KELLY MENTAL HEALTH

HOW TO FEEL BETTER IMMEDIATELY

(WITHOUT MAKING THINGS WORSE)

WHICH THOUGHTS ARE FEEDING THE MONSTER?

Negative feelings are signals, like traffic lights. It's up to you to interpret them and figure out what they are trying to tell you. What are the thoughts that are feeding those feelings? Are you making unfair assumptions?

BE AN OBSERVER

Rather than being overcome by the negative feeling and letting it dominate your entire being, step back from it. Examine the feeling, making mental notes on how it actually affects you. Keep in mind, feelings are hormonally driven, so there are physiological changes happening in your body that reinforce those negative thoughts.

MAKE ROOM FOR A PERCENTAGE OF HAPPINESS

If the whole of your being is 100% negative right now, you've got to carve out some room for positive. Don't undervalue even a single percentage of positive, because every bit offsets the negative and gives you a much-needed break from the discomfort.

REVERSE THE PHYSIOLOGICAL EFFECTS

Even if you don't feel like a calm, relaxed, content person, try acting that way for even a minute. Smiling when you don't feel happy has been shown to actually increase feelings of happiness and contentment.

"The key to being happy is knowing you have the power to choose what to accept and what to let go."
- Dodinsky

TURN ON MUSIC THAT WILL MAKE YOU FEEL THE WAY YOU WANT TO FEEL. NOT THE WAY YOU DO FEEL.

TURN ON MUSIC THAT YOU DO NOT LIKE, AND SEE HOW LONG YOU CAN STAND LISTENING TO IT.

AN OLD FASHIONED REACH-OUT

Think of someone you haven't spoken to in a long time, and then reach out via Facebook, Email, or even phone to ask how they're doing and to extend a compliment.

WALK AT A PACE THAT MATCHES YOUR MOOD

Avoid setting some impossible standards that are out of your realm of normal, like expecting that you have to go do yoga or run a 6-minute mile for exercise to be worth it.

FIND A DOG AND LET IT LOVE YOU

Do you have friends who own dogs? Do you have one yourself? Are there any dogs that are out walking right now? A well-loved dog is love incarnate. Just be near one and it'll know what to do. Don't be shy of dog owners (though ask before petting!) – they probably know better than most people how much a dog's love changes your life.

NO ONE IS HAPPY ALL THE TIME

Acknowledge that happiness is not the normal, everyday state of being. You do not need to apologize for feeling low. Sometimes it's just hormones, other times it's lack of sunlight, exercise, sleep, nutrition, human connection, stimulating hobbies, or even just needing a change in your life. Don't try blocking or avoiding it. The feeling will pass... if you let it.