



5 SUREFIRE

WAYS TO BOOST YOUR MOOD

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Tip # 1

Eat Healthy Foods & Drink Water

We all have busy lives and we all need to eat. But neglecting what you put in your body and how often you do it, is not going to keep you feeling on top of your game and your mood at its optimum levels of functioning. If your body doesn't have the tools it needs via healthy food and water, you will suffer the end result i.e. low moods, lethargy, lack of motivation, etc.

Stay well and keep your mood boosted by fueling your most precious resource - YOU - with quality resources; healthy foods and plenty of liquids



Drink filtered water, not tap and the recommended eight or more glasses daily. You may be busy, but that doesn't mean you don't need to eat and drink. Don't skip meals and let your body fuels deplete. Eat when hungry and eat foods you know are going to help you in your goal of healthy mood states, not crap food such as processed food, fast food, junk food, etc.

The below is quoted from a research article on PLOS one
“Dietary Patterns and Depressive Symptoms over Time”:

“Long-term exposure to an unhealthy diet is a risk factor for depression, according to the findings of a 2014 study in the online journal Plos One that looked at diet and depression in 3,663 people. What constituted an unhealthy diet, for purposes of the study, was one that was high in sugar and processed foods.”

The message? Make sure your diet is healthy to keep low moods at bay.

Tip # 2

Get Quality Sleep

A no-brainer but many of us fall short. We want to stay up late watching that movie or put off going to bed for another hour to get more of that work assignment done to impress the boss the following day.

We don't worry if we get sleepy during the day, start falling asleep at our desk, can't concentrate, feel sluggish... that's what espresso is for, right?

If you want to keep low moods at bay and boost yours... you need to have a little respect for and give a little consideration to your sleep states.



Make it easy on yourself to not deprive yourself of sleep and then suffer from low moods; set a routine and stick to it. Make sleep a pleasant ritual you will want to keep up because you know how good you will feel the next day. And the day after that.

The below is quoted from a WebMD.com article:

“9 Surprising Reasons to Get More Sleep” :

“Studies show that the gap between getting just enough sleep and getting too little sleep may affect your health, your mood, your weight, and even your sex life.”

Take away point? Put some effort into getting quality sleep and enough of it and it will give you endless returns on your investment, including boosting your mood.

Tip # 3

Do Something Pleasurable

What do you enjoy? What things make you feel good? What actions or non-actions can you take to get you at your mood-state best? Feeling - what is for you - a positive mood with a good dose of energy added in.

Is it reading a book? Spending an afternoon at the shopping mall? Getting an hour of gardening in? Planning a special meal to cook with friends? Ordering a pizza instead of having to cook? Taking a nap? Getting online and researching your next vacation? Calling a friend?



Whatever these things are, don't leave them out of your efforts to keep your mood boosted and you feeling well. Have you ever tried watching cat videos?

The below is quoted from a June, 2015 Indiana University Media School study *"Emotion regulation, procrastination, and watching cat videos online: Who watches Internet cats, why, and to what effect?"* :

"The Internet phenomenon of watching cat videos, from Lil Bub to Grumpy Cat, does more than simply entertain; it boosts viewers' energy and positive emotions and decreases negative feelings, according to a new study by an Indiana University Media School researcher."

Whatever it is that makes you feel good and enjoy life... do it.

