

# A move for every mood

**Nawaz Modi Singhania** gives you a workout for those moody blues

As urban life gets tougher, more competitive and increasingly stressful, finding a few quick and easy physical exercises to elevate your mood is the call of the day. Here are some fast mood-lifters; do them any time anywhere. They may look rather cartoon-like, and so may you, but to your surprise you'll find that they have an instant reaction! And you really don't have to do any of them in public, in case you're worried about what your colleagues or peers might think of you!

You can do the following once or more times, depending on how you're feeling.

## Vent your anger

### The silent scream

While upping the volume on this one might be inappropriate, releasing your anger via making the actions of a scream, a silent one, will give you a surprisingly instant fix. Open your mouth, take a deep breath and let go with all you have, without making a sound.

### A deep breath

With your eyes open or shut, slowly take a deep breath and then release it just as slowly, drawing your awareness towards the breath, imagining giving vent to your anger when exhaling. Gradually try and spend more time on exhaling compared to inhaling.

### Cardio



## Work your depression

### Cardio

Need a quick pick-me-up? Cardio exercise is a fabulous mood-lifter! Take a walk. You could team this with strength exercises by carrying weights while walking. After a few minutes of walking, break into a light jog.

Go in for a session of aerobics. The music and the tempo help a lot.

Swim a few laps. The water will relax you and the exercise will keep you in good form.

Take the stairs. Or skip rope.

Go biking, but not on the streets. Cycle around in a park; beauty in Nature is always a mood booster.

### Smile/ laugh

If you're feeling a bit blue, force that smile or laugh and see how good you start to feel! Though initially pushed, the genuine emotion will certainly follow the action.

## Stress buster moves

### The hair pull

Stress starts in the mind and accumulates all over. Run your hands through various parts of your hair, clenching down and pulling upward, slightly straining the hair at the skull (as shown below). Hold this position for a moment or two. Work through the entire scalp in this way.



Forehead tap

### Forehead tapping

Using the pads of your fore and middle fingers (not the bony tips or nails), firmly tap away on your forehead, covering the entire surface area. Feel the stress drain out of your face and skull like sand out of a bag.

## Wake-up call for boredom

### Upward stretch

Stretch upward (as shown below) and outward to shake yourself out of a spell of lethargy. If the body feels awake and alive, so will the mind.



### Yawn

If you need a quick wake-up call, force a yawn and see how alert and alive you immediately feel! Yawning is the body's natural way of bringing you back into focus.

## Calming moves for restlessness

Breathing exercises. (Refer to 'Vent your anger')

Take a brisk walk. You're already pacing around with unemployed energy. Walk or run it off.

Your body is unconsciously already dealing with it in its own way. When you're nervous, you shake your knees, you tap against tables, you drum your fingers... **IT**