

Ultiself Advanced Mood Routine

Are you sure you are in control of your emotions, and not the other way around? Practice these habits and make sure they don't become an obstacle.



Mindfulness - Being aware of your emotions, thoughts and behavior makes it easier to manage your emotions.

ACTION - Practice meditation, single-tasking or another mindfulness technique on a daily basis.



Identifying Emotions - Identifying and labeling your emotions decreases stress and anxiety levels.

ACTION - When you feel something: pause, identify your emotions and what happened before them.



Behavioral Activation - Doing activities that match your goals improves your mood and gives you a sense of purpose.

ACTION - Identify some values and choose activities that match them. Create a weekly activity plan and do it.



CBT Worry Postponement - Intense worry wastes energy and drains your mind.

ACTION - Set a time of day to worry and avoid doing it outside of this moment.



DBT Opposite Action - Some intense emotions lead to impulsive action and regret.

ACTION - Practice opposite action when you feel intense emotion and it interferes with your goals.