

Managing Your Mood



Julian Campbell Foundation
Empowering Young People

What is mood?



Mood is a mixture of two things:

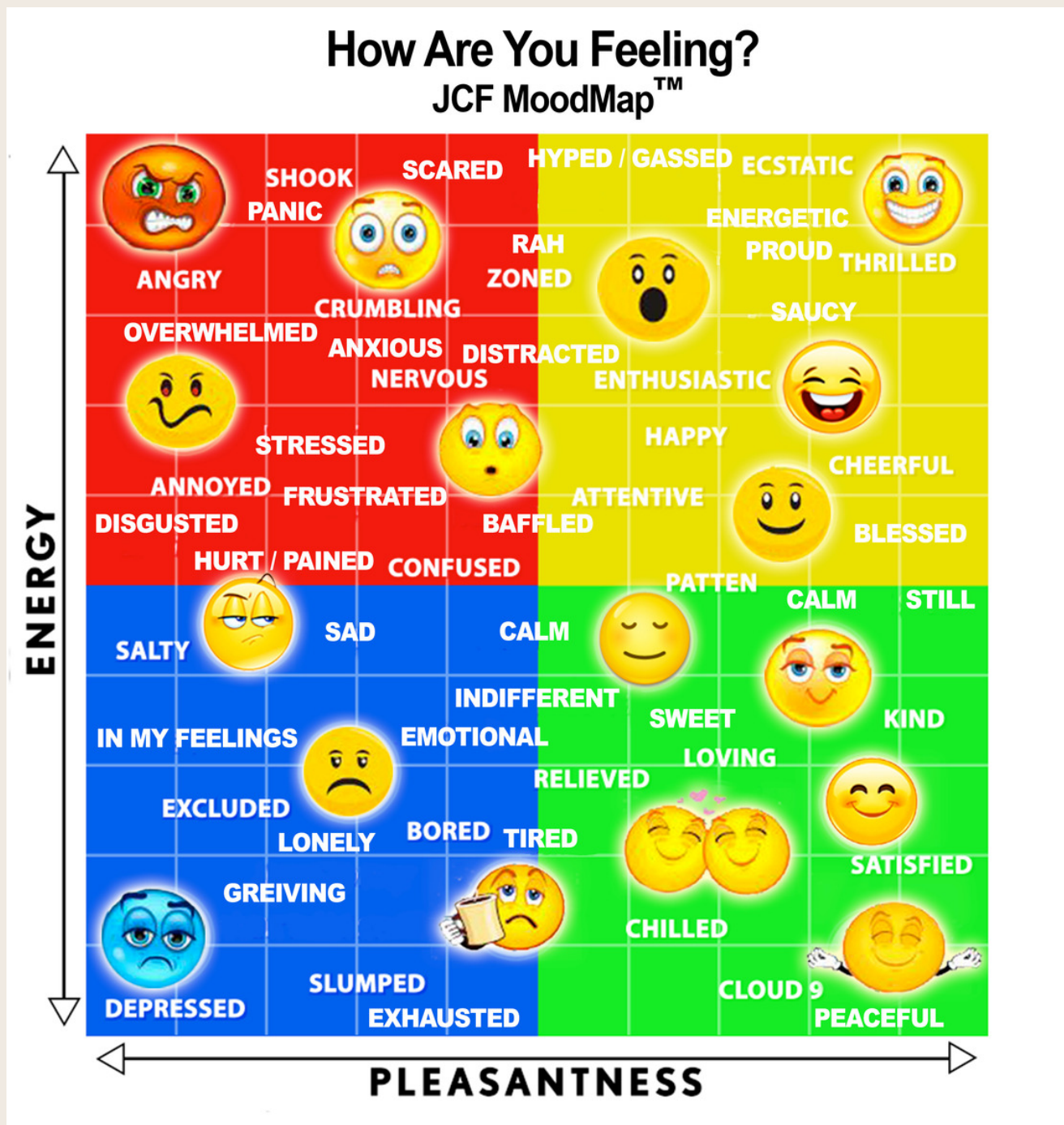
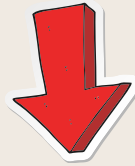
1. How positive (nice) or negative (rubbish) you're feeling and
2. How much (or little) energy you have

If you're feeling more positive, you'll find yourself in the yellow or green sections. If you're feeling high energy, you'll find yourself in the yellow or red section.

***When you know what your mood is,
you can take steps to change your
mood state if you want to.***

How can you find out how your mood is right now? 🔍

Look at the Mood Map!!!



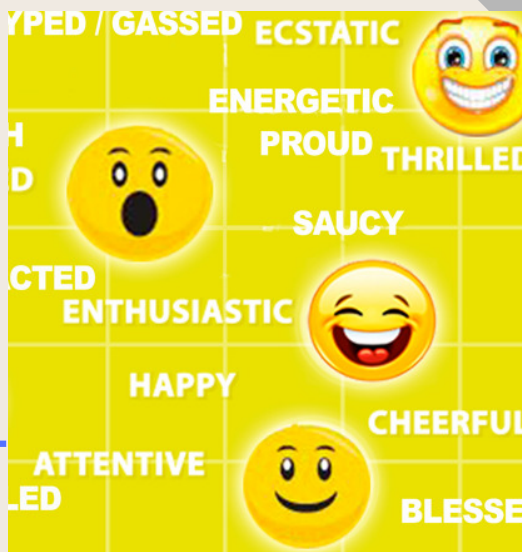
Where are you in the chart?



Are you in the yellow section (high energy / good mood)?

If so, this is a highly productive mood, this is where you make the best decisions and where you'll be very productive.

