

## Creating a Better Mood

Is it possible to create a better mood for yourself? Can you do it for others? If it is possible, why isn't everyone always happy? It seems being happy is preferable to being in a bad mood.

Studies have shown it is possible to improve your mood. It can be as simple as thinking you're in a good mood. If you believe it, your attitude will change. In fact, even when you aren't in a good mood, the simple act of smiling can perk you up.

One reason why people don't improve their mood more often is that they don't know they can. From early childhood, we understand that we have different feelings. Sometimes we will be in a good mood and other times we won't. Parents and teachers told us it's just the way it is.

If you want to better your mood, start hanging out with upbeat people. There's nothing like a sourpuss to bring down a group. These cranky people seem to go out of their way to make sure everyone is miserable. By avoiding these people, you have less chance of being in a bad mood at the start.

Next, create an environment for yourself that lifts your spirits. If a certain type of music gets you pumped, play that music more often. Some people like to burn incense as they feel it can positively alter their moods.

You should reflect on your life and be grateful for what you have. You have a lot to be thankful for if you're in good health. If your family is in good health, you should also be grateful. Your mood will naturally increase towards the positive when you appreciate such things.

Try not to worry about the mundane issues in your life. They are going to happen whether you worry or not. Just take care of them so that they aren't hanging over your head. Don't let things build to the point that they become a major matter.

It may seem obvious, but do more things that make you happy and less that don't. It's not always possible to avoid adverse situations, but you do have control over most of the activities in your life.

Sometimes, all that is needed is to change up your routine. If you are doing the same activities day in and day out, this can make anyone feel in a bad mood. Try stepping up your game and do something out of the ordinary. In fact, make it a point to do this once every month.