

7 MOOD-BOOSTING TIPS

YOU CAN START USING RIGHT NOW



Eddins Counseling Group
ADULT, CHILD, COUPLE & FAMILY COUNSELING



TRYING TO FACE THE DAY WHEN YOU'RE IN A BAD MOOD CAN BE A CHALLENGE.

A low mood can really knock you off your game if you deal with depression or other mental health challenges. Luckily, there are a lot of small techniques, simple tools, and everyday actions that you can take to begin boosting your mood.

When you select manageable changes and begin to implement them, you should see improvement. Over time, you'll find that it gets easier to do even more actions; which helps you get farther and farther out of your rut.

To help you get started, we've created this easy to follow eBook with 7 Mood Boosting Tips. As you go through the pages of this guide, try to incorporate at least one (hopefully all seven) into your daily routine. And, if you get stuck, **we're always here to help.**



1. REDUCE RUMINATION OF THE MIND

A ruminating mind is one of the most frustrating symptoms of depression ... and it works in a negative cycle because the more you dwell on negative thoughts the worse depression gets. You can boost your mood by interrupting the rumination.

Here are some mood-boosting ways to reduce rumination:

- **Set a time limit.** When you notice yourself focusing on a negative thought, set a timer for ten minutes. Allow yourself to fully ruminate for that short amount of time. Commit to turning your mind to other things when the timer goes off.
- **Journal.** Writing down your ruminating thoughts helps get them out of your mind.
- **Do something active.** Interrupt rumination with activities that engage your mind. You can talk or interact with someone, listen to music, read, go for a brisk walk, say hi to your pet, etc.
- **Practice mindfulness.** The more you engage with the present moment, the less your mind can focus on negative thoughts.
- **Reduce screen time.** Our devices can exacerbate ruminating thoughts and other mood problems.

Learn more about how to stop overthinking
eddins.info/stop-worrying



2. MOVE YOUR BODY

Moving your body does so much more than just helping you with ruminations. Other positive effects include:

- Allowing you to attend to your senses.
- Boosting adrenaline and other positive energy hormones.
- Grounding you in your body.
- Helping you feel productive and active.

Easy ways to move your body

There are so many different ways to move your body. A short list includes:

- Dance to a favorite song.
- Go for a jog, a swim, or a bike ride.
- Play a sport that you enjoy.
- Play fetch with a dog.
- Skip down the street.
- Stretching or yoga. Chest-opening or heart-opening poses are known to help improve mood.
- Try jumping jacks or skipping rope.
- Walk around the block, or even just the house, while talking on the phone.



3. CONSUME PLENTY OF OMEGA-3S

Attending to your nutrition is one of the best things that you can do to boost your mood. Start with reviewing your diet to make sure that you're getting enough Omega-3s. Here's why:

- Omega 3s have a potent anti-depressant effect.
- According to a Harvard Medical article, these fatty acids easily interact with mood-related molecules in the brain.
- They're also known to boost anti-inflammatory hormone production, which aids in depression treatment.

Where to Get Omega-3s

You can get some Omega-3s by consuming a diet rich in these important fatty acids. Seafood provides some of the richest options, as do nuts and seeds. Here are a few potent options:

- Anchovies
- Herring
- Mackerel
- Oysters
- Salmon
- Sardines
- Sea bass
- Shrimp
- Trout
- Chia seeds
- Edamame
- Flax seeds
- Hemp seeds
- Kidney beans
- Seaweed and algae
- Spirulina
- Soybeans
- Walnuts



How Much Omega-3s Do You Need?

Most diets don't include enough fatty acids. Therefore, you should consider a supplement. Omega-3s have EPA (Eicosapentaenoic acid) in them and the recommended effective dosage is 1000 mg EPA daily. Note that Omega-3s have a combination of EPAs and DHAs (Docosahexaenoic acid), and you want the ratio to be at least 60% EPAs - because that's where you get the mood boost.

Important — it takes between one and four weeks of consistent consumption to begin seeing the mood-boosting effects of Omega-3s. Don't give up if you don't feel an immediate change. Start today, and you'll feel better within a month.

Additional important nutrition reminders:

- Depression is correlated with low Vitamin D levels, so make sure you're getting enough.
- Most people benefit from multivitamins.
- Consult your doctor to do an assessment for vitamin deficiencies that might affect your mood.
- Eat for health not for comfort. Comfort foods often aren't even comforting.
- Reduce foods known to impact mood. These include alcohol, caffeine, sugar, and processed foods.
- Drink plenty of water.

***Talk with a health coach to learn more about using nutrition
to improve your mental health...***
eddins.info/health-coaching



4. COMPLETE A SMALL TASK

Accomplishing something will make you feel better. Try this:

- Think of something that's on your To Do list, particularly something you've been avoiding.
- If the task can be completed in ten minutes, do the task and then cross it off the To Do list.
- If the task is larger, break it into small chunks and complete one ten-minute item on that new list. Cross it off.
- Celebrate that you've accomplished a step towards your goal.

A few ideas to get you started

Sometimes, it can be challenging to come up with something on the spot. Or, perhaps you don't have a To Do list. Here are a few short, easy tasks that most of us can do at any time – especially while working from home.