This is a great zone to be in



Are you in the red section (high energy, negative mood)?

For example, overwhelmed, anxious, insecure, confused?

If so, you have a lot of nervous energy and it would be best to reduce your energy

(through exercise or any activity to take the edge off the negative energy) and also do something that moves you across to a positive mood.

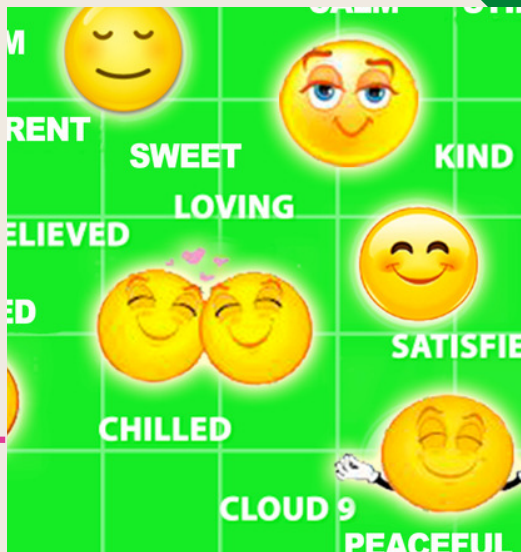


Where are you in the chart?



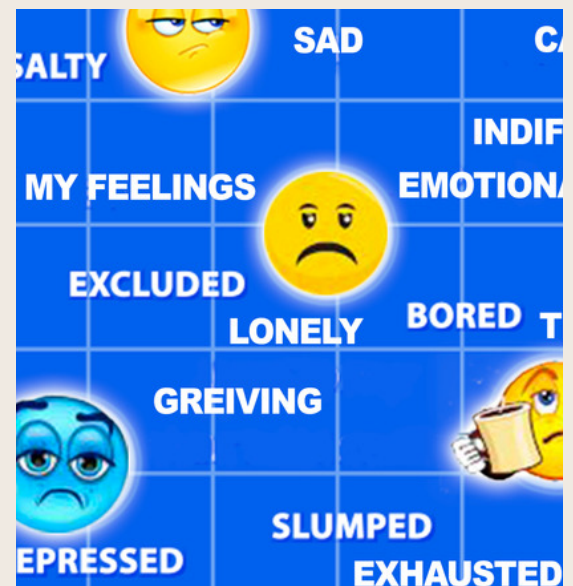
Are you in the green section (low energy, good mood)?

Again, as we're on the right side of the map, you're in a positive mood and this can be a good mood state to be in, and can be helped by exercise or doing activity and reducing your energy. Great decisions can also be made here.



Finally, are you in the blue section (low energy, low mood)?

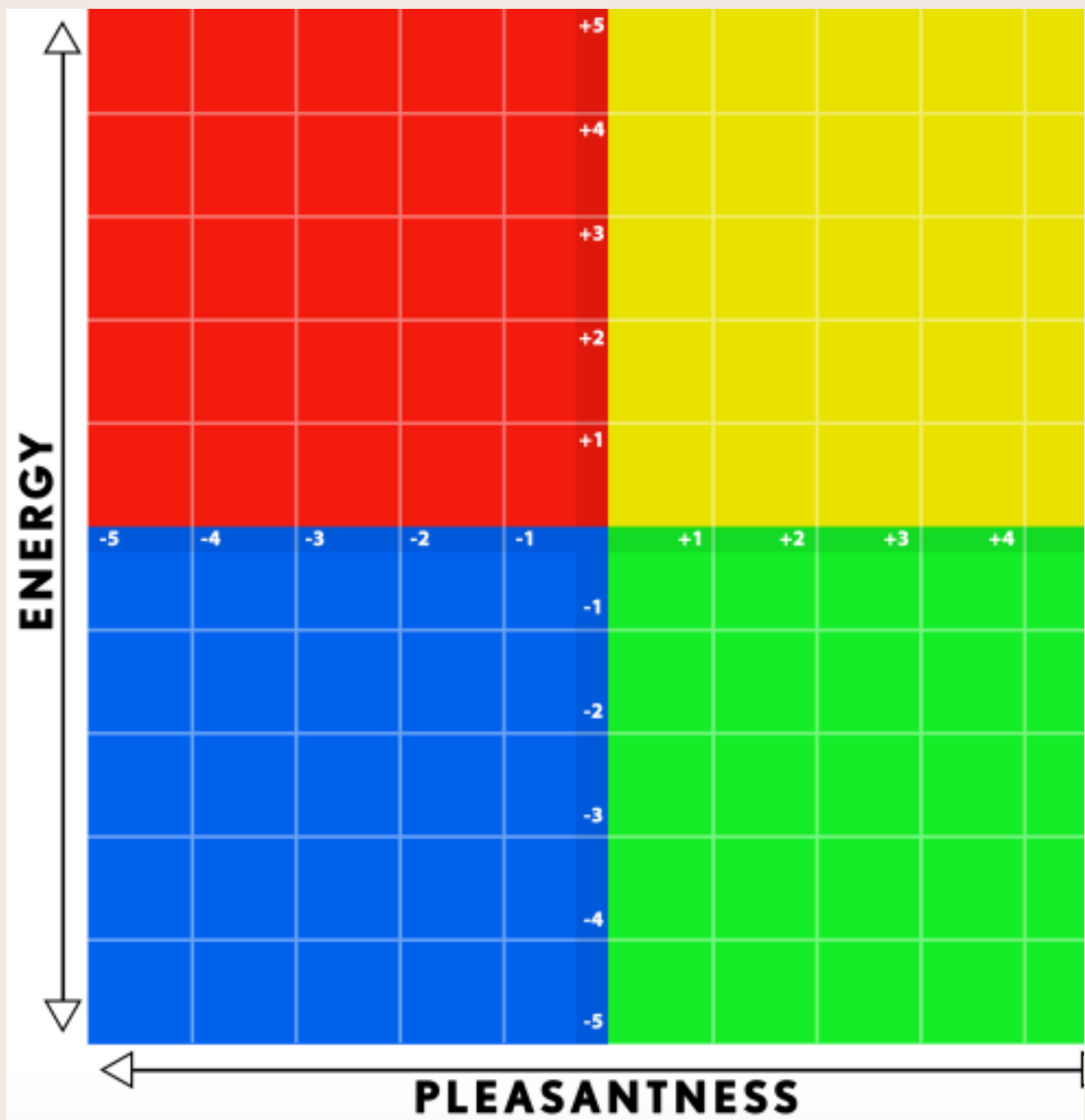
The trick here is to do activities that help shifting your mood towards the right side of the map where you'll be feeling more positive.



