



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. A menu of small habits that can make big changes for depression, anxiety, or anger.

Sleep

Aim for 7 to 9 hours of uninterrupted sleep. Cut off screens at least 30 minutes before bedtime, alcohol at least 3 hours before, caffeine 8–10 hours before. 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, Calm, or Abide (Judeo-Christian meditation).

Build connection

Connect face to face with someone you care about for 30+ minutes, without screens. Play a game. Talk about anything. Just be together.

Journaling

Pick a time — bedtime or first thing in the morning. Write down your thoughts and feelings about the day behind you and the day ahead. See Restored.Life/journaling for a full guide.

Reading

Read for personal or spiritual growth. Read the Bible. Or listen to podcasts or audiobooks. Just never stop learning.

Visualization

Picture what life would look, feel, and smell like if you achieved your goals for the day, week, month, or year. Import those hopeful emotions into the present for energy and motivation today.

Affirmations

Remind yourself of your values and goals out loud or in writing: “Yesterday I lived out my values / moved toward my goal by...” and “Today I will...”



Track your efforts and results

Pick ONE habit at a time. Mark each week you practiced it, then write what actually changed. Review with your counselor, group, or spouse.

Habit I'm trying	Wk 1	Wk 2	Wk 3	Wk 4	What changed?