

# QA



## ASK THE EXPERT

**“I find my mood regularly dips through the day, is there anything I can do to help this?”**

**Hilda Burke (hildaburke.co.uk), psychotherapist and life coach, has these tips:**

### KEEP A MOOD DIARY

Make notes on your feelings throughout the day, it works best if you log your mood every few hours. Try to be as descriptive as possible about your feelings, for instance instead of saying you're 'angry' it might be 'angry at everyone' or 'angry with myself'. Remember to keep track of when you're feeling happy, too.

### NOTICE PATTERNS

Look for recurring circumstances that make you feel down. For example, if your mood is lowest in the morning, it may be that you're not getting enough sleep or that you dread going to work. Check for any correlation between your mood and who you're spending time with. When you have an idea of what triggers your mood, you'll know what areas to focus on when making a change.

### KNOW WHEN YOU'RE HAPPY

Pay attention to the times where you feel more content. A lot of us are hard-wired to focus more on our 'low' feelings, but starting to notice what makes us feel buoyant can help us feel more empowered regarding our moods. So, rather than being at the mercy of our emotions, we can start to see that our behaviour and habits have an impact on how we feel.

## SELF-IMPROVEMENT

Sometimes we need a little motivation to really get up and go for the things we want in life and, one way to give yourself a boost is to listen to an inspirational podcast. We love the new weekly podcast from international life and business coach Gemma McCrea called Prosperity Kitchen. With expert and celebrity interview and advice segments, Gemma covers a range of topics from health, nutrition and mindfulness to happiness, relationships and confidence. Take some time out of your day to sit back, relax and spend some time working on yourself. Visit [prosperitykitchen.co.uk](http://prosperitykitchen.co.uk) for more info, or listen on iTunes.



## [MANTRA]

**“THE MOST DIFFICULT THING IS THE DECISION TO ACT, THE REST IS MERELY TENACITY”**

- Amelia Earhart

## MOOD LIGHTING

As we prepare to move into the autumn months and the weather turns and days get shorter, our mood can start to dip and some may suffer from seasonal affective disorder (SAD). Light therapy is proven to give you a boost when you need it most, and a bright light can pep you up in just 20-30 minutes. Enter the Lumie Vitamin L lamp. It simulates sunlight to improve your mood, energy and focus, and can treat symptoms of the winter blues. The warm LEDs filter through a rippled diffuser for a soft, comfortable light, and can be popped on for a 30-minute lift. £90, [lumie.com](http://lumie.com)

