

## MOOD BOOSTER COCKTAIL

Written by Valecia Weeks, CPT, LMT  
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Have you ever awakened early in the morning and said to yourself, “Hey, I sure could use a happiness cocktail”? Just in case you are wondering what a “happiness cocktail” is...keep reading. Although you may have a fairly sunny disposition by nature, even “sunny YOU” can feel down sometimes and need a quick fix mood booster.

Some environmental factors are easy to control. If you have a friend who is in a bad mood, you can just walk away and get with a more positive friend. If sad movies make you feel down and sad, you can make sure your next movie is a comedy or a movie that is more uplifting. Unfortunately if you are made to deal with difficult or hard to get along with individual who is a co-worker or a family member (someone who you can't run from), escaping may not be as simple as 1-2-3.

Good news, divas...we don't have to be victims of circumstances and we certainly do have control over our choices. . If keeping your moods on an even keel and staying relaxed are things you would like to pursue, you'll be happy to know it's much easier than you probably think.. According to common sense, feelings are what cause our behavior. When we are sad, we cry. When we are angry, we rant and rave. In other words, if we force ourselves to smile, we feel happier. And if we pretend to be excited, upbeat and energized, we begin to actually feel that way. This again proves that we are more in control of our moods than just the circumstances around us.

Here are a few of the ingredients that you can use for your mood booster cocktail:

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Protein will leave you feeling alert and productive for hours. **Include a small amount of lean protein at every meal and snack.**

- Whether you are hittin' the gym, a walk with the dog, participating in a sport or just playing with your kids, getting up and moving will boost your mood and energy level. **Get your**

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### **daily dose of exercise.**

- **Stick to a regular sleep schedule—even on the weekends.** Most adults require between 7 and 9 hours of sleep per night, If you need slightly more or less to function optimally, it's okay. The important thing is that you consistently get the sleep you need.

- **Fake it till you make it.** Researchers have found that the simple act of smiling seems to activate happiness centers in the brain. Keep smiling and in time, your mood will match your facial expression.

We as divas have the right to wake up on the wrong side of the bed every now and then. So, if you are feeling **Angry**...write in your journal. **Stressed**... try a yoga class. If you're **Exhausted**, take a 20-minute nap. And if you're feeling

### **Down**

... watch a funny movie.

Remember, you have a choice and the ability to change your mood. With some trial and error, you will figure out the best strategies that works for you.