

Neutralising Mood

Try to distinguish between descriptions that simply state what happened (what, who, when, where,) and interpretations that are judgments (feature words like bad, good, terrible, wonderful, should/should not).

Descriptions that are non-evaluative or neutral will lead you to feel more present in your body.

Further tips for achieving Neutrality of Mood are given below:

1. Imagine that everything that is difficult in your everyday work has a positive value for you.
2. Practise yoga – especially the postures where you breathe with an open chest, this has been shown to reduce depression and enhance mood.
3. Practise trying to see things from other people's perspectives.
4. In your everyday work, try to decide on a daily basis how to create the following three sense in your work: a Sense of Creating; a Sense of Freedom; and a Sense of Appreciation / Gratitude.
5. Tune into your inner thoughts to work out what signal your mood is giving you and what you need to do differently.
6. Put situations into perspective. Be aware of your language and try to shift it from problem to solution oriented – eg instead of saying 'this is difficult', try saying 'we have a few challenges to work through'.
7. Be detached. Tell yourself that things don't really matter and most things won't really matter at all in 6 months' time. Say to yourself: 'This too shall pass'