Mood management

Moods are a reflection of your emotional state. Moods are a function of a large number of factors that affect everyone differently.

Monitor your mood:
Self-monitoring involves identifying subtle changes in your daily mood in order to develop self-awareness.

Ask yourself:
• How did I feel today?
• Was my mood within the normal range?
• Was a feeling slightly low or high?

Identify the source: It is important to take some time to find out what is bothering you.

Prioritize: Manage your time and tasks.

Moods can interfere with your day-to-day activities. Here are a list of symptoms that may be contributing factors:
• Loss of interest or pleasure
• Increase or decrease in appetite
• Unable to sleep, or sleep too much
• Physically agitated or slowed down
• Fatigued or loss of energy
• Feeling worthless or guilty
• Unable to concentrate
• Thoughts or self-harm or suicide
• Elevated or irritable mood
• Excessive energy

Note the circumstances in which you experienced particularly high or low moods.

How your mood can affect you

Reflect on your accomplishments:
Focus on your accomplishments rather than on your shortcomings.

Do a good deed:
Volunteering or helping someone else can boost happiness as it increases empathy, which can help you appreciate all the good things in your own life.

Change your perspective:
Take a negative comment or situation and look for something positive about it.

Talk:
Talking with someone you trust about the things that are making you feel stressed, overwhelmed or anxious can reduce these feelings and improve your mood.

Quick strategies to improve your mood

1. Get adequate sleep to enhance your mood and well-being.
2. Take a break from your daily demands by relaxing.
3. Meditate, go for a walk, take a shower, listen to music, or read.
4. Drawing, painting and writing can help you express your thoughts.
5. Plan fun activities.
6. Create a daily routine to gain a sense of control and predictability.
7. Find a type of exercise you enjoy.

Active ways to manage your mood

Scan the QR code or visit http://codu.co/858784 to access the CAPS Mobile Help Center for more mental health tips and information.

caps.ucsd.edu
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