

Ways to Feel Happier and Be in a Better Mood

You may have days when you feel sad, nervous, stressed or angry. Sometimes, it can be hard to make those feelings go away. You may even need to see your doctor for help. Your doctor can recommend a therapist or give you medicine.

If you do not feel you need to see a doctor, there are things you can do on your own to help balance your mood.

Easy Ways to Feel Happier and Be in a Better Mood

Try adding these healthy steps to your day. You can add these steps even if you are taking medicine or seeing a therapist, and they can help you feel better!

1 Exercise

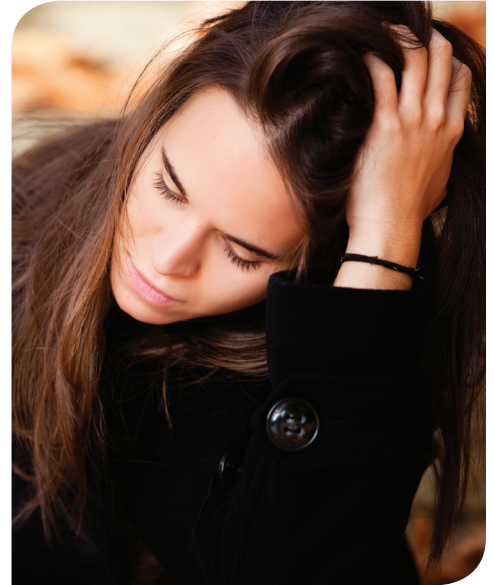
Exercising tells your body to send out chemicals that make you feel happy. You do not have to do a lot of exercise to feel better. To get started, choose an exercise you like. This might be:

- Walking down the street
- Gardening
- Washing your car

You may want to try an exercise that takes more energy*. You might enjoy:

- Running
- Playing basketball
- Riding a bike

**Talk to your doctor before starting any exercise program*



Tips:

1. Exercise for 30 minutes, 3 or 4 times every week.
2. If you can, try to exercise outside. Getting plenty of sunshine is good for your mood.
3. Find an exercise you like and do it every week. The longer you do it, the better you will feel!
4. You might also try new exercises so you don't get bored and will continue to exercise.



2 Calm Your Mind

Praying, meditating or doing yoga are also ways you can calm your mind. Going to religious services may also help. Sometimes problems can seem overwhelming. In times like these, talking to a therapist can help.



3 Eat the Right Foods

A healthy diet is also good for you. Green leafy vegetables can help you think more clearly and feel better. Try eating 2 cups of fresh spinach on a salad or a ½ cup of cooked spinach with your dinner. You can also add spices like turmeric or pepper to your food. These spices help you handle stress and feel more positive.






Some foods may not agree with your medicines. Ask your doctor which foods are right for you.

4 Follow Your Feelings

You and your family can keep track of how you feel each day. Use the log on this card. Mark how you feel and share this information with your doctor. Write down what you did that day and if you did any exercise.



Today's Date:	I feel:	I did this today:	I exercised by doing this:
			
			
			
			
			

We're Here for YOU!

If you keep feeling sad, nervous, stressed or angry, please talk to your doctor at your next visit. Be sure to take your mood log with you. If you have any questions in the meantime, we're here for you. Just call us at **1-800-578-0603**. TTY users may call **711**. We want to help you!

<http://www.prevention.com/mind-body/emotional-health/10-simple-ways-relieve-stress-and-improve-your-mood?s=8> | <http://abcnews.go.com/Health/Wellness/ways-boost-mood-food/story?id=20310225#5> | <http://www.mayo-clinic.com/health/depression-and-exercise/MH00043>