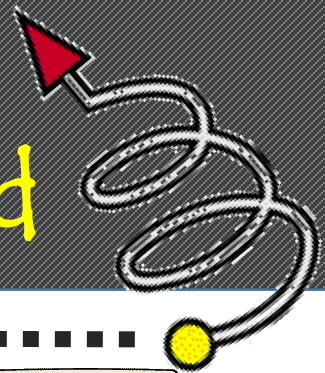


# 3 Simple Ways To Improve Your Mood



1



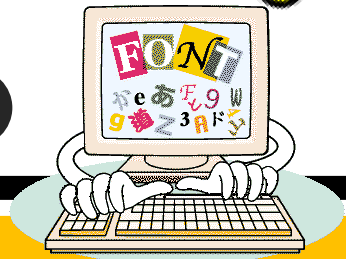
joyful

## Persist

in doing pleasurable activities

- Help distract yourself from worrying thoughts and improve your energy level.
- You may begin with some simple activities, for example
  - ✓ taking a warm shower
  - ✓ enjoying your favorite drink
  - ✓ singing or listening to music ~ 🎵

2



## Record

mood lifting activities

- If you can't think of doing anything enjoyable, you may rate your pleasant feelings before and after daily activities to create yourself a list of pleasurable activities.
- Choose some activities from the list. Try to do them and you will find that your mood and energy level will begin to lift.

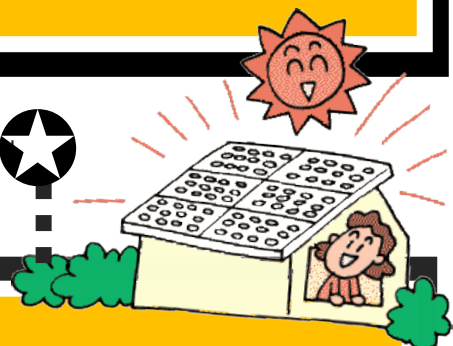
3



## Read

inspirational stories

- When you are stuck in a difficult situation, you need food for your mind that comes as touching and motivational stories.
- They can give you insights, perspectives, and make you feel better.
- You can learn something from each story, such as how to deal with challenges and adjust to changes.



**Be Positive**  
**Be Joyful**

**ACTION NOW!**

