5 Simple Ways to Improve Your Mood

Rough day, huh? Maybe it's the gloomy weather or some disappointing news that has you down. Or perhaps it's a disagreement with a family member or work colleague. Whatever has you feeling blue, there are at least five no-fail ways to brighten your day—and they don't take much effort:

1. **Give a little something back.** You might not feel your best right now, but it's been proven that moods can improve with random acts of kindness: helping someone with a chore, presenting a friend with a small gift or writing that note of appreciation you've been meaning to send.

2. **Get moving.** Whether it's peddling around the neighborhood on your mountain bike, swimming a few laps at the local pool or training all-out for a marathon, exercising improves your physical and mental well-being.

3. **Remove that frown.** Even if you're faking it, a smile can improve your mood, confidence and the way others see you.

4. **Stay positive.** Instead of dwelling on what's wrong, or what you feel is wrong, get into the habit of positive self-talk. Remember, the way you think affects the way you feel.

5. **Give yourself some credit.** Just because you're having a tough day or you've run into a string of bad luck doesn't mean it has always been that way. List your achievements on a piece of paper, then take some time to be proud of what you've accomplished.

The best option when all else fails? Talk to someone. Whether it's a partner, friend, relative or a professional counselor, contact with other people gives you a chance to talk through what's bothering you and lighten your mood.

Here when you need us.

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