

Mood Change

Changing your mood instantly with these 9 actions

The sky is gray, you had a fight with your loved one, and it's only Tuesday. How do you go from grumpy or gloomy to a more sustainable place?

One of my favorite quotes is "We either make ourselves happy or miserable. The amount of work is the same." by Carlos Castaneda. I believe in this wisdom. I do believe we can control our moods and we can take action.

And at times it feels good just to be in a bad mood. Sometimes I want to pull the covers over my head and hide.

And sometimes I can take a leap and do something to change my mood from sour to sanguine.

What are some of those things?

Listen to music and sing. When in a crunch, I crank the tunes and find some songs that make me smile. I may listen to some Aretha, Michael Franti, Dandy Warhols, Red Hot Chili Peppers or even the Carpenters. Why? I can sing and the music is uplifting, even if it is sappy. Hearing it and then taking the next step and singing can lift me right back up. It's hard to be grouchy when I am singing. My body starts to move and I believe just opening my voice up brings levitty.

Phone a friend. Regis was on to something. Calling a friend and asking permission just to vent for a moment is wondrous. Just getting the negativity off my chest and not expecting anything back but an open ear, ahhhh. Bonus: I also get the benefit of human connection.

Write it out. Set a timer and write for 10 minutes. Write down every hateful thing that is bringing me down and then scrunching the paper and throwing it away or tear it up for extra aggression release, "Yeah, paper take that!"

Exercise. Get the heck outside or in to a gym. Do a class or just move my body. What a difference it makes. It starts the positive vibrations and soon I am thinking, "What me worry?"

Play with the dog. Dogs are so present and willing. All they do is lie about resting until it is necessary to move. Just being in their presence makes me smile and a dog will always play or at least let me give a pet and make a sound like they are accepting of the pet.

Do a favorite activity. Cook, play music, make a playlist, doodle, do something that gets my mind off what I am feeling grouchy about, even if that grouchiness is nothing I can fully point a finger towards...just do something else. Get my mind outta my head.

Get outside. Even if you are in the city, look up at trees, the sky, the flowers. This helps me to realize that there is more to life than what is happening that is making me cranky and it helps me to feel small. Feeling small makes me feel relaxed because I realize it isn't all about me or whatever is happening in the moment

Hang out with a kid. They are always just doing stuff that is right here and now. It's inspiring to see them making a game out of just about anything and it reminds me that life really can be simple and playful.

Give yourself away. Do a volunteer project, something that gives back to humanity. It can be a great way to lift the spirit and the person or organization being helped.

It looks like for me, getting engaged is the common thread. I believe what Joan Baez says "Action is the Antidote to despair."