

The AWED Mood Shift Guide

How to Shift Your Mood

Because not every day is a good day and that's normal.

PART 1:

NOTICE WHAT'S HAPPENING INSTEAD OF FIGHTING IT

Before you try to fix your mood, take a moment to pause.

Ask yourself:

- What am I actually feeling right now?
- Is this emotional, physical, or both?
- Did something trigger this—or did it just show up?
- Is there something I can do to change it right this minute?
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Being aware of your feelings can make things feel easier.

Trying to fight your feelings often makes them harder to handle.

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PART 2:

MAKE A SMALL SHIFT IN HOW YOU FEEL

You don't have to start over completely.
A small change is often enough.

Try one of these:

- Move Your Body (even slightly)
- Take a walk
- Stretch
- Change rooms
- Step outside
- Make your bed (Yes, this really does help)
- Move your arms up and out 10 times each while standing

Moving your body can change how you feel faster than just thinking about it.

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Change Your Input:

- Turn off the news or social media.
- Put on music (see playlist below)
- Listen to something uplifting or grounding.

What you take in, like news or music and movies or TV shows, can affect your mood.

Reset Your Environment:

- Open a window
- Light a candle
- Clean one small area
- Take a shower

Your environment can influence how you feel inside.

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Do One Small Thing

- Send a text to someone who makes you feel good.
- Drink water.
- Eat something nourishing or just yummy.
- Read one page of an actual book in hand.
(Picture books are my fave for this)
- Do a puzzle
- Cross one thing off your to-do list.
- Take a deep breath in for 4 counts, exhale for 4 counts (do this five times)
- Name five things in the room.
- Hold your own hand. Energy from one hand to the next is real

Small accomplishments can help you build momentum and change perspective.

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PART 3: NOTICE YOUR THOUGHT PATTERNS

When your mood drops, your thoughts often follow.

Watch for:

- “Everything is off.”
- “Nothing is working.”
- “Why am I like this?”

Instead, try:

- “I’m having a moment, NOT a bad life.”
- “This will pass.”
- “I don’t need to solve everything right now.”

Talk to yourself the way you would talk to a friend because you are your best friend.

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PART 4: CONNECTION CAN MAKE A BIG DIFFERENCE

Isolation deepens low moods.

Try:

- Calling or texting someone safe
- Sitting near people (even in public), head to your local coffee shop.
- Sharing honestly instead of pretending you're fine.
- Find a good online mental health resource.

You don't always need advice; sometimes just having someone there helps.

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PART 5: CREATE YOUR OWN RESET LIST

Create your personal “mood shift” list:

- 3 people you can reach out to
- 5 things that always lift you
- 2 places that calm you
- 1 activity that grounds you

Keep your list simple and easy to find.
Use. Tape it to a mirror or wall.

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BONUS:

10 SONGS TO HELP SHIFT YOUR MOOD

(You can tweak these to your taste)

- “Good as Hell” – Lizzo
- “Lovely Day” – Bill Withers
- “Shake It Off” – Taylor Swift
- “Here Comes the Sun” – The Beatles
- “Roar” – Katy Perry
- “Walking on Sunshine” – Katrina and the Waves
- “Unwritten” – Natasha Bedingfield
- “Happy” – Pharrell Williams
- “Brave” – Sara Bareilles
- “Stronger” – Kelly Clarkson

BONUS:

10 Quick Ways to Reset Your Mood

- Hold your own hand for a full minute
- Put your hand over your heart and breathe slowly
- Step outside for fresh air
- Splash cold water on your face
- Change rooms or your environment
- Put on music and let it shift you
- Take a short walk (even 5 minutes)
- Drink a glass of water
- Text someone you trust
- Say to yourself: **“This is a moment, not my whole day”**

Print and tape to wall or mirror

FINAL THOUGHT

You don't need to feel amazing every day.
But you also don't have to stay stuck.

Sometimes, changing your mood isn't about
making a big change.

It's about doing something small... on purpose.

CALL TO ACTION **(Important for your growth)**

If this helped you, share it with another woman
who might need it today.

And if you haven't already, join us on the AWED
website and social media, where we learn to
understand ourselves and each other, one
conversation at a time.