

Mood Wellness Workshop

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worksheets



Feelings are the result of a person's belief system/interpretation about an event or experience. Feelings can affect a person's mood. Try these mood improvement strategies.

➤➤ Keep track of your mental and physical well-being

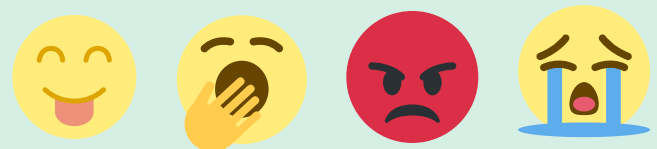
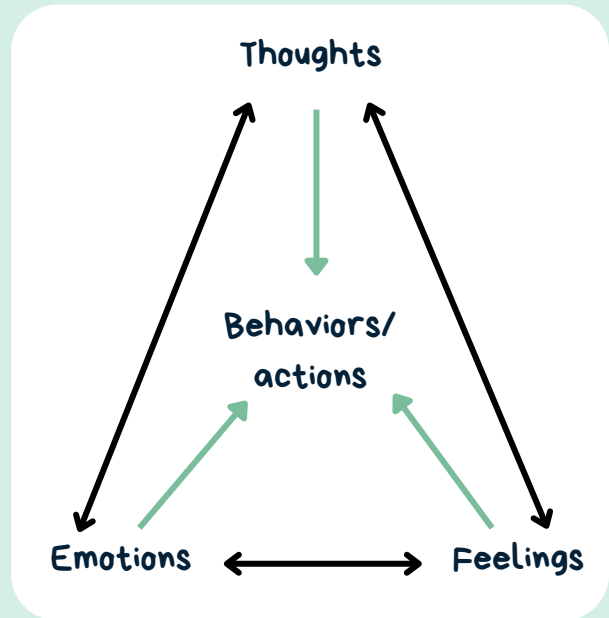
P.L.E.A.S.E.

- P & L- Treat Physical Illness
- Eat Healthy
- Avoid Mood- Altering Drugs
- Sleep Well
- Exercise

➤➤ Remind yourself

S.T.O.P.P.

- Stop
- Take a breath
- Observe
- Pull back/Perspective
- Practice what works



➤➤

Emotions can cause us to react and move in certain ways. Engage in an **opposite action** instead!

Emotion	Action	Opposite Action
Fear	Run away, avoid	Approach: Go anyway and participate fully
Anger	Attack	Gently avoid, be kind, see their perspective
Sadness	Withdraw	Be with others, increase activity

Opposite action can change our emotions.

Check the facts

- Don't believe everything you think; thoughts are **NOT** 100% facts.
- Thoughts are our judgements and opinions about our experiences.
- Thoughts may not be realistic.

Focus on positive events

Sometimes we're so focused on the negative that we **forget** the good.

Take a breathe.

Think from another perspective- "Focus on the bigger picture."

Engage in **small positive actions** everyday.



Let go of emotional suffering

Remember: You are not your emotions.

- Observe your emotion.
- Acknowledge that it exists.
- Do not judge it or reject it.
- Experience emotion as a 'wave'- coming and going.

Practice creating distance

- "I am having **the feeling** ____"
- "I am having **the thought** ____"
 - versus "I am angry." or "I will fail."

Here are a few questions you can ask yourself:

1. What situation/experience/event triggered my emotion?
2. What interpretation (thoughts/beliefs) or assumptions am I making about the situation/event?
3. Is this information absolutely true?
4. How does this thought make me feel?
5. Does my emotion and its intensity match the facts of the situation?
6. What would things be like if I didn't hold this belief?

Additional resources

