



LOW MOOD

1. Increase exposure to natural sunlight - starting as soon as you wake.
2. Set a goal to improve sleep by 30 minutes per night. If sleep is tough, follow our Sleep tips as a priority
3. Reduce alcohol. Although it can feel like it helps you relax or escape, alcohol increases irrational thoughts, interrupts your body's sleep cycle, and is a depressant.
4. Exercise. Even small amounts of movement improve mood - especially if you can get outside with nature
5. Factor in time each day for being in the moment. It might be a dog walk, music or watering a plant.
6. Keep up a healthy diet and water intake, which can otherwise contribute to feeling lethargic and lacking motivation.
7. Social connection is important. If it feels overwhelming, choose people who add to your energy and don't deplete it
8. Avoid overthinking on things that are outside our control, in the past, or that we don't yet have enough information on.
9. Jump on www.performancestory.com.au and book a chat, or head to OML.world and do a free Check-in
10. Make time to talk with your GP