
How to Escape a Rotten Mood



We've all had those days ...

The alarm clock didn't go off ...

The dog (kids, roommate, etc.) left a mess that you have to clean up ...

You got involved in a little fender-bender on the way to work ...

The boss rejects the project you just completed and wants it re-done – immediately!

Things seem to be going from bad to worse. You're surrounded by a cloud of irritability, anger and unhappiness.

It may seem impossible to climb out of the pit of despair you're stuck in, but there are steps you can take to help salvage the rest of your day.

Identify the Cause of the Mood

Circumstances and events definitely affect your mood, but sometimes you just feel bad for no obvious reason.

Consider some of the common causes of a bad mood:

- Stress
- Lack of sleep
- Headache, illness, or injury
- Hormones
- Poor diet
- Financial worries
- Relationship problems
- Bad service
- Feeling unappreciated
- Disappointment
- Weather
- Overwork
- Bad news
- Grief
- Loneliness

- Fear
- Delays
- Personal disaster or loss
- Medications
- Addictions
- Jealousy
- Guilt
- Hunger
- Rudeness from others
- Uncompleted tasks
- Traffic
- Distractions
- Allergies
- Mental illness

A lot of factors play a role in your emotional state. Determining the cause of your feelings can help guide you in your plan to feel better.

Once you have an idea what's causing you to feel so bad, you're closer to figuring out a long-term solution.

But for now, you probably want some fast relief, so let's find locate a starting point.

Identify where you are on the mood scale

THE EMOTIONAL SCALE



Behavior experts all seem to agree that our moods have energy.

If we are low on the emotional scale, we emit energy that is negative. We tend to attract people, situations and experiences that match that vibration. We absorb the energy of others, so our negative energy is reinforced and strengthened.

We can easily get into a cycle of attracting more and more unfavorable circumstances. The negative or unfortunate events, conversations and interactions seem to snowball.

It seems impossible to feel better. Our mood is bad ... and it looks like it can only get worse!

But if we view our current mood as a “starting point”, we can find ways to improve it – almost immediately.

First, we must figure out where we are on the emotional mood scale. Try to pinpoint the best description of your current mood, based on the scale below:

1. Joy/Elation/Appreciation/Freedom/Love/Empowerment
2. Passion
3. Happiness/Enthusiasm/Eagerness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience/Aggravation

11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage/Intense Dislike
20. Jealousy
21. Insecurity/Unworthiness/Guilt
22. Fear/Grief/Sadness/Desperation/Despair/Helplessness

Have you located your place on the emotional scale? If so, you can begin to shift your situation.

Identify a “Goal Mood”

Of course, your ideal mood is near the top of the scale.

But it’s probably unrealistic to think you can leap from the bottom of the emotional spectrum to the top with a single action.

Raising your mood is usually a gradual process, so you need to choose a “goal mood” that is one or two rungs up on the emotional ladder.

Think about the way the new mood will make you feel. When you raise yourself from a low position on the mood scale, your vibrational frequency shifts.

And once that happens, everything around you starts to change.

Identify a Plan to Reach the Next Level

You can start to improve your mood almost immediately by taking one or more quick actions.

Start with something quick and easy. But feel free to try some of these other ideas as needed:

- Laugh. A quick way to raise your vibration is to listen to a baby laugh (you can't help smiling when you hear a happy baby). Find a YouTube video of babies laughing. Or find a reel of a comedian and release a little stress through laughter.
- Step away from “real life” for a while. Take a walk, a bubble bath, or a nap, if possible.
- Talk to a friend or family member who is great at encouraging you. Feeling love and admiration from another person can go a long way in making you feel better.

- Get a little sun. Fifteen minutes spent absorbing some Vitamin D from the sun can make any situation seem brighter.

- Paste a smile on your face. It will be forced at first, but if you smile at enough people, somebody will smile back. Soon the smile will begin to feel more natural, and your mood may lift a little.

- Chocolate. It may not make anything better but give it a try. After all, it's the go-to comfort item for millions of women.

- Do a small kindness for someone else. It will immediately make you feel good about yourself.

- Break the overwhelming tasks you are facing into small, manageable pieces. You'll feel a sense of relief when things look more achievable.

- Hydrate. Drinking plenty of water has been shown to have a positive mental effect on anxiety and depression.

- Listen to upbeat music. Songs with a steady, energetic tempo of 155 BPM (like Uptown Funk or, Heard it Through the Grapevine) can give you a feeling of pep and liveliness. Search for feel-good playlists, like [23 Happy, Feel Good Songs to Boost Your Mood](#) or

<https://chopra.com/articles/happiness-song-playlist-101-songs-to-improve-your-mood-and-boost-your-spirits> and download the songs that inspire you to feel better.

- Dance. Whether you're alone or on a dance floor, you'll begin to release the negative energy and replace it with joyful vibrations.
- Practice gratitude. Make a quick list of at least five things you are grateful for in the moment.
- Treat yourself to some self-care. Meditate, get a quick foot massage, or just freshen up your make-up or hair. You'll start to feel better right away.

These activities can help you travel up the mood scale a notch or two in a short time.

Then you can target your next "mood goal" and start to move up even more.

Identify Long-Term Changes You Can Make

You can minimize your bad-mood days by making a few changes in your daily routine.

Living a healthy lifestyle, eating right, getting enough water, exercise and sleep, and eliminating bad habits can all play a part in your emotional well-being.

But if you experience chronic mood problems, seek professional help. What you see as a bad mood may be a sign of a more serious mental issue that can be treated with therapy or medication.

Getting out of a terrible mood can take some effort on your part, but you will feel better and be more productive when you do.

Try one of these tips.

Or try two of them, or three of them. Ultimately, it's up to you to determine what works best for you.

Here's to a better mood!