

***7 Calorie-Free Ways  
to Lift Your Mood  
Right Away!***

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**Have you ever found yourself feeling ‘out of sorts’** and automatically reaching for comfort food...or a cigarette or a drink? I know I have. (Well, not the cigarette, but the rest!)

Although these provide short-term relief and a way of distracting ourselves from uncomfortable feelings, as we all know, long-term they come with consequences.

**Here are 7 ways to feel better quickly and easily.** They are cost-free, calorie-free and nasty- consequence-free. Can't say fairer than that!!

- 1. Standing Breath (40 seconds)**
- 2. Pencil Trick (10 minutes while doing other things)**
- 3. Gratitude List (2-10 minutes)**
- 4. Comfort Meditation (3 minutes)**
- 5. ‘Keep calm and keep tapping’ (EFT round) (5 minutes)**
- 6. Listen to Music. (1 minute- as long as you want)**
- 7. Allow Yourself to Be ‘In the Mood’ (10 minutes)**

## **1. Standing Breath (40 seconds)**

Stretching and breathing can help shake off a difficult mood. Try this super-quick routine.

- *Stand, feet together, arms by sides.*
- *Breathe in, lift arms head, up onto toes. Breathe out, gently lower to the ground, arms return to sides.*
- *Breathe in, raise arms (feet stay flat on the floor) and look up as your hands come together. Breathe out, lower arms and head looking forward.*
- *Breathe in, interlock hands and stretch about head, palms facing up. Breathe out, lower arms.*
- *Repeat the three types of breaths, change the hand interlock the second time.*

## **2. Pencil Trick (10 minutes while doing other things)**

Have you ever heard the saying; ‘It takes more muscles to frown than to smile’? Well, I don't know about you, but when I'm feeling down just the thought of turning up the corners of my mouth into a smile is about as doable and appetizing as a cold shower on a winter morning.

But it has been shown that the physical act of smiling will bring about an emotional lift. This pencil trick does the work for you!

*Put a pencil in your mouth, sideways, holding it with your teeth. Keep it there for 10 minutes.*

### **3. Gratitude List (2-10 minutes)**

*Take a pen and paper and write a list of 20 things today – or in your life- that make you feel good. Tiny, huge or somewhere in-between.*

Some examples:

*Fresh orange juice this morning; Koala bear hug with my daughter; A guy let me go before him in the supermarket line; My warm, cozy bed; I wrote a book!; Contract with the orchestra!!*

If you do this every day, say for a week, you will find yourself looking for – and creating – things for your list. As they say; ‘What you focus on expands’ so this is really cumulative.

### **4. Comfort Meditation (2-3 minutes)**

Do you ever find yourself mentally beating yourself up for being in a ‘bad’ mood? Talk about adding insult to injury! And the problem is, it doesn’t actually help us to move into a better mood, in fact it just makes things worse.

Try this gentle, but powerful, alternative. Think of it as a ‘virtual hug’ from a kind friend.

- *Sit or stand where no one will disturb you for a few minutes. Close your eyes.*
- *Start with 3 slow breaths: Breathe in, counting to 4. Hold the breath, count 7. Breathe out, count 8.*
- *Now think of someone, or something, who is loving, kind, compassionate and understanding. A friend or mentor, someone you admire, or a pet.*
- *‘See’ or feel them sitting quietly beside you, just being there for you. You can feel their love and comfort and gentle understanding. They know how it feels to be upset. They know that this mood will pass, but that right now you just need a little tender, loving care. They are not in a hurry. They are just focused on you, holding you in an energy of caring and support. You don’t need to give anything in return right now. This is your time to receive a little attention.*

- *Once again take 3 slow breaths counting as before. Relax into this feeling of being looked after.*
- *Slowly open your eyes and allow yourself to return to the place where you are.*

In my book 'The Music Inside' I write about how I have developed a meditation practice and how it has helped me. You can check it out on Amazon at:

<http://amzn.to/1PNFak8>

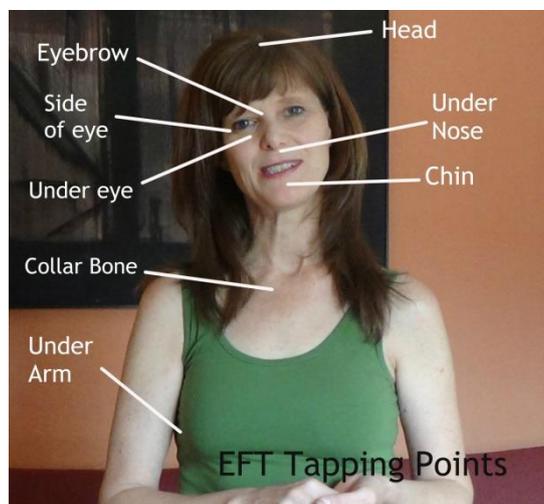
(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

## 5. 'Keep Calm and Keep Tapping' (EFT round) 5 minutes.

'Emotional Freedom Technique' is an energy technique which is becoming more and more mainstream, as people discover the benefits that this powerful quick healing tool can bring.

