

## Improve Mood Action Plan

### 1. Activity

<b>General</b> e.g. start ticking off the 'to do' list. Vacuum one room of the house.	Achieved yes/no	Impact on mood

<b>Exercise</b> e.g. walk for 10 mins x3 per week. Take the dog out every day.	Achieved yes/no	Impact on mood

### 2. Nutrition

e.g. Make sure I eat breakfast every day. Eat vegetables with every meal.	Achieved yes/no	Impact on mood

### 3. Thoughts

Unhelpful thought	Challenge	More helpful thoughts

*If the information provided above resonates with you, it's time to do something about it. It's up to you to put in place a plan to start addressing and improving some of the symptoms you have identified. If you struggle with this, or your mood is too low to contemplate doing it on your own, contact PeopleSense (08) 9388 9000 or 'contact us' page [www.peoplesense.com.au](http://www.peoplesense.com.au) to discuss how a psychologist may be able to assist you to do this.*

*PeopleSense only use Psychologists for their counselling services and are skilled at assisting people to recover and put their lives back in order. There is no problem too small or too large that we cannot help with.*