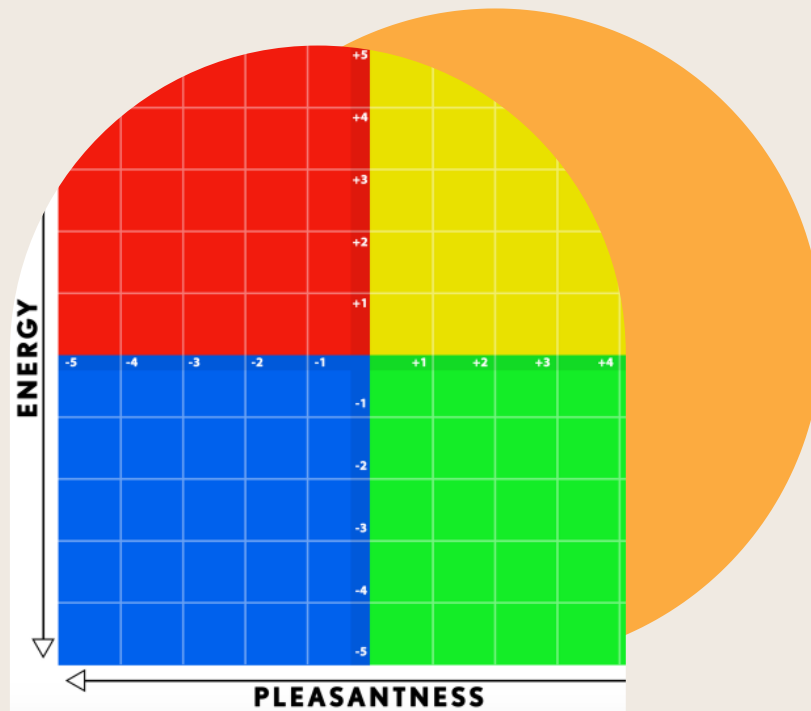
How are you feeling?



Look across the horizontal pleasantness axis from -5 to zero (negative or rubbish) and again at the positive side from zero to +5 (positive or nice mood)



Where would you place yourself?



If you're feeling more positive put yourself closer to +5 . If you're feeling ok, or quite average, put yourself closer to zero (attentive); if you're feeling really negative (disgusted) go to -5.

How much energy do you have?

Look at the vertical energy axis going up and down. Do you have lots of energy? Would you place yourself at +5 (hyper) or would you place yourself between zero and -1 (calm) or tired (-5)?

There you go! You just charted your mood.

How do I turn my mood to positive?



Try any of the following activities:

Speaking with a good friend or family member

Watching your favourite film

Watching films that make you laugh

Listening to your favourite music

Dancing to your favourite music

Singing to your favorite music

Playing an instrument

(cont)



How do I turn my mood to positive?



Try any of the following activities:

Baking or cooking

Gardening

Playing board games

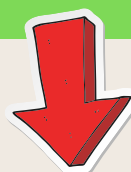
Playing crosswords

Playing card games

Reading (or listening to) your favourite book

Writing your own journal to put your thoughts down on paper

(cont)



How do I turn my mood to positive?



Try any of the following activities:

Drawing, sketching or using colouring book

Going for a walk in the park

Going for a jog in the park

Taking exercise

Playing sports

Taking the dog out for a walk

Stroking the cat

(cont)



How do I turn my mood to positive?



Try any of the following activities:

Drinking some water

Praying and meditating

Or start your own activity, whatever makes you feel good!

Continue doing an activity in 10 minute bursts (longer if possible) until you place yourself in a different section of the mood metre and you're happy with the mood that you're in.

How often do I measure my mood?



Measure your mood for a minimum of 4 times a day:



