

5 TIPS TO REGULATE MOOD AND ANXIETY

by Noor Awad

01. JOURNALING

REIGNITING OUR MIND TO MAKE SPACE FOR WHAT MAKES OUR HEARTS FULL BY BEING THANKFUL AND GRATEFUL TO THEM. JOURNALING ISN'T SUPPOSED TO NEGATE THE PAIN SOMEONE MAY BE FEELING. RATHER ACCEPT OUR HUMANNESS OF THE COMPLEXITY THAT WE COULD FEEL GRATEFULNESS AND PAIN OR GRIEF TOGETHER, MAKING SPACE FOR BOTH.



02. MOVEMENT & EXERCISE

KEEP EXERCISING AS PER YOUR USUAL ROUTINE AND SPECIFICALLY DO SOMETHING CHALLENGING/NEW THROUGH AEROBIC EXERCISE, SPECIFICALLY RUNNING IF YOU CAN (ALTERNATIVES ARE BIKING OR SWIMMING). IF YOU'VE NEVER RAN, DO IT FOR UP TO A MINUTE OR MORE (REMEMBER TO PUSH YOUR LIMITS), THEN RECORD HOW LONG YOU DO THAT FOR THE FIRST TIME. NEXT DAY, INCREASE YOUR TIME (EXTRA 30 SECONDS) OR DISTANCE (RUN TILL THE FARTHEST TREE!). THE GOAL IS TO CHALLENGE YOURSELF MENTALLY AND REWIRE OUR BRAIN TO WITNESS WE CAN OVERCOME AND WE ARE CAPABLE!



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03. RANDOM ACTS OF KINDNESS

RANDOM ACTS OF KINDNESS INCREASE SEROTONIN IN OUR BRAIN: DO ONE A DAY, THIS SHOULD NOT BE PRE-PLANNED BUT RATHER ON THE SPOT. PASSING BY YOUR NEIGHBOUR ON A WALK? SMILE, AND SAY HI. PASSING BY THE SECURITY TEAM OF YOUR HOME/OFFICE? BUY THEM A SNACK OR LUNCH. THE CATCH HERE IS NOT TO PRE-PLAN, SHOULD REQUIRE LITTLE EFFORT AND BE RANDOM. WE WANT OUR BRAIN TO NOTICE THESE OPPORTUNITIES IN OUR DAY TO DAY.



04. MEDITATION & BREATHING (CONNECTION)

WHETHER YOU INCLUDE THIS AS PART OF YOUR DAILY YOGA OR DAILY PRAYER/RITUAL, GIVE YOURSELF 5-10 MINUTES A DAY WHERE YOU GROUND YOURSELF. 1) CONNECT WITH YOUR HEART AND HOW YOU FEEL, BE GENTLE AND MERCIFUL WITH YOURSELF 2) MAKE SPACE FOR YOUR EMOTIONS AND THOUGHTS, VALIDATE THEM DON'T FIGHT THEM

THEN LET THEM PASS GENTLY. 3) IT IS ESSENTIAL TO USE THIS SPACE TO CONNECT WITH YOUR HIGHER POWER. CONNECT WITH GOD/THE SOURCE/THE CREATOR. (WHATEVER YOU BELIEVE IN, THE GOAL IS TO CONNECT AND BE FULLY PRESENT). 4) BREATHE IN FOR 4 SECONDS, BREATHE OUT FOR 8 SECONDS. REPEAT. TRULY FEEL THE AIR FILL YOUR LUNGS HEART AND BODY. THEN RELEASE, AND IMAGINE YOURSELF RELEASING ALL THE TOXINS OUT OF YOUR BODY.



05. LEARN NEW SKILLS

POTTERY, PLANTING, COOKING. ANYTHING YOU WOULD LIKE USING YOUR HANDS. WE WANT TO CONNECT WITH OUR SENSE OF TOUCH AND RE-AWAKEN OUR GOD-GIVEN VESSEL.

RESEARCH HAS SHOWN THAT USING OUR SENSE OF TOUCH CAN DO MAGIC FOR OUR BRAIN'S HEALING AND MOOD REGULATION IN THE AMYGDALA.

