

Jody Agard - Relationship Stylist
Welcome!

"Life is short. Live it. Love it." — Jody Agard



5 Ways to Improve and Maintain Your Mood



*In order for us to function properly and to feel centered, loving, and grounded, we need to be sure our inner tank is full. Not with gas, but with love. Self-love. When my inner tank is running low, I can get irritable, cranky, and anxious. For me, that's when a red flag goes up. I let my mood serve as an indicator to check in with myself. "When was the last time I did something for myself?" I ask. If I can't remember the last time, then *that's* my answer.*

Self-love is about knowing and honoring your needs, wants, and wishes. It's about understanding your own inner world, including your thoughts and feelings. It's about being kind and compassionate with yourself.

You must do whatever it takes to do things that will fill your inner tank. Make it a priority. Don't wait for those around you to give you permission to take a break. (If you need someone to give you permission, consider this your permission.)

So now, thanks to your mood...you're aware. But, simply being aware won't change anything either. The next step is for you to take action and use one of these trusted tools to pull yourself out of it and into a better mood.



- 1) **Go for a walk** – For 5 minutes or an hour. Just blow off that steam and stomp your way through your neighborhood if you have to. Not only is this great for your body, its great for your mind and soul too. Let your thoughts race ninety miles an hour (and they will at first) and then be sure to turn your attention inward. Start noticing your surroundings...What do you smell? What do you see? Notice the cars passing by. Do you hear the birds chirping, children laughing? When your mind wants to go back to the negative circumstances of your life, bring yourself back to the present moment and notice the beautiful world around you. When was the last time you “stopped to smell the roses?” If you’re in a bad mood while you’re at work, take a walk around the building and breathe in the fresh air for a few minutes. (your co-workers will just assume you’re in the bathroom).



- 2) **Everyone has strengths, and weaknesses** - Take a few moments to recognize & acknowledge them both, and then accept them both! You are perfect just the way you are - don't ever listen to anyone that would tell you differently. We all have things we're good at...and then we also have those things that need improvement. Don't let the “weaknesses” define you...we **all** have weaknesses. (Mine---I tend to try to be a “perfectionist”—yes I consider that a weakness simply because if I'm not careful, it can lead me to standing in my own way.) Utilize your strengths and acknowledging your weaknesses, and remember to love yourself while you continue to improve yourself. An action step you can take is to look yourself in the mirror every morning and say out loud “I love you just the way you are!” Do this for at least 30 days.

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- 3) **Put yourself in a 5 minute time-out** – Yep, you heard me. If you’re home...go to your room. (Yes I just sent you to your room!) If you’re at the office, head into the bathroom and just sit for a few minutes by yourself. Once you get home from work, before making dinner and starting the nightly routine, do it again. Just sit. Resist any urge that suggests “you **need** to be doing *something*”. Allow yourself the time. During these 5 minutes, focus on your breathing, taking long, deep slow breaths – You can do this anywhere; at your desk, in the car, walking, in the grocery line. (In through your nose, out through your mouth—long deep breaths---take your time)



- 4) **Schedule time for yourself** – Implement a daily practice of taking preventative measures rather than simply putting out fires (bad moods) as they come. That’s the key; preventative measures. This is a must when it comes to maintaining your mood. When was the last time you did anything fun for yourself? Maintaining a good mood will require you to be “selfish” every once in a while. Pick one on your old favorite childhood pastimes and go do that. I.e. bike riding, a puzzle, marbles, swing on a swing set at the park, draw, dance, color, paint, watch a favorite TV show from your childhood. When was the last time you went out and bought your favorite ice cream cone (without the kids) and ate it all by yourself? (If you start to feel guilty, let it go) Its ok to indulge every once in a while. Just because you’re an adult with adult responsibilities doesn’t mean you can’t be a kid at heart every once in a while. Do something you once loved to do and watch how your mood shifts. Don’t expect your partner (or kids) to suggest you take a break either. Take control and add some time here and there in your calendar (even if it’s just 15 minutes). This way, if they don’t suggest it, you’ll be happy, less resentful and way more balanced nonetheless.

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- 5) **Snuggle and play with your pet** - Our furry friends don't care if we're in a bad mood, much less about our mistakes and weaknesses. They just want to love and be loved. They accept us for who we are and love us no matter what. But sometimes we get so caught up in our own dramas, we simply forget about them. (Good thing they don't hold grudges because they love us just the same.) Stop and take advantage of the unconditional love your pets have to offer 24/7. If you don't have one, borrow a friend's pet.



*****Bonus*** Crank up that music** – Do you enjoy listening to music? Researchers from the University of Missouri conclude that listening to an upbeat song can uplift your mood! Seeking out happiness through music can help to improve not only your mood and your health, but your relationships too! There's nothing quite like relaxing, rocking out or dancing to the songs you love! So get in your car, lock yourself in the bedroom or the bathroom and search the web for your favorite song! SING AND DANCE YOUR WAY TO A BETTER MOOD!



**Today, your only goal should be to feel good.
If you feel bad, do something to feel good.**

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It isn't the tool that does the work; it's the operator willing to pick it up. While some tools may seem simple and obvious, others may seem pointless, at first. Use them anyway, we promise you'll begin to see the difference when you stick with it.

Please feel free to share this with anyone who you may feel may benefit from it, sharing is caring!

Wrapping my arms around you,

~Jody

P.S.

Please check out & share my Social Media outlets, & keep an eye out for my upcoming eBook - ***“Let Love In 101; A Practical Guide to Love and Happiness!”***

P.S.S.

Contact Me Now...to Schedule your free 20-minute Discovery Session, & get clarity today.



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