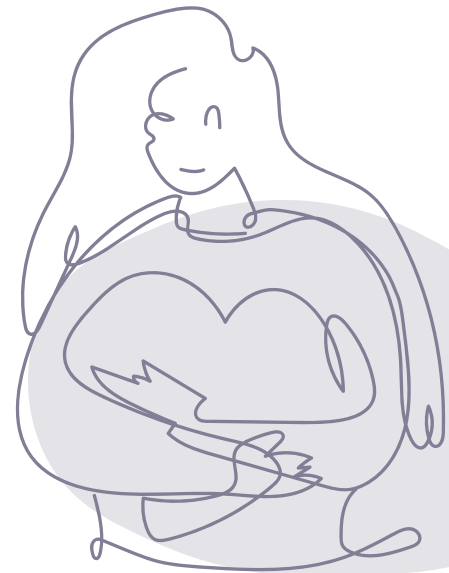


Change Your Mental State.



RATE HOW YOU'RE FEELING



SAD



HAPPY

1 2 3 4 5 6 7 8 9 10

FEELING SOME KIND OF "BAD" AND WANT TO FEEL BETTER? TRY THESE TIPS:

Change your location.

Simply moving to another room or going outside can shift your focus and help you manage your mood.

Move your body.

Doing a few jumping jacks or short walks can generate endorphins that influence your brain chemistry.

Make a gratitude list.

Change what you're paying attention to. Can you name 3 things you're grateful for? How about 5? How about 10? Do you feel a little better?

Sing.

It might sound silly, but singing is a quick way to steer away from stinkin' thinkin'. "If you're happy and you know it, clap your hands!"

Eat something.

You might just be "hangry."

If the option is available, try a nap or a shower.

Both of these can help you reset and refresh your mood.

RATE HOW YOU'RE FEELING



SAD



HAPPY

1 2 3 4 5 6 7 8 9 10

