

Easy Ways To Lift Your Mood

(overcoming low mood and managing depression)



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EASY WAYS TO LIFT YOUR MOOD

HAPPINESS

Before we commence the exercises, let us take a brief look at what happiness is and is not.

- You need to discover for yourself what makes you happy.
- It is often not what you think it is.
- Happiness comes from within; research has shown that only about 10% of what happens externally affects our happiness.
- We think external events affect our happiness more than it does. I remember a gentleman in a class I was teaching of men who had suffered strokes. Despite his illness this man had something from within that shone through his illness and influenced us all.
- We can't be happy all the time.
- Happiness is a feeling of contentment and peace of mind.
- Kipling said:
 - 'If you can meet with Triumph and Disaster
And treat those two imposters just the same...'

Those words are written over the players' entrance at Wimbledon. Success and failure bring similar emotions which are both not real in everyday life. We cannot continually search for the feelings we get when we meet a new partner and fall in love, or pass exams, or win the lottery. Also the reverse is true, it may seem like bad things happen one after another but in time they do pass, if we look for the rainbow after the storm.

Normal highs and lows are part of our make-up; however continual low mood and depression needs to be addressed and that is the purpose of this book.