

# Hack 02



## Mood Boosting

“

Happiness doesn't just happen.  
You have to make it.

”

(Y.B)

We all want to feel happy, but for many reasons, we may feel rather low at times.

It's perhaps an obvious fact that happy, positive people are more likely to be successful than negative, unhappy people. Amazingly, you actually have the power to change your mood from 😞 to 😊.

**Ready**



**Let's go!**



# Did you know?

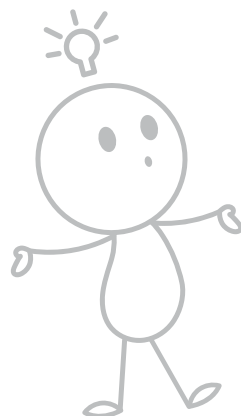
Sometimes you might feel low or irritated and not even know why.

This could be because of all the changes happening in your body and mind as you grow from a child into a teenager.

Your body is now producing more hormones, which can affect your emotions and make you feel upset or moody for no clear reason.

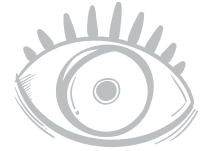
At the same time, you may notice physical changes like getting taller, developing new hair, or your voice becoming deeper. These things happen at different times for everyone, and they're a normal part of growing up.

You're also starting to see yourself, other people, and the world in new ways and that can feel confusing. It's okay to feel unsettled sometimes while you figure it all out.





## 1. Know your mood



It sounds strange, but most of us are not even aware of how we feel. We just carry on without stopping to think about how we feel and what mood we are in.

If this chapter is going to help you boost your mood, then you first need to recognise what mood you are actually in.

Simply, find a quiet moment and ask yourself, *“How am I feeling?”* If the answer is either frustrated, sad, unhappy, low, pained, rejected, angry, worried, or depressed, to name just a few, then the rest of the chapter can help you to reduce these negative feelings.

### Task:



**1. Think about the past week. Write down one time when you felt really good and one time when you felt low.**

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**2. Looking at both situations, what do you notice? Did something specific trigger these moods?**

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