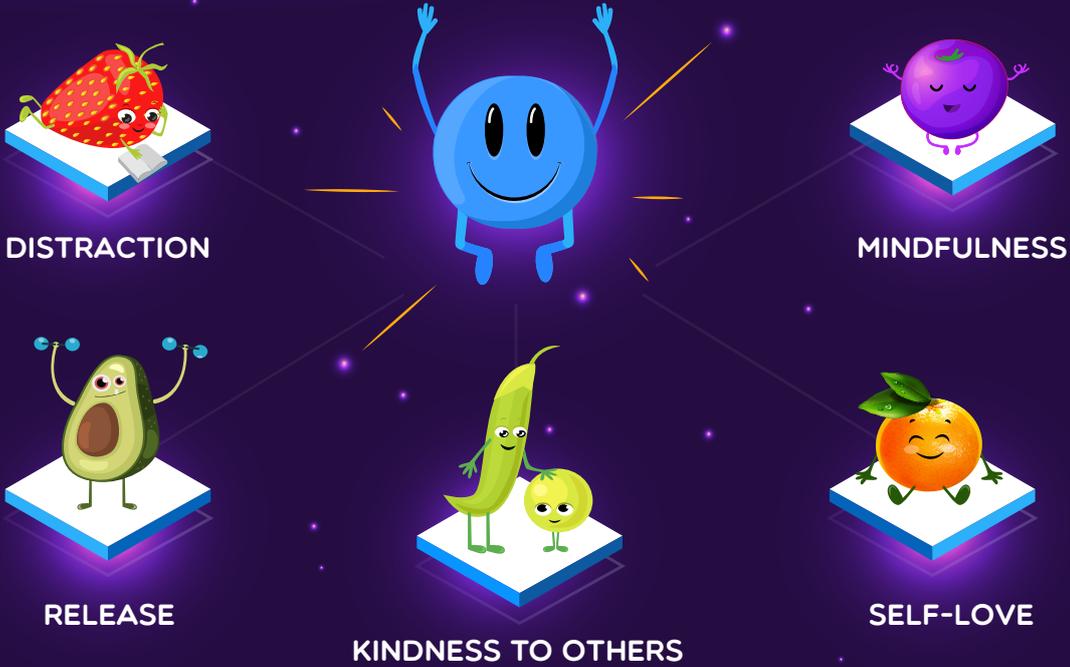


MANAGE YOUR MOOD



	MOOD MANAGEMENT	MOOD BOOSTERS	MOOD BENEFITS
DISTRACTION	DON'T DWELL ON YOUR WORRIES. DO SOMETHING THAT MAKES YOU HAPPY!	<ul style="list-style-type: none"> - DO PHYSICAL ACTIVITY - LEARN SOMETHING NEW - PLAY SPORTS - COMPLETE A PUZZLE 	SOMETIMES, EMOTIONS FEEL BIG AND SCARY. TAKING A BREAK MIGHT MAKE YOU HAPPIER. HAPPY PEOPLE ARE BETTER AT SOLVING PROBLEMS
MINDFULNESS	FOCUS ON THE WORLD AROUND YOU. WHERE ARE YOU? WHAT ARE YOU DOING? HOW DOES IT FEEL?	<ul style="list-style-type: none"> - BREATHE DEEPLY - HOLD A YOGA POWER POSE - DRAW/PAINT A PICTURE - GO ON A NATURE WALK 	FOCUSING ON SOUNDS, SMELLS, TASTES AND TEXTURES IS A WAY TO MAKE EMOTIONS 'SLOW DOWN.' CALM YOUR BODY. THEN, SOLVE THE PROBLEM!
RELEASE	IF YOU'RE AT HOME, OR IN A PRIVATE SPACE, EXPRESS YOUR EMOTIONS	<ul style="list-style-type: none"> - SHOUT AT THE SKY - POP BALLOONS/BUBBLE WRAP - HAVE A LITTLE CRY - STOMP ON PILLOWS (SHOES OFF) 	SOME EMOTIONS ARE HARD TO IGNORE. IF YOUR FEELINGS ARE LOUD (AND YOU'RE IN AN APPROPRIATE PLACE), LET 'EM RIP! EXPRESSING EMOTIONS IS A WAY TO LET THEM GO
SELF-LOVE	TAKE CARE OF YOURSELF. THE HAPPIER YOU FEEL, THE EASIER IT IS TO SOLVE PROBLEMS	<ul style="list-style-type: none"> - TAKE A BUBBLE BATH - WEAR YOUR FAVOURITE OUTFIT - WRITE IN A DIARY - TRY A NEW HAIRSTYLE 	IT'S NORMAL TO FEEL EMOTIONAL. WHEN YOU'RE SAD, BE KIND TO YOURSELF. IT INCREASES POSITIVE FEELINGS AND CONFIDENCE
KINDNESS TO OTHERS	DO SOMETHING KIND/ HELPFUL FOR SOMEBODY	<ul style="list-style-type: none"> - HELP SOMEBODY OUT - GIVE A GIFT - SAY SOMETHING KIND - SMILE AT A STRANGER 	HELPING OTHERS MAKES US FEEL USEFUL. IT'S A REMINDER THAT PROBLEMS ARE EASIER TO SOLVE TOGETHER. WHO CAN YOU ASK FOR HELP?

