

Managing Mood during Trying Times

Many of us are feeling intense emotions following the recent election. Although we cannot directly influence our mood, we can improve our mood by influencing factors we can control. As we think of ways to continue our political work, we must take care of ourselves. Just as when we are instructed to put on our own oxygen mask before helping others should we need oxygen while flying, we must take care of ourselves through this period that is likely to be tumultuous and distressful to many of us. We can only help others when we keep ourselves functioning well.

Focusing on ways we can improve our mood is important. Making sure that we are thinking in ways that contribute to our mental health, engaging in pleasant activities that support our mood, and increasing or engaging our social networks to provide support. Below is a link to a manual for cognitive behavioral therapy for depression. It includes information and activities that have been shown to be effective in treating and preventing depression. Working through the manual information and homework assignments could be useful in improving your mood through this difficult time.

https://www.rand.org/content/dam/rand/pubs/monograph_reports/2005/MR1198.6.pdf