



9 Things to Try to Improve Mood

Treat this like a menu, not a to-do list. Pick one thing to try at a time, focus on it for 3 to 4 weeks, then try something else.

Sleep

Aim for 7 to 9 hours of uninterrupted sleep. Cut off screen time at least 30 minutes before bedtime. Cut off alcohol at least 3 hours before bed time. Cut off caffeine 8-10 hours before bedtime. Make your room as dark as possible.

Diet

The best diet is one that you can stick to. Many of us **know** how to eat healthy but don't **do** it. Do one thing each day to eat healthier than you did yesterday.

Exercise

The best exercise is something you enjoy, that you can do year-round, that increases your heart rate.

Meditation or Prayer

Try one of these apps: Headspace (<https://www.headspace.com/>), Calm (<https://www.calm.com/>), or Abide (Judeo-Christian meditation, <https://abide.co/>)

Build Connection

Connect face to face with someone you care about for 30 minutes or more, without screens or other distractions. Play a game. Talk about the weather, sports, or politics. Talk about what you have been reading or praying about. Just be together.

Journaling

Pick a time – bed time or first thing in the morning. Write down your thoughts and feelings about the day behind you and the day ahead of you. Check out <https://restored.life/journaling/> for some ideas to get started.

Reading

Read for personal or spiritual growth. Read the Bible (or your relevant holy book). Or listen to podcasts or audiobooks. Or watch YouTube videos. JUST. NEVER. STOP. LEARNING. Check out <https://restored.life/reading-list-and-more/> for some of our favorites.

Visualization

Picture what life would look like, feel like, smell like if you achieved your goals for the day/week/month/year ahead. Try to import the hopeful emotions that come up into the present, to give you energy and motivation for today.

Affirmations

Remind yourself of your values and goals out loud or in writing. Then add to that, "yesterday I lived out my values / moved toward my goal by... (list what you did)" and "today I will live out my values / move towards my goals by... (list what you will do)."



Efforts and Results Tracker

Use the tracker below to track how often you make efforts to heal, how well you do at those efforts, and the results you get. Ask yourself, "how can I do this more often?" or, "how can I do this better?"

Remember that this is a menu, not a to-do list.

Week #

Efforts	Frequency (times per week)	Quality (10 is best)
Get a full night's sleep	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Eat healthy	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Exercise	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Meditation or Prayer	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Build Connection	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Journaling	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Reading	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Visualize your goals	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Affirmations	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Results for Depression	Frequency (times per week)	Severity (10 is worst)
I felt sad	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt hopeless	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt unmotivated	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt unsatisfied with life	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt suicidal	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt like ending my life	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
If you felt suicidal or like ending your life at a severity of 3 or more, please call the national suicide prevention hotline at 1-800-273-8255, or call 911, or your local emergency or crisis lines.		
Results for Anxiety	Frequency (times per week)	Severity (10 is worst)
I felt anxious	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt worried	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt tense	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt nervous	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
If you are on medication, please take it as prescribed by your doctor. At the end of week 8, schedule a medication review with your doctor. Ask for a blood test to look for the clinically effective dose.		
Efforts	Frequency (times per week)	Benefit (10 is best)
Took medication as prescribed	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Side effects (list any you experience):		Severity (10 is worst)
		0 1 2 3 4 5 6 7 8 9 10

Habits are not magical solutions that work for every challenge, they may not work for you if the challenges you are facing are severe or complex. If you do not get the results you want from this tool, you may need professional support.

Please call 360-558-7663 or go online to <https://restored.as.me/consult> to book a free consult.