When you wake up



Mid morning



Mid afternoon



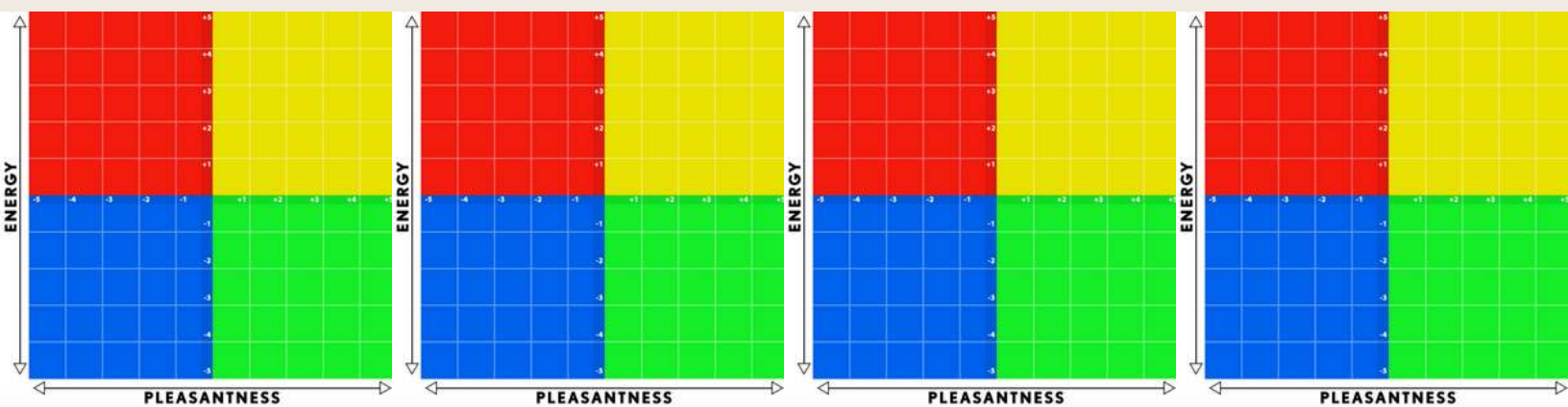
Evening

As you continue, you'll get better at checking-in with your mood and acting to change and modify it. Also, continue for a minimum of two weeks, preferably a month before looking back to see how effective this technique has been in helping you modify your mood.

TRY IT OUT

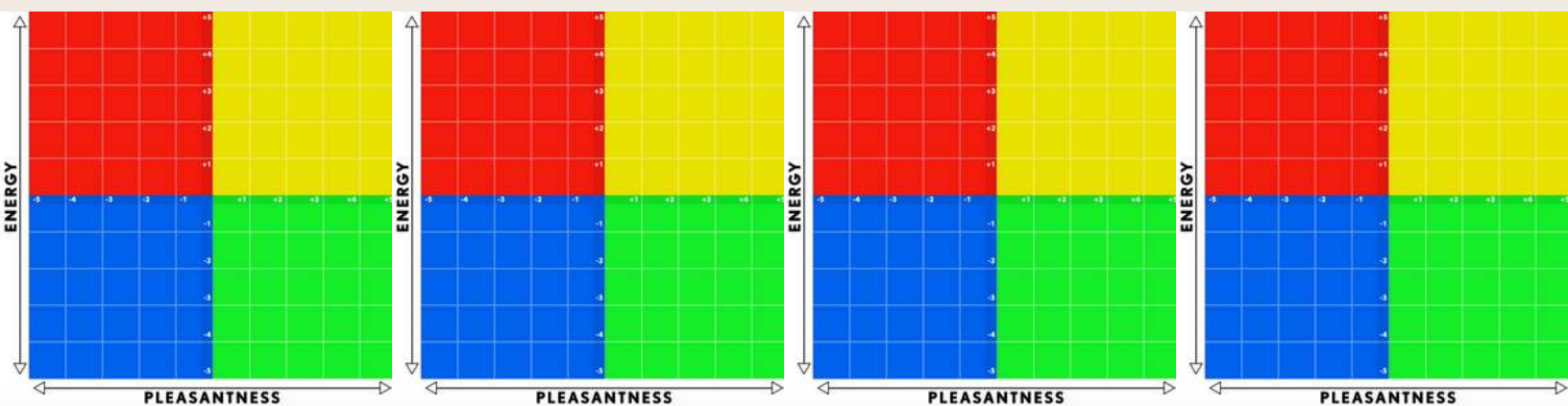
Print these 2 pages and chart your mood 7 days a week

DAY 1



Comment:

