Improve your mood

Use these tips to boost your mood when you are feeling down. They can help you sleep better, lower anxiety and depression.

1. **Take time for yourself.** Practice yoga, listen to music, meditate, or get a massage. CHN offers free yoga and meditation classes each week.

2. **Eat small, balanced meals often.** Do not skip meals. Keep healthy snacks on hand that will boost your energy.

3. **Limit alcohol and caffeine.** Alcohol and high levels of caffeine can make anxiety and depression worse. They can also trigger panic attacks. Instead, try water or green tea.

4. **Sleep.** Try to get 8 hours of sleep each night. If you have trouble falling or staying asleep, try deep breathing. If you have trouble waking up, set an alarm.

5. **Move your body each day.** Moving your body can help you feel good and stay healthy. Dance to your favorite song, take a walk in the park, or bike along the water.

6. **Do your best.** Aim to do your best, not to be perfect. Always be proud of the goals you have reached.

7. **Stay positive.** Try to replace your negative thoughts with positive ones.

8. **Laugh.** Laughing can relieve tension and stress. It can also relax your muscles.

9. **Talk.** Talk to a friend or family member about what's bothering you. Let them know how they can help you.

10. **Write in a journal.** Writing down your thoughts and feelings can help you manage them. This will help you look for patterns and find out what triggers your anxiety and stress.

**For questions about wellness, contact
(212) 432-8494 or wellness@chnnyc.org**

Community
Healthcare Network

Care you feel good about.   **www.chnnyc.org**