MANAGING YOUR MOOD

It's common to feel flat or depressed when facing challenges, stress, anxiety or even change. Fortunately, there are some simple strategies you can use to boost your mood. We strongly encourage you to:

Do at least one fun or satisfying activity every day (see the list of activities below for inspiration).

Avoid or cut down on alcohol. Alcohol is a depressant and will worsen your mood. Make these changes in consultation with your doctor to ensure they are safe.

Exercise every day, even if it's just a walk. Exercise is one of the most effective treatments for depression, and it's free!

Get 8 hours of sleep a night – it can be difficult to feel good if you're tired!

Drink lots of water and eat healthily. Anxiety, fatigue, and low mood get worse if you're eating unhealthy foods or if you're dehydrated.

Be kind to yourself! Instead of criticizing yourself, remind yourself that you are just starting to learn about managing your symptoms. Don't expect yourself to be an expert.

If you do at least two of these things every day for the duration of this program, by the end you'll be doing them automatically (and noticing the benefits)!

If your mood is really low, speak to your doctor (and your supervising therapist, if you have one) as soon as possible to talk about different treatment options.

You can also access a list of resources on the following web page:
https://equilia.ca/en/need-more-help/

One of the most effective ways to boost your mood is to do something that gives you a sense of fun, interest, joy or achievement. If you can't think of anything to do, just try one of these activities!

- Go for a walk
- Call friends or family
- Watch a new TV show
- Watch a movie
- Listen to music
- Listen to an audiobook
- Draw or paint
- Read a book
- Do some gardening
- Get coffee with a friend
- Put clean sheets on
- Cook something new
- Walk barefoot in grass
- Have a cup of tea
- Try yoga
- Have someone over
- Do colouring-in
- Join a sports team
- Have a movie night
- Clean the bathroom
- Get comfortable
- Read a magazine
- Clean the kitchen
- Reorganize your shelves
- Plan out your week
- Take an online course
- Pick up a new hobby
- Visit a tourist spot
- Meditate
- Go to the gym
- Get your nails done
- Try sewing
- Sit in a park
- Call an elderly relative
- Try calligraphy
- Go shopping
- Look through old photos
- Try journalling
- Go stargazing
- Prepare some meals
- Make a music playlist
- Clean your oven
- Go camping
- Go to the cinema
- Try photography
- Do a puzzle
- Play a computer game
- Sing at karaoke
- Bake
- Get dinner with friends
- Do a cardio gym class
- Play a board game
- Write a poem or story
- Go hiking
- Go jogging
- Do volunteer work
- Donate money to charity
- Go swimming
- Go cycling
- Learn a new language
- Listen to a podcast
- Sort out your wardrobe
- Hug a loved one
- Buy some indoor plants
- Reply to text messages
- Attend an art class
- Clean up your street
- Make your bed
- Try knitting
- Start a bullet journal
- Give clothes to charity
- Visit botanic gardens
- Make a fresh coffee
- Buy someone a gift
- Sing
- Redecorate your room
- Get a massage
- Try kick-boxing

- Watch the sunset
- Send a thank you card
- Buy some fresh flowers
- Help a friend
- Iron your clothes
- Take a day trip
- Organize a road trip
- Have a bath
- Play sport
- Go surfing
- Watch clouds float by
- Go fishing
- Write a bucket list
- Do a crossword
- Play an instrument
- Go to a park
- Have a picnic
- Go to a museum
- Visit an art gallery
- Go to the markets
- Go to the beach
- Try bowling
- Try pilates
- Do a Sudoku
- Do a DIY project
- Do woodwork
- Spend time with a pet
- Lie in the sun
- Write a grocery list
- Watch a documentary
- Give yourself a facial
- Go running with a friend
- Get dressed up
- Go window shopping
- Compliment someone
- Clear your email inbox
- Declutter
- Learn a new skill
- Make fresh bread
- Try scrapbooking
- Plan a holiday
- Visit a spa
- Burn a candle
- Attend a trivia night
- Pay off some debt
- Take a slow deep breath
- Try an escape room
- Make some candles
- Book a night in a hotel
- Online shopping
- Try jujitsu
- Give someone a massage
- Try karate
- Do an at-home manicure
- Go to the theatre
- Go sailing
- Attend a cooking class
- Vacuum your house
- Write a gratitude list
- Write a to-do list
- Bake cookies
- Attend a seminar
- Call an overseas friend
- Make pizza dough
- Go indoor rock-climbing
- Clean out the fridge
- Attend a concert
- Visit a public park
- Have a weekend away
- Clean up your computer
- Try flower arranging

Choose a few of these activities to do each week. Try to choose some activities that you can do on your own and some you can do with other people. It can also be helpful to choose a mix of both active and relaxing activities.

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