



## **5 Ways to energize your mood in a stressful and difficult new normal (eBook)**

For more information log onto: [www.charlottecounselors.com](http://www.charlottecounselors.com)

## 1<sup>st</sup> Way to Energize Your mood:

### *Breathing*



I know, I know, breathing, really? Yes, really. Breathing has shown to have many wonderful benefits. Have a lot of stress in your life? Read on:

Breathing helps with releasing toxins. Due to this it can really help with lowering stress and minimizing anxiety. It helps with focusing and bringing in clarity. It also strengthens muscles and the immune system and improves the nervous system. Good deep and focused breathing can also aid in healthier digestion and helps to improve your lungs and heart. Lastly Breathing elevates mood and helps with increasing energy. Need to work on patience with your kids or partner, breathing can really help with by slowing you down before you say or do something you regret. Good Deep breathing can help with this and so much more. You can start by clicking below to learn how to do deep diaphragmic breathing in 2-3 minutes each day. You can also set a reminder on your phone for morning, noon and night to make sure you are taking a deep breath throughout the day. Need more evidence, try it for 1 week to see how it helps you.

<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

## 2<sup>nd</sup> Way to Energize you Mood

### Meditating



Being in the moment, or what many individuals that meditate call “being present” can be challenging in a fast-paced world. I often have clients that state that meditation does not work for them or that they do not have time. However, did you know that you can meditate in as little as 1-2 minutes per day?

Meditation reduces stress, by slowing down harmful stress hormones. Meditation can also help with promoting better sleep, better digestion and decreasing high blood pressure. Many individuals are struggling with symptoms of depression (feeling sad) or anxiety (worried about the future), and daily meditation can help lower these as well.

There are many wonderful types of mediation, and a great place to start is mindfulness meditation (see a link below to get started for free). Mindfulness mediation can help with the symptoms and ailments described above and can also help with better self-awareness of who you want to be, help with better attention span, can help with age-related memory loss and even be a tool with dealing with addictions. Lastly, consistent meditation can even help with reducing the effects of pain in the body. All of this in just a few minutes a day. Meditation is just one great tool to use, and I often have my clients set a reminder to do this. There are many great meditation apps such as: Insight Timer, Calm and headspace. You can also find some meditations on YouTube. The best way to get started is to find a quiet place

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and time, usually in the morning before things get busy or in the evening as a way to settle your mind. As you practice meditation you may find that you can slowly work your way up to 10-20 minutes per day. However, even if you meditate for only 1-3 minutes a day, meditation still has great benefits.

To start meditating today, click on the link below for a popular meditation app.

**<https://insighttimer.com/>**

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### 3rd Way to Energize you Mood

#### Exercise

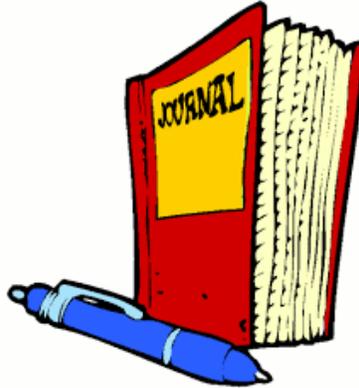


Another common and highly effective healthy coping strategy to fostering mental health is exercise. This does not necessarily mean going to the gym every day and exercising 90 or more minutes. Let's be honest, not many of us have the time or focus or even physical ability to commit to this type of intensity. If you are the exception, bless you and keep it up. For the rest of us simply being physically active be it playing a sport, walking, cycling, swimming and more may improve our physical endurance as well as our mental clarity and emotional stability and decrease the symptoms of stress, anxiety and depression. Yes, there is neuroscience that supports physical activity bettering mental health and quality of life. By simply being physically active one may experience increased mental clarity, a boost in energy, a sense of achievement, a euphoric feel-good moment that can last well past the time of exercise, decreased fatigue, improved quality of sleep and a happy primary care physician. These shifts may also be just what one needs to keep from isolating as often and be able to seek community or connection with others. My encouragement is to start slow and incorporate physical exercise regularly to receive the benefits shared above.

