



## Practice for Managing Mood

- 1) Sit or stand quietly beside your desk or in your car (before you really load up on the caffeine) and
- 2) drop your attention to your belly, taking three deep breaths.
  
- 3) Then, set an intention for your day, directing yourself and your attention toward what's important to you for that day, and
- 4) evoke a quality you'd like to foster that day. It could be *awareness* of beauty, *openness* to a pesky colleague, *patience* as you move into the details of that important project.
  
- 5) Then recall a time when you've experienced that very quality: see the situation, notice the surroundings, the people there, observe how you felt at the time, and linger here to fully experience that experience in your body.
  
- 6) Take another three deep breaths and begin your day.

I'd love to hear what you discover as you engage in this short, focused practice to manage your mood, perhaps bringing a bit more energy to your workday. You can e-mail me at: [drchris@Q4-Consulting.com](mailto:drchris@Q4-Consulting.com)