

Mood Journal

Our mood is directly connected to our health. It's not a secret that stress is the silent killer. It's very important as we embark in this journey to repair our bodies physically we take care of ourselves mentally. Our mental health directly impacts our hormones, such as cortisol, that keeps the body in a stressed state when elevated. This will actively work against our physical actions such as, eating right, exercising and supplements.

This exercise is to bring awareness of your triggers and actions. With this awareness you will be more empowered to see the cycle that may lead you down an unproductive path. Or even a path that works against your progress.

Ideas for productive stress coping

- 1) Deep Breathing
- 2) Go for a walk
- 3) Repeat your mantra
- 4) Do a quick body scan and relax the body
- 5) Journal
- 6) Turn on happy music
- 7) Look at a picture of your children or the next vacation planed.
- 8) Know that 80% of our daily stresses won't matter in 5 years so it's not worth spending 5 minutes on.

Here's the thing, you will have to experiment to see what feels best for you and what will fit different scenarios best. Use a combination. It's also normal for them to feel uncomfortable and irritating at times. It means there are changes happening. You are leaving the previously programmed ways behind and creating new ways of living. The body is resistant to change so you have to mind over matter it, relax into it, and know your making great changes. Stick with it and be gentle with yourself.

I highly recommend keeping a journal that covers all over your thoughts and obstacles. Make this journal in your phone or purchase a separate notebook. Write in it daily! This will be a section to add in whenever needed or even at the end of the day while you are reflecting.

Example:

Date:

My mood is? Frustrated

What triggered my mood? People at work, too much drama

What actions did my mood provoke me to do? I want to eat, go for a walk to the vending machine.

Was this productive? Not productive

What is an alternative action to coping? Take a walk outside the building