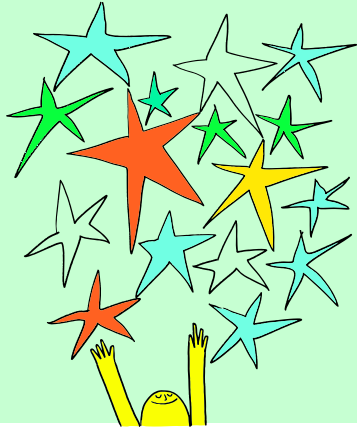


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# Boosting Your Mood



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? (E.g., watching a favourite comedian on YouTube or listening to an uplifting playlist.) Share your answers as a group and keep the list on your desk as a handy reminder!

**2.** Who is your go-to person to help lift your spirits? How do they make you feel? (E.g., calm, happy, grateful.)

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

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# Take Action

**1.** Something as simple as a walk can transform your mood if you're feeling low or even if you just need a midday break! Consider working a daily walk into your work schedule. Of course, you can get outside more than once, but this is a great place to start.

**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 causes us to feel unhappy. Next time you're feeling on edge or sluggish after a long meeting, consider having a snack and notice how you feel after.

**3.** As a team, write down activities that help boost your mood. Keep this list on a shared drive or near your workspace and refer back to it for mood-lifting ideas the next time you're feeling low.