- Send a postcard or letter
- Call someone to say hi
- Do the dishes
- Take out the trash
- Clean the windows
- Hop in the shower
- Water the plants
- Organize your office shelf

Learn more about changing your thoughts to improve your mood
eddins.info/cognitive-distortions

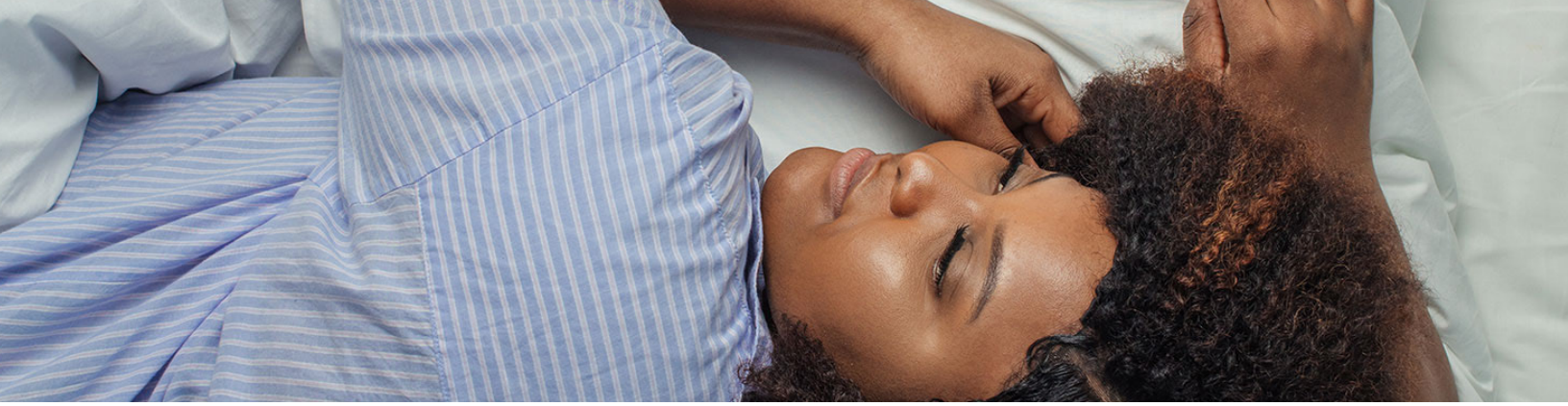


5. INCREASE CONNECTION

Loneliness exacerbates depression. To combat loneliness, find ways to increase your feelings of connection in your life. Some of the ways to do that include:

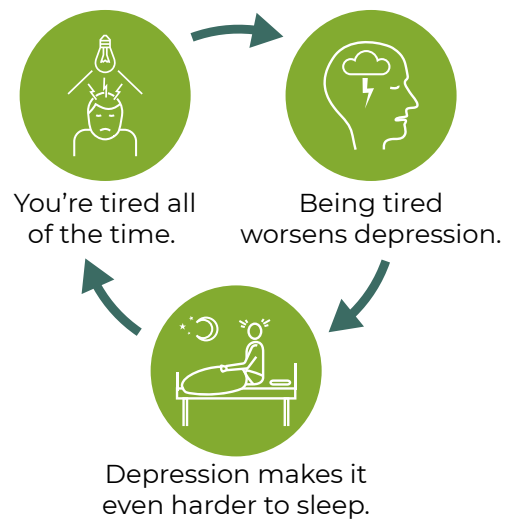
- Enjoy a long call with a friend you don't speak with very often.
- Exchange daily text messages with the people that you love.
- Have regular phone calls with your loved ones, especially video calls.
- Join a group or activity that meets regularly.
- Share authentic feelings with others. Superficial conversation often isn't enough to make loneliness go away.
- Volunteer. Helping others in need eases depression and also helps you feel more connected to others.
- Write a letter to one of your friends.

Learn how to navigate social connections during COVID-19
eddins.info/navigate-covid



6. GET BETTER SLEEP

Depression erodes the ability to get good sleep. We're not talking about how many hours you get. It's more about the quality of those hours. After a while, like so many things about depression, you get stuck in a vicious cycle.



Taking steps to get better sleep go a long way towards boosting your mood. Here are some suggestions for improving sleep:

- **Begin dimming the lights** in your house a few hours before bedtime.
- **Implement a wind down routine**, which might include a bath, muscle relaxation, reading, or drinking a warm mug of tea.
- **Put away all screens** at least half an hour before bed, longer if you can.
- **Regulate** your body's natural sleep clock.
- **Beds are for sleep and sex.** Don't stay in bed for other activities.
- **Review your diet:** alcohol, caffeine, and sugar contribute to bad sleep.
- **Stick to a schedule:** try to go to sleep and wake up at the same time each day.

Learn how to regulate your body's natural sleep clock
eddins.info/sleep-better



7. REVERSE ENGINEER YOUR BELIEFS

Our thoughts impact our moods. Figuring out your underlying negative beliefs can go a long way towards improving mood. Try this exercise:

- Think about, or perhaps even write out, something from an area of your life that you don't currently feel good about and want to improve in.
- Describe and list in detail how you WANT to feel about this area of your life. Things you might wish to feel include: calm, confident, energized, passionate and relaxed.
- Think of what new or alternative belief/s you would need to have to feel this way.
- Work with these new beliefs, finding ways to encourage yourself to have faith in them. By believing them, you can come to feel the way that you want to feel, improving your mood one step at a time.

When you're struggling with a bad mood, it can feel as though everything is out of your control. However, you actually have a lot of power to start improving your mood today. Begin taking little actions, congratulate yourself for those small steps taken, and work daily towards the life that you truly want to have.

Of course, we all need help sometimes to get on track. If you want additional assistance for improving your mood and working through the challenges of depression, reach out to see if our counseling services are a good match for you.



Struggling with your mood?

Not sure how serious your symptoms are?
Take our depression test and find out more

www.eddinscounseling.com/depression-test

Call or visit us online to schedule a free consultation
and find out how we can help.

Online therapy services are available in multiple states
throughout the US.

In person therapy services are available in Houston, TX

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