

'tude transformation

By Robin Friedman

Your coffee tastes crappy, some idiot cut you off, your pantyhose ran — again! — and a migraine's coming.

And it's only 10 o'clock in the morning.

How do you work yourself out of a vile mood when your whole day seems to work against you?

While we have no control over which emotions will visit our brains — or when they'll pay us those visits — we *do* have control over how long they'll stick around.

Emotions belong to the "primitive" part of our brain. But, it's possible, using will power, to think your way out of an emotion by using the "thinking" part of your brain.

Step back.

It helps to see your problems in a bigger frame. The big picture, honestly, is that a few annoyances have spoiled your mood.

Show some gratitude.

Take a few moments to recount the things you're grateful for. It can be as simple as a sunny day or as thorough as all the people in your life.

Reward points.

Decide to give yourself a reward for changing your mood, like a small chunk of chocolate.

Take a deep breath, literally.

The act of deep breathing will give you an instant sense of calmness.

Get moving.

Physical activity will release substances in your body associated with pleasurable sensations. Take a walk, organize your files, or do light housework.

When we're stressed, distracted, or unhappy, we're more likely to see our day as beyond hope.

But just a few adjustments in your 'tude can change your entire outlook for the day — and beyond.