

Want to Feel Better?

When we feel sad or unmotivated, it makes sense to withdraw from social life and become less engaged. But staying inactive can prolong your sadness.

Improve your mood by finding a sweet spot: doing more than you feel like, but less than your normal routine. GRAPES is a strategy that helps you balance activity with rest so you can start feeling better. Try one thing from each category every day.

- G** **Gentle with self:** Show yourself kindness to affirm your worth. For example: remember your strengths, pray, or meditate.
- R** **Relaxation:** Calm your nerves to help the body rest. For example: take a hot shower, stretch, or try breathing exercises available in Lyra Essentials.
- A** **Accomplishment:** Finish a task to help you feel more capable. For example: make your bed, water plants, or wash dishes.
- P** **Pleasure:** Use your five senses to experience joy. For example: savor fresh fruit, smell a candle, or listen to music.
- E** **Exercise:** Move your body for 5 minutes to release mood-boosting hormones. For example: walk, dance, or play soccer.
- S** **Social:** Connect with someone to reduce loneliness. For example: call a family member, attend a group activity, or chat with a neighbor.

Source: Fidaeo et al (2014). Cognitive Therapy Manual. Sharp Mesa Vista Hospital, Cognitive Intensive Outpatient Program, San Diego, CA.

To learn additional ways to feel better, [visit Lyra Health.](#)