DAY 2

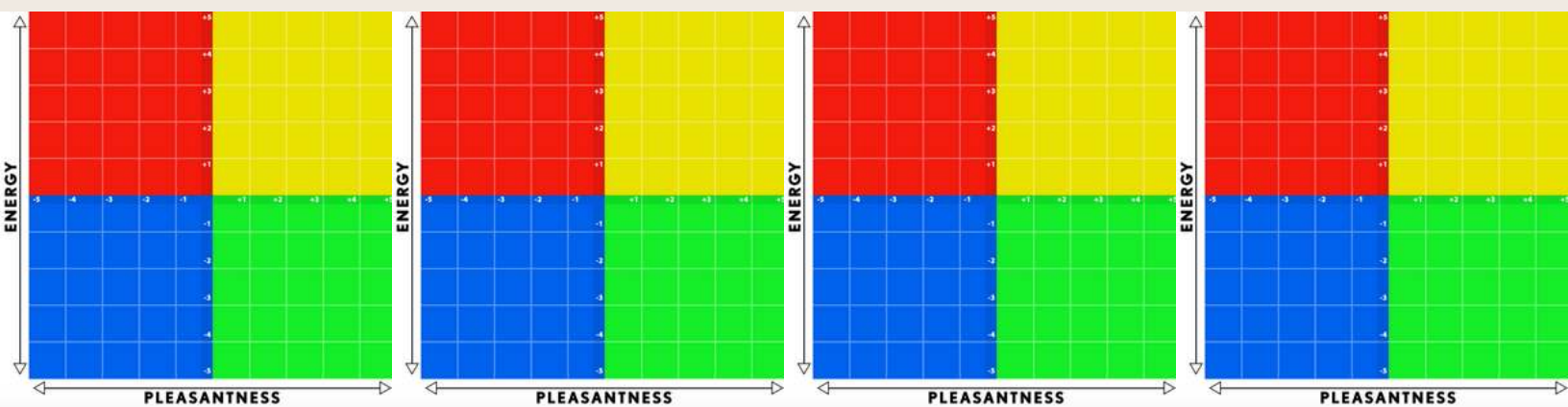


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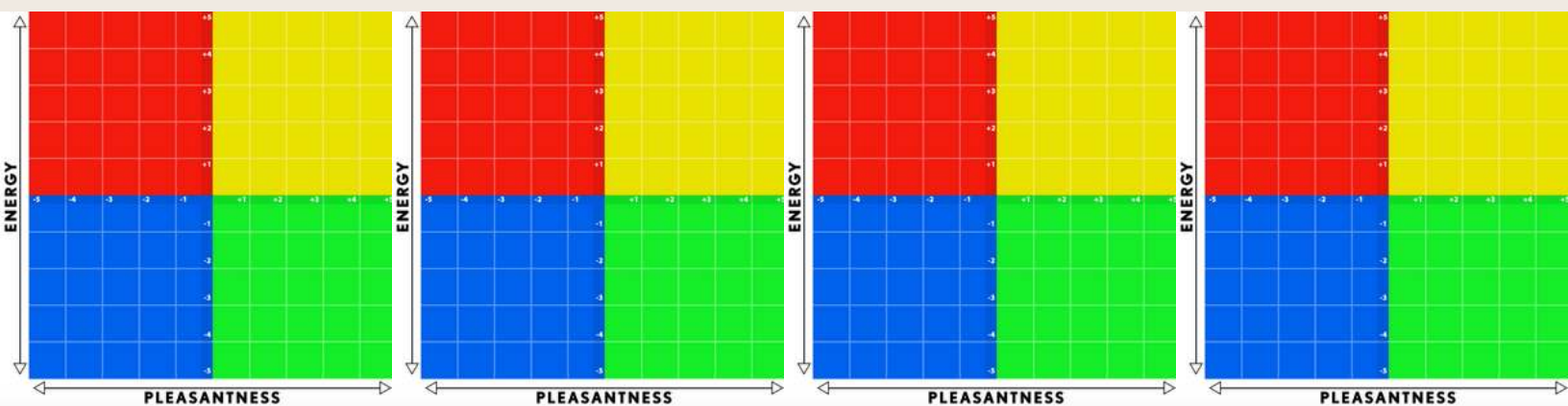
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DAY 3



Comment:

DAY 4

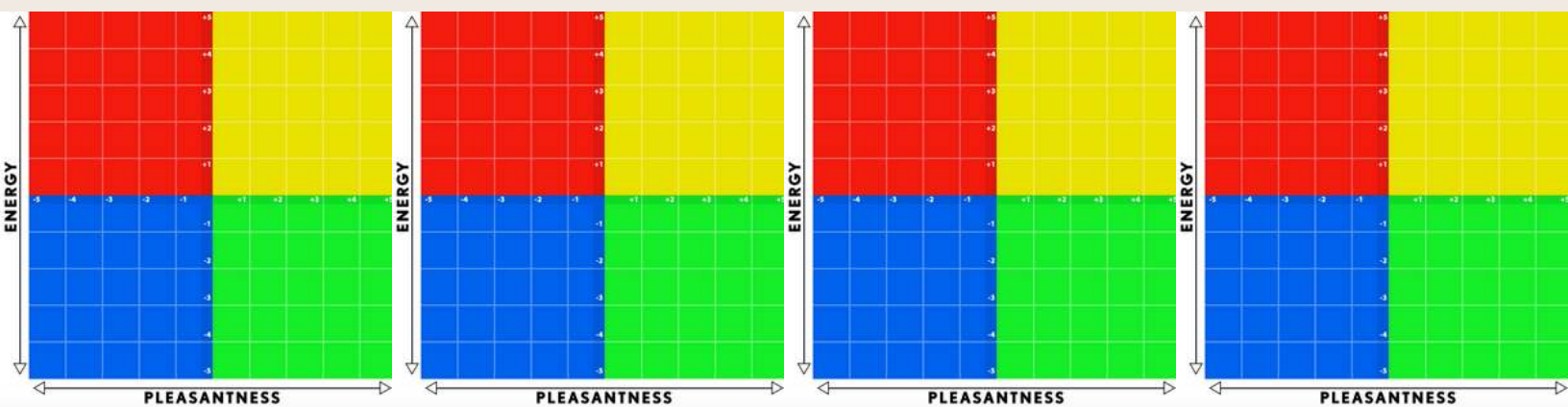


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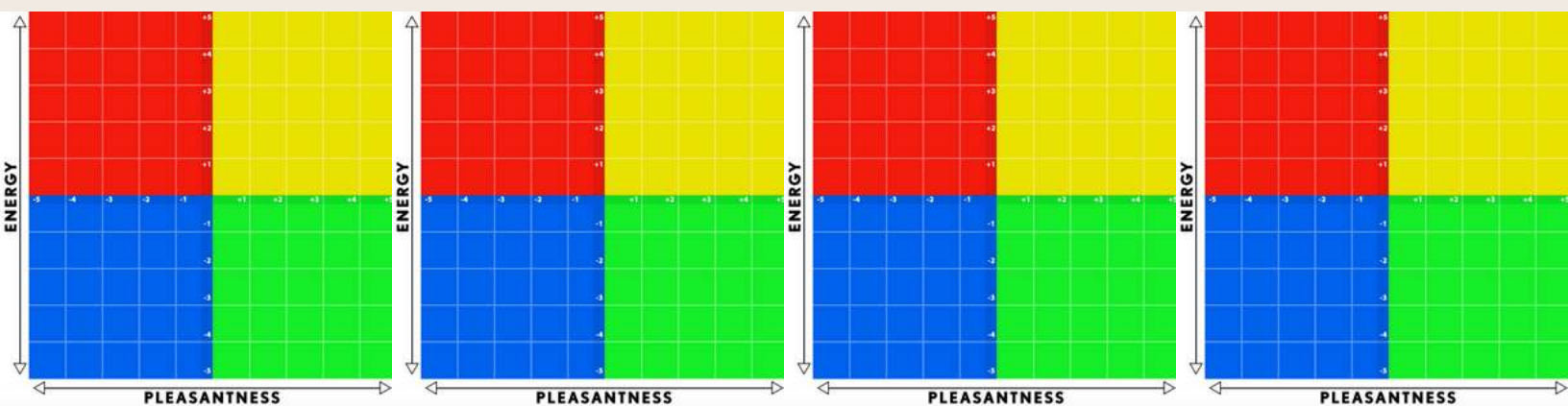
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DAY 5



