

# I manage my moods

## **I manage my moods.**

I am in control of my moods. I accept my emotions without letting them interfere with my rational thinking. **I choose to behave in ways that make me happy and bring me closer to achieving my goals.**

I take action promptly. When I notice I am becoming agitated, I examine my thinking. I turn things around before troubles build up.

I look on the bright side. I count my blessings. I remind myself that life is full of ups and downs. For each disappointment and loss, I also experience many happy surprises and victories.

I live in the present moment. I stop dwelling on the past or dreading the future. I deal with what is happening now.

**I focus on solutions.** I figure out which factors I can control and devote my energy to making positive changes.

I resist taking things personally. There can be many explanations for why my boss gives me negative feedback or why a romantic relationship ends. **I take**

**responsibility without blaming myself or others.**

I work out. Physical activity lifts my spirits. I take a walk or play tennis.

**I treat myself with compassion.** I am gentle with myself when I am feeling sad or angry. I use my self-talk to help me stay calm and motivated. I adjust my schedule when I need a break.

Today, I manage my moods instead of letting them manage me. I find healthy outlets for dealing with my emotions.

## **Self-Reflection Questions:**

1. How do my moods affect my decisions?
2. What is one thing I can do to cheer myself up when I am feeling blue?
3. What do my moods teach me about myself?