For additional information on exercise and mental health please refer to the following link: [Exercise for Mental Health \(nih.gov\)](https://www.nih.gov/exercise-mental-health)

## 4th Way to Energize you Mood

### Journaling



You may have heard from a friend, a counselor or a speaker encouraging you to journal out your thoughts. You, like many, may be resistant to spending time to slow down and write. Despite this possible hesitancy there is significant benefit to journaling that provides a healthy coping strategy to deal with life stressors and promote overall quality of life. One of the major benefits to journaling is it does allow you to take time and slow down. This slowing down your daily pace can provide peace and relaxation as you reflect on the happenings of your life. Journaling also allows you to better identify and connect to your emotions at any given time. Many of us become overwhelmed with emotions and some of us try to avoid or numb our emotions because they are uncomfortable or seem overpowering. By taking time to reflect on and journal out thoughts, experiences and emotions we may become more self-aware and better attuned to our emotions. Journaling is also an experiential exercise that literally allows you to release the mental and emotional clutter that can build up on our minds. It also provides opportunity to gain clarity and make more sense of our experiences. Another benefit of journaling is it can take many forms including writing out private thoughts, exploring emotional experiences, remembering specific events, reflecting on what was learned during the day, reflecting on what you are grateful or appreciative of in your life and more. The last example is a personal favorite as it trains our brain to focus on the positive and good things in our life when it is so easy to be stuck

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focusing on the negative or hurtful things. By journaling daily, you will likely experience increased mental clarity, increased positive energy and focus, improved emotional understanding, better quality of sleep, less stress, lower anxiety, and better stress management. My encouragement to you is to set aside or schedule a time during your day and take 5 or more minutes to journal about what you are thinking and feeling and notice the immediate sense of relief you may have through this timeless experiential activity.

For more information on the benefits of journaling please refer to the following links:

[Journaling for Your Health | Features & Spotlights | Resources & Publications | Diabetes | CDC](#)

[Journaling for Mental Health - Health Encyclopedia - University of Rochester Medical Center](#)

[Online Positive Affect Journaling in the Improvement of Mental Distress and Well-Being in General Medical Patients with Elevated Anxiety Symptoms: A Preliminary Randomized Controlled Trial \(nih.gov\)](#)

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## 5th Way to Energize you Mood

### Vitamins



Some of you may remember your parent or caregiver asking you to take your vitamins, such as a popular character kids' multi-vitamin while growing up. Today you see advertisements for all kinds of different vitamins promising all sorts of benefits and the health aisles at the grocery store are filled with many different options. This can feel overwhelming and become something easily avoided or dismissed. The financial cost and the time spent to determine what vitamins may be most beneficial can also be a deterrent. However, the benefit of quality vitamins, with emphasis on quality, is astounding. The appropriate kinds of vitamins may improve your energy level, mental focus, emotional stability, mood and decrease anxiety and depression symptoms among other things. The key is to understand what various vitamins do and what are the optimal sources, such as fruits and vegetables or quality of the vitamin for increased absorbency. You may notice your urine turns a deep yellow after taking vitamins and this is due to absorbency or lack of absorbency. The body will absorb what it needs and expel the rest. Some vitamins absorb better than others. It is worth the time to research which vitamin brands develop more absorbent vitamins. The best source for vitamin intake is typically in what you eat, such as fruits and vegetables. However, even our food supply and typical diets are deficient in many essential vitamins which is why taking vitamin supplements may be necessary to obtain optimal benefit of having a well-

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nourished mind and body. Another benefit and a primary benefit to taking quality vitamins is the impact on brain health. Brain health has been linked as an indicator to overall health, including physical, mental, cognitive and emotional. Many vitamins are absorbed by the brain allowing for improved brain functioning. The brain directly impacts one's ability to process and manage stress, manage and stabilize emotions, memory, energy level, motivation, focus, anxiety and depression symptoms among many other functions and impacts. Therefore, it is essential for our brains to be as healthy as possible to improve our overall level of functioning and improved health. Please consult with your doctor, chiropractor, nutritionist or pharmacist about what vitamins may be most appropriate for you to take.

For more information on the benefits of taking quality vitamins and additional information that also offers counter arguments please refer to the following links:

[12 Amazing Health Benefits of Vitamins - Natural Food Series](#)

[BrainMD | Brain & Health Supplements | By Dr. Daniel Amen - YouTube](#)

[Is There Really Any Benefit to Multivitamins? | Johns Hopkins Medicine](#)

[Supplements: Nutrition in a pill? - Mayo Clinic](#)

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