



7 Tools to Master Your Mood

This quick guide will show you how to rapidly change your state of mind using healthy and fun techniques.



About This Guide

Congratulations! You just accomplished the most important part of mastering your mood, taking action.

Now let's keep the momentum going.

This guide contains 7 simple yet super-powerful techniques to change your mood quickly.

You can read the whole guide right now, or just pick one of the techniques and get started right away.





About The Author

Jake Potts is passionate about happiness and wellbeing. From his work as a licensed acupuncturist and Chinese herbalist to his years spent teaching the basics of Qi Gong, he has made it his life's work to discover and share the secrets to leading a happy life.

As a co-owner of EntheoZen, he is now able to share his passion with a growing audience of wellness warriors.

*Happiness is not
something ready made. It
comes from your own
actions.*

Dalai Lama



TECHNIQUE 1

4-7-8 Breathing

You can use this simple breath pattern anywhere to quickly move into a calm, focused state.



4-7-8 Breathing

This mood shifter may seem too simple to work, but is backed by solid research.

4-7-8 breathing is as simple as counting and breathing. It has 3 parts.

1. **Inale - Counting slowly to 4.**
2. **Hold - Counting slowly to 7**
3. **Exhale - Counting slowly to 8**
4. **Repeat**

You can practice this breathing pattern sitting down, lying down, or standing up. It works in line at the supermarket as well as it does sitting on a meditation cushion.

If your nose is clear and easy to breathe through, try using it for both the inhales and exhales.

Even doing 4-7-8 breathing for a couple of minutes can make a big change in your physiology and psychology. This breathing patterns helps shift your nervous system from flight or fight mode to relax and repair.

As you notice yourself becoming more calm and centered, see if you can observe your thoughts with a bit of distance. Perhaps you'll notice not all of them feel as true now that you are more centered and relaxed.

*That's what nature meant us to do,
breathe deep when we are stressed.*

Wim Hof

Micro Social Interactions

There are mood boosting opportunities all around us
in every public place.



Micro Social Interactions

We can improve our mood and moods of the people around us at the same time.

If I told you that spending an evening sharing laughs with your best friends would boost your mood, you'd likely be quick to agree. After all, what's better than sharing the company of good friends?

How would you feel though if I told you that you can get a mood boost chatting with strangers?

Humans are social creatures and we are wired to interact with each other and to experience emotional rewards for doing so.

The concept of micro social interactions is easy. When you're out in public, try saying hi and chat with people you don't know. Here are some example scenarios.

- **At the coffee shop** - Saying hi to the barista and asking him how he's doing is a simple way to start a light yet surprisingly rewarding conversation.
- **On the elevator** - The elevator can be such an awkward social environment, with everyone just ignoring each other. Try breaking the ice. You could ask someone about the sports team on their hat, or if they've been to the new market that just opened up around the corner.
- **At the dog park** - People love talking about their dogs. A simple question at the dog park can start all sorts of interesting conversations. The same is true anywhere you see someone with something they are enthusiastic about.

So go out there and give it a try. Start a couple of small conversations with strangers and see how you feel.

TECHNIQUE 3

Get Good Sleep

Quality sleep is the foundation of physical and emotional health.



Get Good Sleep

Sleep is as important to our health as diet and exercise.

There are four primary ways that not getting enough sleep can diminish our emotional health.

1. Makes you more emotionally reactive
2. Causes you to have to a negative outlook
3. You worry more about the future
4. You feel less connected and grateful for your partner

These four symptoms of poor sleep can lead to additional problems as well. So what can we do to make sure that we are getting enough quality sleep?

