

Ultiself Mood Routine

Use this powerful routine to improve your outlook on life. Minimize depression and be more happy, joyful and enthusiastic and ready to take on the world!



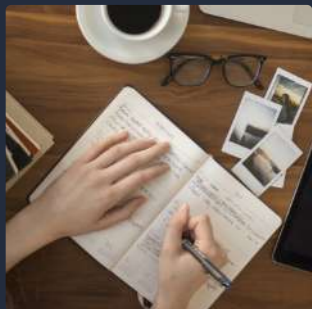
Gratitude - Just being grateful for what you have improves your mood and mental health.

ACTION - Think or write down regularly 3 things you are grateful for.



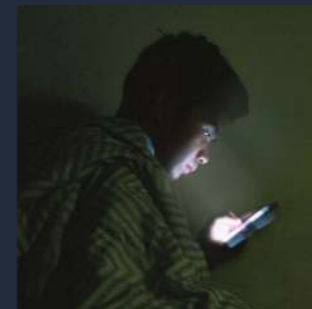
Mood Boosting Probiotics - Your gut is your second brain.

ACTION - Ensure a good mood by boosting your gut microbiome with probiotics.



Journaling - Being in touch with your desires, needs, goals and dreams gives you comfort and boosts your mood.

ACTION - Write down every day what you feel and possible explanations for it.



Digital Sunset - Blue light from screens messes with essential melatonin production that you need while sleeping.

ACTION - Avoid contact with screens for at least one hour before sleeping.



Goal Review - Setting and achieving goals is essential for your satisfaction.

ACTION - Write down and celebrate all the tasks you completed during the day.



Stretching - Stress and tension in your body prevents you from feeling happy.

ACTION - Stretch and relax your body for 15_20 minutes every day.



Breathing Exercise - Breathing affects your autonomic nervous system contributing to decrease the amount of cortisol into your body.

ACTION - Spend three minutes doing breathing exercises every day.



Socialize - Being with other people increases your feeling of belonging within a community and improves your mood.

ACTION - Share activities and interests with your friends and family every day.