



## Improving Mood and Positive Emotions

What can you do to improve your mood and positive emotions?

Focus on the strength you need to grow and **find the people and experiences** that will provide that:

- **Anxiety**—feelings of safety, relaxation, protection, strength
- **Depression**—feelings of gladness, satisfaction, gratitude, ordinary daily pleasures, nature/awe
- **Frustration/anger**—feelings that life is going well, having successes, being able to live and let live
- **Loneliness/feeling devalued**—feelings of connection, you are cared about, seen, nature/awe
- **Illness and immune problems**—laughter and humor
- **Tired and run down, uncreative**—gratitude, nature/awe
- **Trauma and severe stress**—journaling that uses positive wording
- **Concerned about your health over your lifetime**—write your positive autobiography
- **Feeling overly emotionally reactive**—gratitude,
- **Narrow range of coping**—get to know your emotions (Emotion Faces), work with trusted friends and family to cue you to appropriately express and not suppress your emotions
- **Difficulties with body image**—nature/awe

**LIFE BECOMES A PHARMACOPIA! View life as an adventure in healing yourself\***

**Additional tips**

- **Be clear about the experiences you are looking for**
- **Engage in them consistently—6 days a week for 5 seconds**
- **Spend time in the experience, enjoy and savor it**