



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 alcohol. Alcohol is a depressant and will worsen your mood. Do this in consultation with your doctor, to ensure that any changes you make are safe.



Exercise every day, even if it's just a brisk 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 criticising 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.

If you live in Australia and would like to see a psychologist, you can use the 'Find a Psychologist' tool on the Australian Psychological Society (APS) website: www.psychology.org.au/Find-a-Psychologist.



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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
- Reorganise your shelves
- Plan out your week

- 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 bushwalking
- 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

- 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 ten pin 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



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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 journaling

Go stargazing

Prepare some meals

Make a music playlist

Clean your oven

Go camping

Give someone a massage

Try karate

Do an at-home manicure

Go to the theatre

Go sailing

Attend a cooking class

Vacuum your house

Try knitting

Start a bullet journal

Give clothes to charity

Visit botanic gardens

Pray

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

Organise a roadtrip

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

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

Clean out the fridge

Attend a concert

Visit the beach

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.