



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

Positive Mood Changes

Remember that changing your mood takes time and effort. Be patient with yourself and try incorporating these tips into your daily routine.

Practice gratitude:

- Take a few moments each day to reflect on the things you're grateful for.
- Write them down or simply think about them.

Engage in physical activity:

- Exercise releases endorphins which are natural mood-boosting chemicals in the brain.
- Try activities like walking, jogging, or dancing.

Surround yourself with positive people:

- Spend time with friends, family, or individuals who have a positive outlook on life.
- Minimize interactions with negative influences as much as possible.

Engage in activities you enjoy:

- Spend time with a hobby, playing music, painting, reading, or spending time outdoors.
- Engaging in activities you love can lift your spirits and shift your mood.

Practice mindfulness:

- Take some time each day to practice mindfulness.
- This can help you focus on the moment, reduce stress, and promote a more positive mindset.

Listen to music:

- Music has a powerful impact on your emotions.
- Create a playlist of songs that uplift your mood and make you feel good.

Take care of your physical health:

- Ensure you are getting enough sleep, eating a balanced diet, and staying hydrated.
- Taking care of your physical well-being can have a positive impact on your mood.

Help others:

- Acts of kindness and helping others can boost your mood and create a sense of fulfillment.
- Volunteer for a cause you care about.

Seek support when needed:

- If you are struggling to change your mood or experiencing persistent negative feelings, reach out to a friend, family member, or mental health professional.