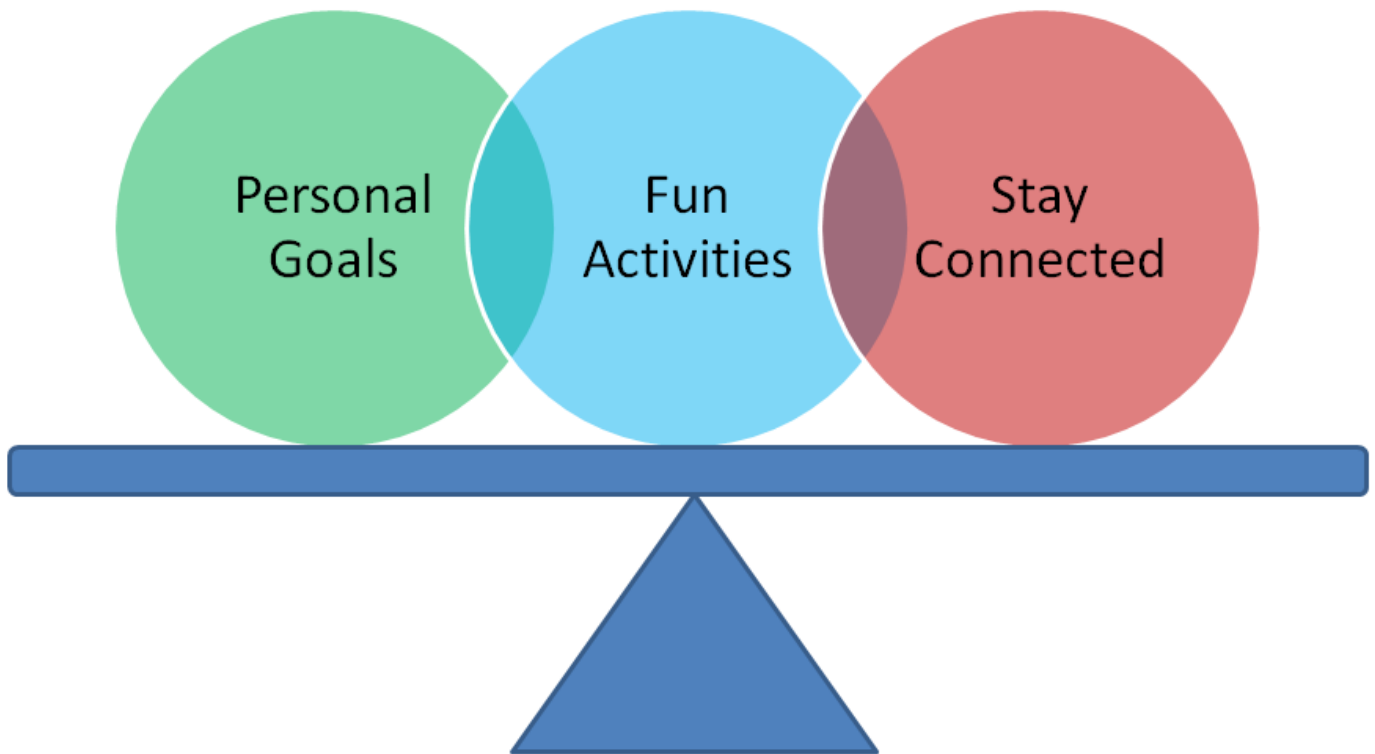


CHANGING BEHAVIOUR CAN CHANGE MOOD



Having a balance of personal goals, fun activities and connectedness can affect our mood positively. Having an imbalance by spending most of your time working, or keeping busy with household chores with no time for fun or socialising, may start to leave you feeling low and isolated. Equally, if you're not doing things that are important and spending most of your time relaxing or pleasure this will also have an impact on your mood.

**Personal Goals:** What are your short, medium and long term goals?  
*"Could you read a book?" "Could you learn a new skill?"*



**Fun activities:** Are you making time for yourself to enjoy things?  
*"Could you make time to enjoy your hobbies?" "Could you watch a new TV show?" "Could you do something creative?"*

**Stay Connected:** are you staying connected to family/friends  
*"I will call my best friend and have a chat and virtual tea."  
"Could you join a new group?"*

