



## Practice for Managing Mood

- 1) Sit or stand quietly beside your desk or in your car (before you really load up on caffeine)
- 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.
- 4) Evoke a quality you'd like to foster today. It could be awareness of beauty, openness to a pesky colleague, patience as you move into the details of that important project.
- 5) Now 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.
- 7) At the end of the day, note when and where you lived your intention for the day.
- 8) Repeat the process tomorrow and build a new supportive habit.