Comment:

DAY 6

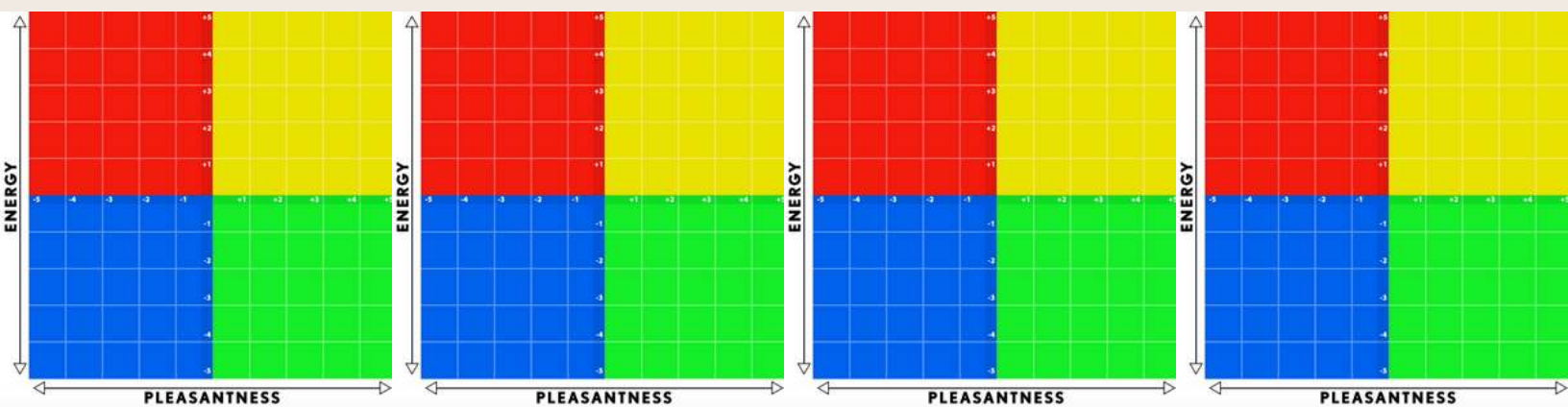


Comment:

TRY IT OUT

Print these 2 pages and chart your mood 7 days a week

DAY 7



Comment:

“

I
heal
one
step
at a time

**YOU ALONE ARE
ENOUGH.**

**YOU HAVE
NOTHING TO
PROVE TO
ANYBODY**



MENTAL HEALTH ISN'T ALL OF ME, BUT IT'S A
MASSIVE PART OF MY WHOLE BEING.

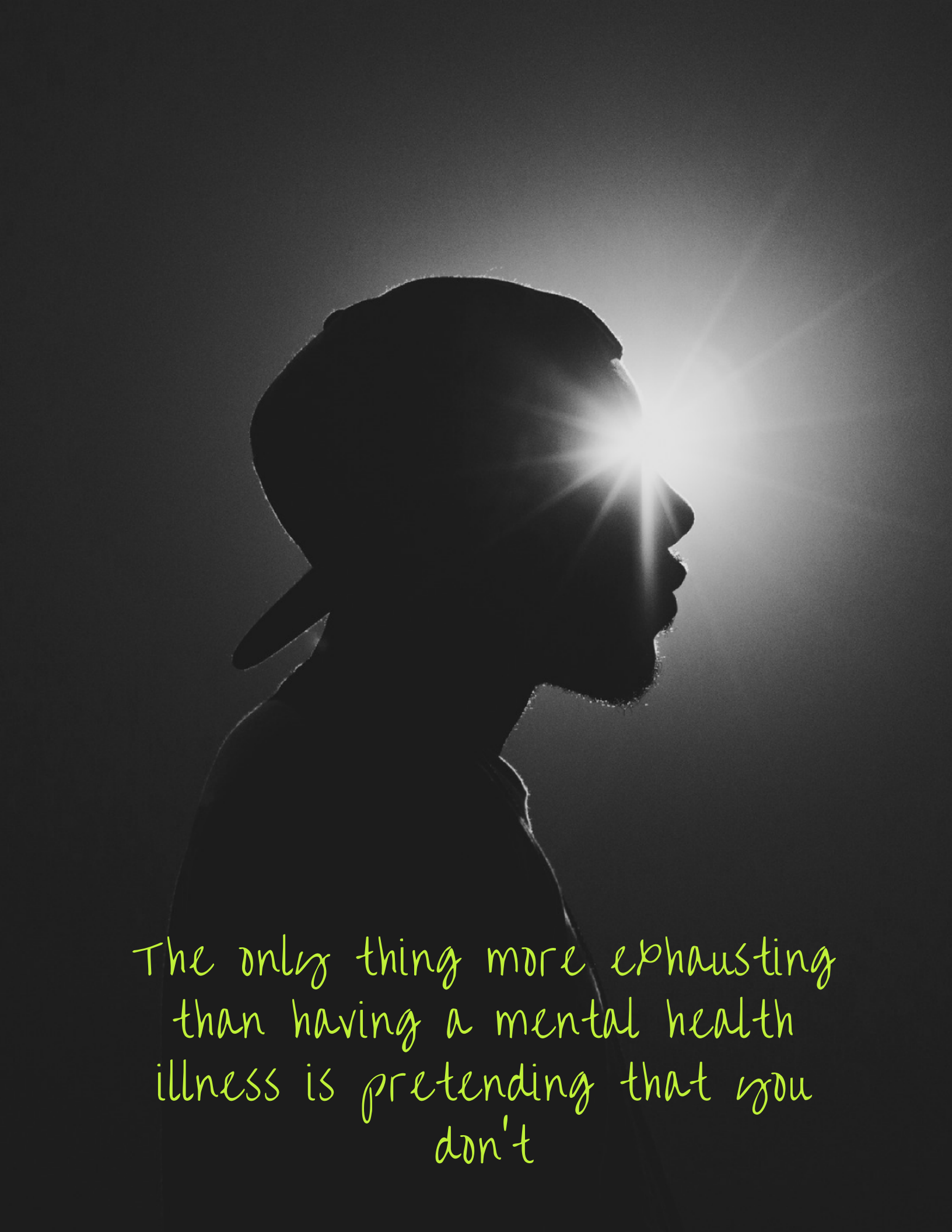
NO ONE HAD EVER EDUCATED ME ON
MENTAL HEALTH. I REALLY DIDN'T
UNDERSTAND WHY I WOULD BE FEELING
HIGH ON LIFE, AND EVERYTHING WAS
BRILLIANT, AND THEN SUDDENLY I WOULD BE
CRASHING INTO A DEEP HOLE.