For now, keeping an open mind (Warning, this involves tapping on your face!!), try this and see how you feel.

*We're going to use a couple of fingers and tap on different points on your face and torso, saying phrases as we do so. We normally start on the side of the hand (the 'Karate Chop point') and then continue with the most common points:*



*Before starting to tap, it is standard practice to identify the 'upset' and rate it on a scale of 1-10. For example emotions such as Anger, Sadness, Boredom, or focused on a particular situation: 'My boss told me off.'*

*Start on the side of either hand. Tapping with the fingers of the other hand say:*

- *'Even though I'm feeling angry, I love and accept myself.'*
- *'Even though I'm feeling angry, I love and forgive myself.'*
- *'Even though I'm feeling angry, I deeply and completely love and accept myself.'*

*Now continue round the points:*

- *Eye brow point: 'I'm feeling angry.'*
- *Side of the eye: 'I'm feeling angry.'*
- *Under the eye: 'I'm so furious.'*
- *Under the nose: 'I'm so mad.'*
- *Under the mouth: 'All this anger.'*
- *Collar bone: 'I'm furious.'*
- *Under the arm: 'All this anger I'm feeling in my body.'*
- *Top of the head: 'I'm feeling so angry.'*

*Go round a couple of rounds like this.*

*Then see if you can add the words 'I choose to let this anger go.' Or 'I choose to start feeling better now.' Do a round or two like this.*

*At the end you take another reading of how you are feeling and then either tap again, on the same or related issues, (as they say, it's like 'peeling the layers of an onion') until you experience relief.*

See my article 'EFT - The Whats, Whens and Hows', <http://jennyclift.com/eft-the-whats-whens-and-hows/>, for information about what it is, who is using it and the benefits that can be had from this technique.

## **6. Listen to music (1 minute to as long as you want)**

Music can be such a quick mood changer...so long as you choose right. (No howling over 'If you leave me now' if you've just broken up with your significant other!)

## **7. Allow yourself to be there...with a time limit! (About 10 minutes)**

Sometimes we *need* to feel. After all, we are human beings. Contrasting moods, experiences, and states are all part of the experience. Happiness and sadness. Excitement and boredom. Impatience and peace.

In fact, as a musician, I consider it positively beneficial to feel different emotions deeply.

The problem can come when we get stuck in a 'negative' emotion. Our mind takes over, feeding us stories and reasons and ammunition to stay where we are and we can find ourselves spiraling downwards...and unable to access more comforting feelings.

Bearing this in mind, and taking into account the saying 'What you resist persists', we're going to take the emotion and stay with it...but setting a time limit.

*Here's what to do:*

- *Set a timer or an alarm for about 10 minutes. Be somewhere where you won't be disturbed.*
- *Now, observe your feelings – both physical and emotional. Don't try to change them at all. Just notice.*

*These questions may help:*

*Physical:*

*Where do I feel this in my body? (In my stomach? In my throat? Neck? Heart? etc)*

*What are the physical sensations that accompany this feeling? (Knot in my stomach, lump in my throat, tightness in my chest, weight on my shoulders etc)*

*Is my breathing fast or slow?*

*Is my heart rate fast or slow?*

*Emotional:*

*How do I label this emotion?*

*Who is involved in this emotion?*

*On a scale of 0 to 10, where would I rate this emotion right now?*

*Is this a familiar feeling?*

*What do I feel like doing with this feeling? (Crying, screaming, hurting someone etc?)*

- *Just stay here for the next few minutes. Notice the thoughts that come into your head ('This is stupid.' 'I'm so mad at so and so for...' etc)*
- *Observe without trying to change anything but let your feelings shift if they do so.*
- *Then slowly open your eyes, give yourself a little shake, acknowledge yourself for being a well-rounded human being...and then try one of the other tips!!*

## **Key Takeaways:**

1. **Standing Breath** Quick stretching exercise to shift your energy fast.
2. **Pencil Trick** Smile without effort!
3. **Gratitude List** Get in touch with the good in your life!
4. **Comfort Meditation** Be your own best friend.
5. **'Keep calm and keep tapping' (EFT round)** Amazingly simple, effective technique.
6. **Listen to Music.** Choose a great tune and lift your mood!
7. **Allow Yourself to Be 'In the Mood'** Because sometimes we just need to be human and feel.

Thank you SO much for downloading this resource. I really hope you enjoyed it.

If you have any comments or questions please don't hesitate to contact me at [jenny@jennyclift.com](mailto:jenny@jennyclift.com) .

If you'd like to check out my book 'The Music Inside' go here:

<http://amzn.to/1PNFak8>

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

For more articles, resources and information please return to my website [www.jennyclift.com](http://www.jennyclift.com) .

It's thrilling for me to think that real people are reading my book and articles, and benefitting from these resources, and I'd love to hear from you.

Here's to the music inside all of us!!

Thanks again,

*Jenny*



