

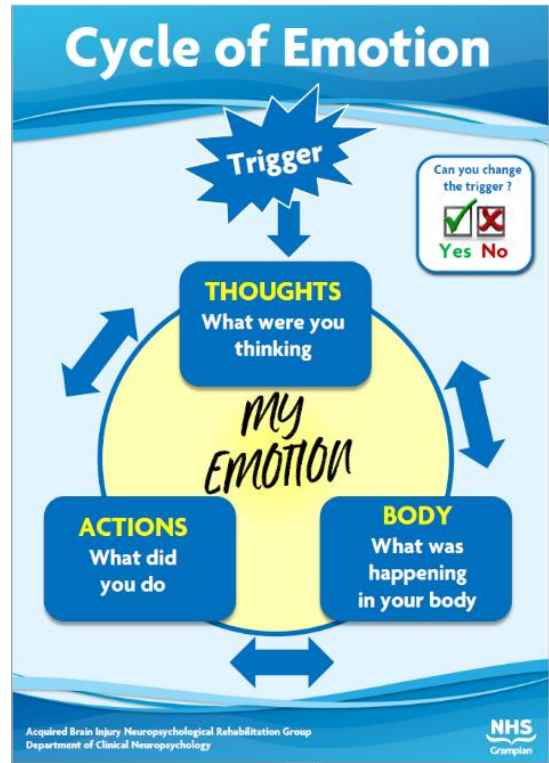
**Session Summary: Boosting Mood**

Our mood changes often, throughout the day, and from day to day. It is important to understand that after a difficult experience – like a major injury – it is normal to have periods of low mood and variations in mood.

If low mood is persistent or begins to impact your day-to-day life and relationships, understanding your “mood cycle” can be useful for making helpful changes.

**Understanding the cycle of low mood**

Changing one part of the cycle can have a knock-on effect. You can change how you feel (emotions) by altering your thoughts, behaviours, or physical sensations. For example changing your thinking to be more balanced, or taking part in activities you enjoy, can lead to more positive emotions.



**Thinking Styles**

Low mood is common and is often related to patterns of thinking which have become a bit stuck in seeing things in a certain way. These ‘unhelpful thinking styles’ are habits which tend to come from a place of problem solving (such as trying to avoid being hurt), but can become unhelpful. Noticing these thinking styles can be the first step towards changing our thoughts to make them more balanced. Do you ever find yourself caught in these unhelpful thinking styles?

Catastrophizing	Unrealistic Expectations	All or Nothing	Gloomy Glasses	Self Blame
<ul style="list-style-type: none"> <li>Imagining the worst possible outcome</li> </ul>	<ul style="list-style-type: none"> <li>Setting expectations at a level that you or others are unlikely to meet.</li> </ul>	<ul style="list-style-type: none"> <li>Using a "Black and white" approach</li> <li>"If I don't do this perfectly I have failed"</li> </ul>	<ul style="list-style-type: none"> <li>Only noticing or remembering the negative things</li> <li>Ignoring or discounting positives</li> </ul>	<ul style="list-style-type: none"> <li>Feeling responsible for any/all negative events</li> <li>"it's all my fault"</li> </ul>

When you notice yourself feeling low, do you notice your thoughts? Are you thinking in terms of an unhelpful thinking style? Try asking yourself these questions:

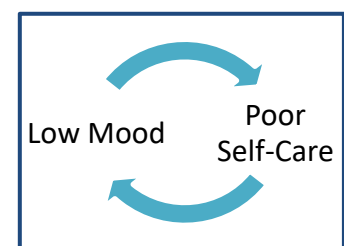
- *“What thinking style am I using right now?”*
- *“What might be a fairer/more accurate thought?”*
- *“What would I say to my best friend if they said this to me?” (We are often far kinder to loved ones than ourselves)*

## Behaviours

Helpful Behaviours	Unhelpful Behaviours
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Meeting with friends	<input type="checkbox"/> Avoidance
<input type="checkbox"/> Taking part in a hobby	<input type="checkbox"/> Withdrawing
<input type="checkbox"/> Trying something new	<input type="checkbox"/> Rumination i.e. "Over-thinking"
<input type="checkbox"/> Relaxation exercises	<input type="checkbox"/> Excessive alcohol or substance misuse
<input type="checkbox"/> Having a routine	<input type="checkbox"/> Poor Sleep

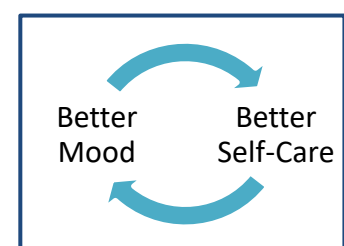
### Focus on the basics!

When we feel low we can often neglect our basic needs for sleep, diet hydration and adherence to medication. These factors can impact mood – so it’s particularly important to take good care of ourselves when our mood is low!



### Tip to improve mood using behaviours

Using the diary (attached) try planning activities throughout the week. Score your mood immediately before and after the activity (0= Terrible, 10 = Great).



## Goals

Goal-setting is essential to achieving positive outcomes in rehabilitation – we suggest that you make your goals “SMART”:

### Specific

- Make it clear what you wish to work on

### Measurable

- Work out a way of quantifying your success

### Achievable

- Your goal should be something you can plan to achieve

### Realistic

- Practical in a way that can be attained in real life

### Time-Bound

- Helps to make the goal more focussed

## My Goal

Choosing a goal can help you to develop a clear, achievable plan to work towards boosting your mood. You may wish to write your goal here;

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If you have any questions about the Major Trauma Wellbeing Group please contact:

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## MOOD DIARY/ACTIVITY SCHEDULE

(Adapted from Beck, Rush and Shaw, 1979; Jacobsen, Martell and Dimidjan, 2001)

MOOD DIARY: Record events over the week, how they make you feel and how much you feel it on a 0-10 scale (eg. Sad – 7, happy - 8)

ACTIVITY SCHEDULE: Plan your week to improve your work/life balance and improve your mood. Balance work, rest, play and social activities and record your mood, the effort involved in the activity and how pleasurable it was on a 0-10 scale. Pace yourself and make sure it is achievable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

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