ADWOA ABOAH



**I don't want you to
save me.**

**I want you to
stand by my side
as I save myself.**

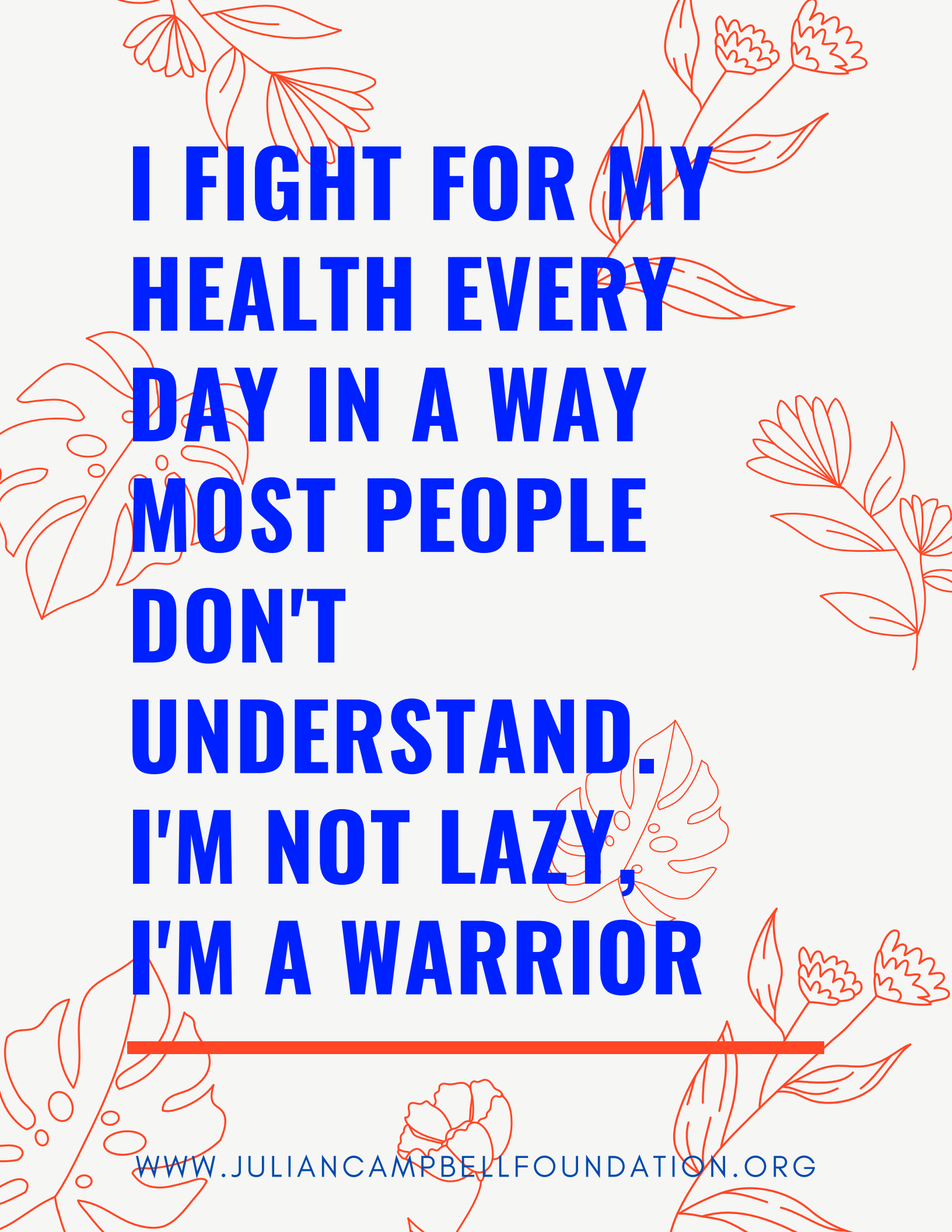
A high-contrast, black and white image featuring the silhouette of a person's head and shoulders in profile, facing right. The person is looking directly at a very bright, circular light source, which creates a strong lens flare effect with multiple rays of light radiating outwards. The background is dark and textured, suggesting a night sky or a dark environment. The overall mood is contemplative and dramatic.

