Tips to manage poor mood

sata CommHealth

Exercise regularly

Doing physical exercises such as walking, swimming, gym or ball games with friends can help to release endorphins (good hormones) to make you happy and less stressed.

Get enough sleep

Getting enough sleep (7 to 9 hours) can improve good mood as insufficient sleep can make you feel more irritated.

Treat yourself kindly

Treat yourself with kindness. Acknowledge that it is normal to have struggles as a human being.

Connect with others

Build strong relationships by talking to friends, family, or colleagues. Talking to your employers, friends and ambassador for emotional support is important and helpful.

Express yourself

Say out your feelings through journalling, or by talking to a friend or ambassador.

Do not keep all your bad feelings inside of you for too long as you will feel more upset.

Challenge negative thoughts

Relook at negative thoughts at a different angle by looking for the good in a situation. Practise positive self-talk and focus on what you are grateful for.

Take a moment to breathe

When feeling overwhelmed, pause to take slow, deep breaths to calm down and think more clearly.

Engage in relaxing activities

Improve your mood and soothe your nerves by listening to music, reading a book, or spending time in nature during your free time.

Try new healthy hobbies

Take up a healthy hobby, like learning a new dish or new exercise, to give yourself a sense of accomplishment and enjoyment.