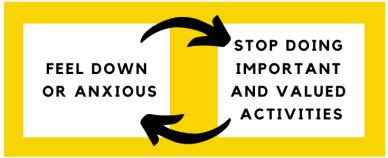


IMPROVE YOUR MOOD

BY CHANGING HOW YOU SPEND YOUR TIME

WHEN YOU STOP DOING THINGS BECAUSE OF YOUR MOOD, IT CAN BECOME A VICIOUS CYCLE.



- MAKE A LIST OF THE THINGS YOU DID DAILY OR WEEKLY IN THE PAST WHEN YOU FELT LESS DOWN OR ANXIOUS.
- OR ANXIOUS. HOW WOULD YOU BE SPENDING YOUR TIME? ADD THOSE THINGS TO THE LIST.
- EACH DAY IN THE COMING WEEK, PLAN TO DO AT LEAST ONE THING FROM YOUR LIST. ASK A FRIEND TO KEEP YOU ACCOUNTABLE, IF THAT HELPS.