The only thing more exhausting
than having a mental health
illness is pretending that you
don't

It's not the bruises that hurt. It is the
wounds of the heart and the scars of the
mind

———— *Aisha Mirza* ————



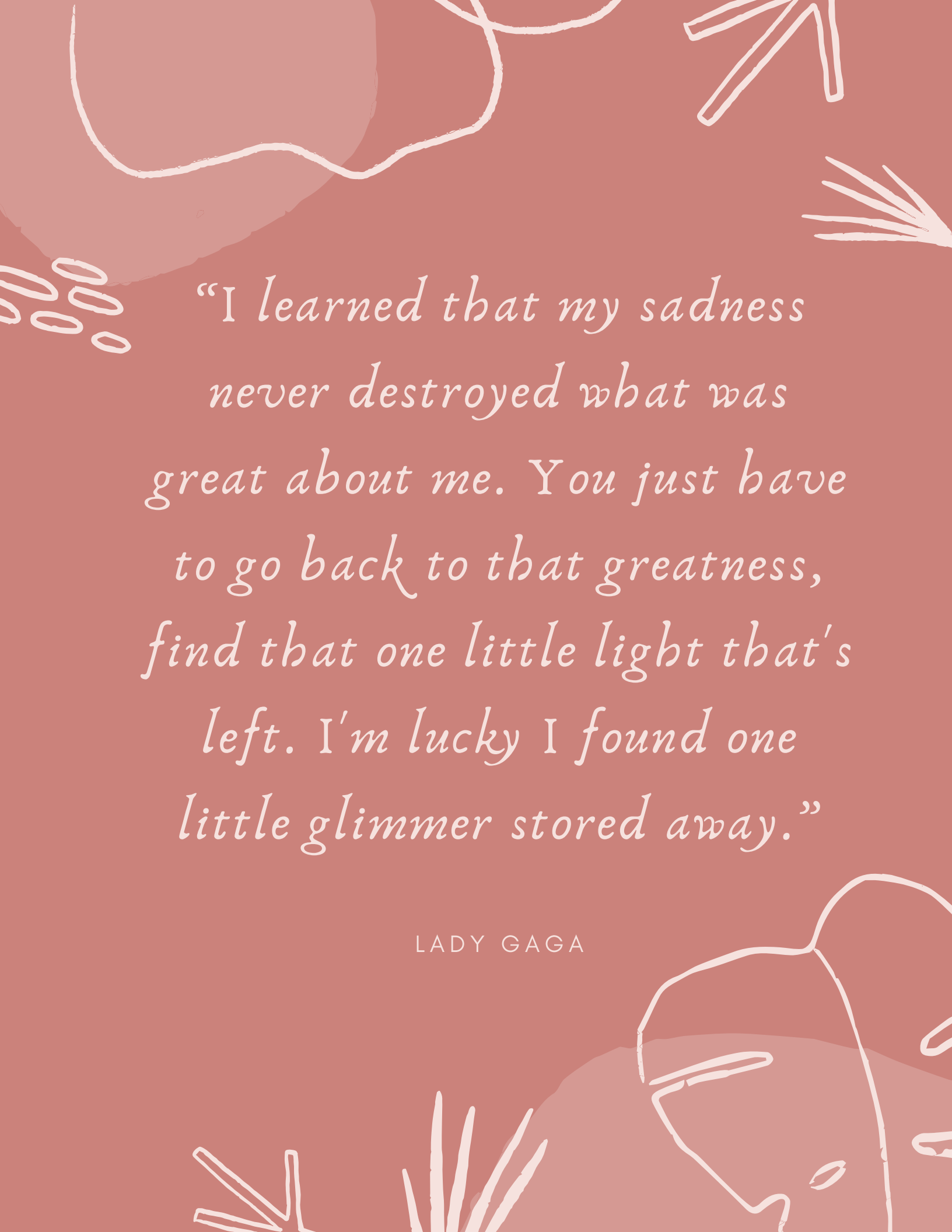
The background of the image is decorated with red line-art illustrations of various plants and flowers. These include large, stylized leaves with circular patterns, smaller leaves, and several flower heads, some resembling dandelions or similar seed heads. The illustrations are scattered around the central text, with some at the top, some on the sides, and some at the bottom.

**I FIGHT FOR MY
HEALTH EVERY
DAY IN A WAY
MOST PEOPLE
DON'T
UNDERSTAND.
I'M NOT LAZY,
I'M A WARRIOR**

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**DON'T FAKE BEING OK.
YOU ONLY HURT
YOURSELF.**

**BE REAL WITH WHAT
YOU'RE GOING
THROUGH. JUST
DON'T LET IT
CONSUME YOU.**



*“I learned that my sadness
never destroyed what was
great about me. You just have
to go back to that greatness,
find that one little light that's
left. I'm lucky I found one
little glimmer stored away.”*

LADY GAGA

“

I'm tired

I am tired of hiding, tired of misspent and knotted energies, Tired of the hypocrisy, and tired of acting as though I have something to hide.

”



*Don't be ashamed of
your story. It will
inspire others*

**DEPRESSION
IS A FLAW
OF
CHEMISTRY
NOT
CHARACTER.**

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