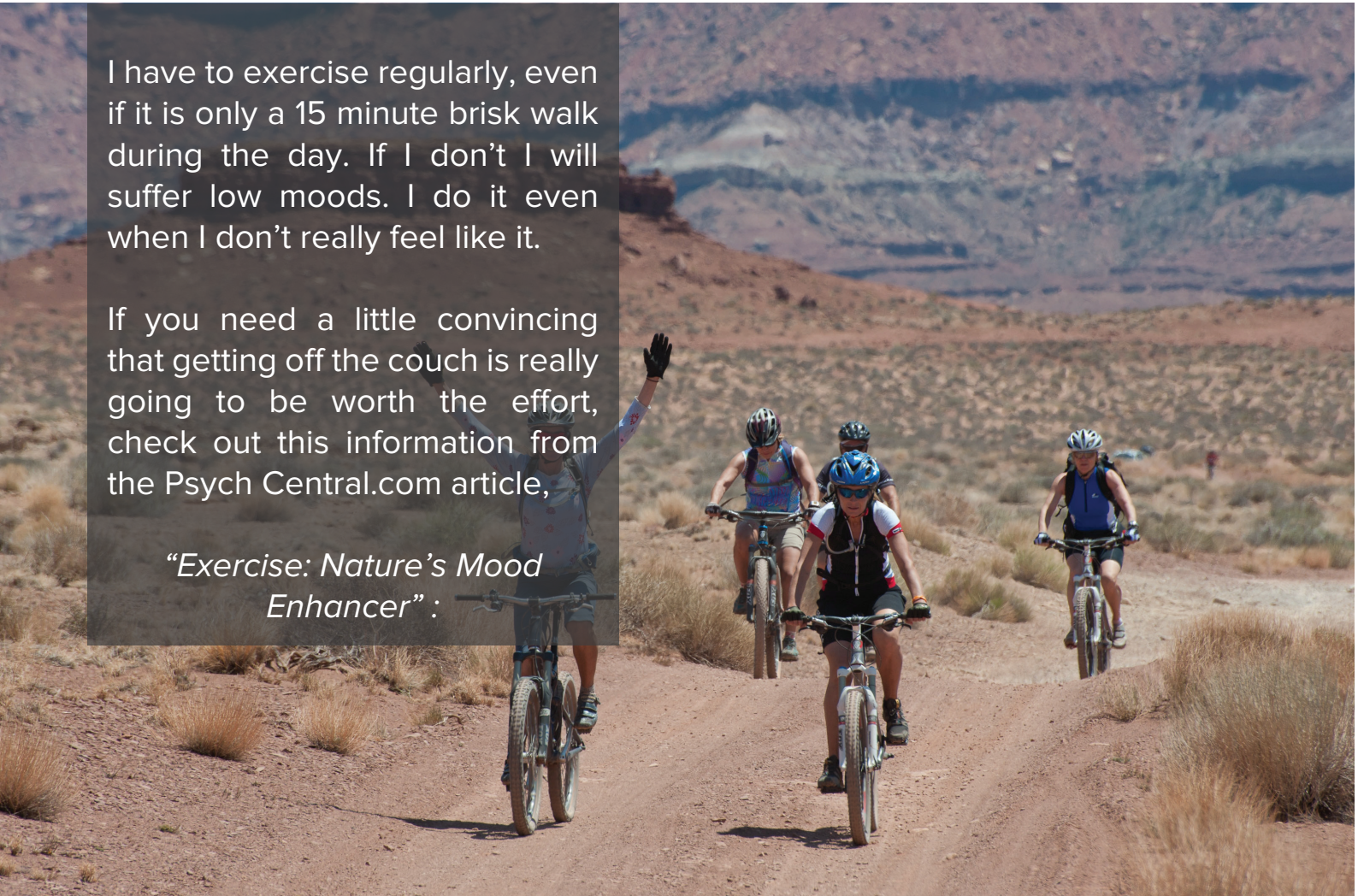
Tip # 4

Exercise Daily

I have to exercise regularly, even if it is only a 15 minute brisk walk during the day. If I don't I will suffer low moods. I do it even when I don't really feel like it.

If you need a little convincing that getting off the couch is really going to be worth the effort, check out this information from the Psych Central.com article,

“Exercise: Nature’s Mood Enhancer” :



“Daily workouts are the best way to maximize the happiness effect. Weekend warriors and people who exercise every other day are less likely to feel a mood boost.”

“Daily exercise becomes a self-reinforcing habit motivated by positive feelings. Once your brain associates workouts with happiness, you’ll wonder how you managed so long without those running shoes.”

Or walking shoes... It doesn't matter what you put on your feet, just get out and do something. And that doesn't mean you have to start training to run a marathon or spend two hours at the gym. Research supports the proposition 'every little bit counts'

The below is quoted from an article on HelpGuide.org

“The Mental Health Benefits of Exercise” :

“Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. And you don’t have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference.”

