

Universal Ways to Improve Your Mood

- Stay busy and preoccupied with positive events
- Regular physical exercise
- Balanced nutrition
- Limiting alcohol, nicotine, caffeine and other drugs
- Exposure to bright light (outdoors), especially in morning
- Practicing good sleep habits
 - Keep wake time constant. Eventually sleep time will also regulate.
 - Reserve use of bed for sleep only (no TV etc.).
 - Get out of bed if unable to sleep for 20 minutes and return only when sleepy.
 - Create dark, quiet, comfortable sleep environment.
- Regular recreation or play-time
- Stay connected with friends or positive people
- Participate in organizations
- Volunteer to work with those less fortunate
- Medications
- Herbal supplements
- Meditation
- Spiritual fulfillment
- Finding activities that allow you to be “in the zone” and lose track of time
- Identifying a purpose and creating meaning in your life

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