

Week 3/Video 8: Other Behavioral Techniques

So, far we have highlighted several behaviors that influence mood, including sleep hygiene, exercise, nutrition, socializing, and pleasant and mastery activities. These are the heavy hitters in impacting mood. However, there are numerous other things we can incorporate in our life patterns that will lead to improved mood.

Before we look at a list of other tips, I want to remind you that you should only pick a few things to work on at a time. We don't want to overwhelm you by suggesting that you do everything at once; that would be unrealistic and too much. If you are dedicated to modifying exercise and socializing, start there. When you are ready to make changes in other areas, incorporate new tips.

On **page 33** of your workbook there are a number of additional techniques to consider; including finding sunlight, listening to music, and my favorite dancing. You don't have to mark anything or commit to any of these things right now, but review these behaviors and consider what you already do or times when these things have helped boost your mood. When your ready move on to the next video where we will see how all the techniques we have been learning tie together.