

Boosting Your Mood



JOYFUL OR SAD, BORED OR WIRED, ANXIOUS OR EXHILARATED, SOMETIMES IT FEELS LIKE EVERYTHING ALL AT ONCE. WHETHER YOU WOKE UP ON THE WRONG SIDE OF THE BED, OR YOU'RE LOOKING FOR ANOTHER REASON TO SMILE, THERE ARE ALWAYS SIMPLE WAYS TO BOOST YOUR MOOD! AS WE GET TO KNOW OUR EMOTIONS BETTER—WHAT THEY FEEL LIKE AND HOW THEY AFFECT THE THINGS WE SAY AND DO—WE CAN LEARN HOW TO LIFT THEM WHEN WE FEEL LIKE WE NEED A LITTLE BOOST.

Discussion Questions

1. What are your favourite mood-boosting activities? Share your answers as a household and keep the list on your fridge as a reminder!

2. How do you feel when your mood is boosted?

3. Random acts of kindness really do have the power to make us feel good. What are three kind deeds that you can do this week to help someone else or to help a cause that you care for?

Take Action

1. Something as simple as a walk can transform your mood if you're feeling low or if you just need a midday break! Consider working a daily walk into your schedule. Of course, you can get outside more than once, but this is a great place to start. If you're tired of one route, try walking through a different neighbourhood or walk your loop backwards. Simple changes like this can keep things interesting.

2. Hungry + angry = hangry. Do you get hangry when you are hungry? Eating regularly—especially snacks with fibre, protein and healthy fats—can prevent a dip in blood sugar levels that often cause us to feel unhappy. Next time you're feeling on edge, consider having a snack and notice how you feel after.

3. As a family, write down activities that help boost your mood. Stick this list on the side of your fridge and refer back to it for mood-lifting ideas.