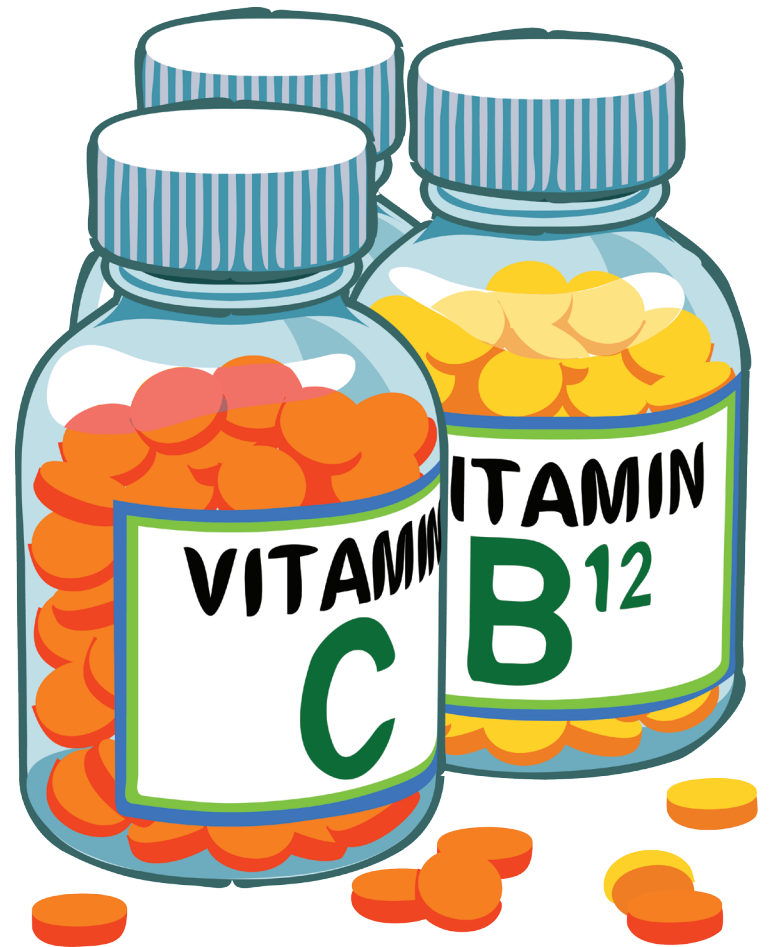
I know you are now convinced that getting regular doses of physical activity is going to boost your mood and help it stay boosted. And you are now committed to putting this knowledge to good use; yay you!

Tip # 5

Daily Multivitamin or Green Food Supplement

This is my favorite tip because I know how beneficial it can be to boosting moods and staying well. And science supports this fact over and over again. Check out this information from an Institute of Food Technologies (IFT) article:

“Vitamins and Minerals Can Boost Energy and Enhance Mood” :



“Bonnie Kaplan, Ph.D., professor in the faculty of medicine at the University of Calgary, Alberta, Canada, said Monday vitamins and mineral supplements can be the alternative to increasing psychiatric medicines for symptom relief of anxiety and depression. The supplements, she said, also can provide the mental energy necessary to manage stress, enhance mood and reduce fatigue.”

Excellent news, no?

But what vitamins should you be taking and in what amounts?

If you have specific issues you need to address (heart condition, allergies, anxiety) you will need to do specific research on that topic and consult a medical professional.

But if you are simply wanting to stay well, feel good and keep your energy levels high - go for the middle ground. Purchase a quality multivitamin or a Green Food supplement and take daily. Both will have a mix of the basic nutrients you want to make sure your body is getting without relying on diet alone.

As well, periods of stress or illness can affect the nutritional needs of our body and what our daily intake should be. That's another good example of a situation that would warrant consulting a licensed nutritionist, counselor or physician.

If you want a suggestion of a reasonably-priced product. to try, the company Amazing Grass has a vegetarian Green SuperFood product that comes in capsule or powdered form, is organic, gluten and GMO free and only \$23 for 150 capsules

It is made with organic alkalizing greens, antioxidant fruits and herbs plus other superfood ingredients such as: alfalfa, wheat grass, barley grass, Spirulina, spinach, chlorella and broccoli and much more. And you didn't even have to go to the grocery store!

The recommended intake is five capsules per day, I use this product and take three a day. You can purchase this and many more supplements, herbs and natural health care products at lherb.com.

Here's to your good mood health, Molly

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