- **Prioritize sleep** - Don't buy into the mythology that successful people don't sleep that much. While there are a few exceptions, most people perform and feel much better when they get adequate sleep. Getting quality sleep will help you to achieve your goals, not slow your progress.
- **Practice good sleep hygiene** - By creating a regular bedtime ritual that prepares your body for good sleep, you can make improvements in you nightly rest. Here are some tips for your ritual:
 - Avoid digital screens before bed.
 - Don't have any caffeine 6-8 hours before bedtime.
 - Practice yoga, breathing exercises or meditation before bed.
 - Make your room extra dark and consider using an eyeshade.
 - Read a book before bed to calm your mind.
 - Try spraying lavender essential oil on your pillow for relaxation.
- **Get exercise during the day** - Not only is exercise a quick mood booster, it helps us get quality sleep.
- **Try a sleep supplement** - Ideally you can get good sleep without using supplements, but there are healthy options that you can add to your sleep routine. Here are some options to try:
 - * Magnesium
 - * Passionflower
 - * Valerian
 - * Chamomile
 - * Inositol

TECHNIQUE 4

Exercise

Exercise is one of the fastest, most effective ways to change our mood and attitude.



Exercise

Find exercise that you enjoy and it will become easy for you to make it a priority.

Most people know that exercise is essential to good physical health, but not everyone is aware that it is just as important for emotional health. Here are four key ways that exercise can help.

1. Reduces feelings of depression and stress
2. Enhances your mood and overall emotional well-being
3. Increases your energy level
4. Improves sleep

If you're having trouble motivating yourself to get exercise, here are a few things to consider.

- **Even a little exercise is helpful** - You can just go for a walk around the block, or take a 10 minute jog. You might find that you're enjoying it and want to do more, but even if that's all you do, you'll get benefit.
- **Try to find an exercise you enjoy** - Maybe you want to be social. You could go hiking, or play tennis with a friend. Maybe you'd like an exciting new challenge like a climbing gym or surfing. Maybe you'd just enjoy a relaxing bike ride.
- **Different types of exercises are better for different situations** - If you're feeling angry, a fast run or lifting weights might be good. On the other hand, if you're feeling lethargic, try an easy walk.
- **Experiment with different times of the day** - There's not one best time to exercise, it depends on your body and your schedule. Some people do best if they wake up early and exercise. Others like to go to the gym on their lunch break, while others like to go for a nice walk after dinner to relax and digest their food.

The best exercise is the one you enjoy doing. When you're having fun it'll be easy to find time to get the exercise that your brain and body need.

TECHNIQUE 5

Practice Meditation

Meditation is the ultimate tool to master your mind



Practice Meditation

Meditation is a lifelong practice that gets better and better the longer you do it.

Many people find the idea of meditation interesting, but the practice of meditation to be difficult. They often say things like, "I tried meditation and it didn't work for me."

While truly mastering meditation could take an entire lifetime of dedicated practice, there are many simple meditations that can be easily learned and practiced. These simple meditations can offer tremendous benefit.

We will present one easy meditation here. Please don't think that just because it's simple that it isn't powerful. Many of the most transformative meditation practices are quite simple.

Focusing on the Breath

Paying attention to the breath is one of the most common ways to calm and focus the mind. It's used in nearly every meditative tradition and even advanced practitioners return to it again and again. Here we will lay out the steps for this practice.

1. **Find a comfortable seat** - Sit with your eyes closed either in a chair or on a cushion on the floor. You should sit upright and feel comfortable.
2. **Notice your breathing** - Without making any changes to your breathing pattern, simply shift your mental focus so that you notice your breath. Pay attention to the rhythm of your breath and how it feels in your body.
3. **Choose a point of focus** - After becoming aware of your breath, find an aspect of your breath to focus on. Some people like to focus on rise and fall of their solar plexus, a point just below their ribs. Others like to focus on the feeling of the air going in and out of their nostrils. Just keep your attention on this point as you take relaxed breaths.
4. **Notice when your mind wanders** - As your mind inevitably wanders away from your point of focus, notice that your attention has shifted. This is ok. There is no need for any judgement. Just silently say the word "thinking" in your mind and then bring your attention back to your point of focus.

To start, try setting a timer for 5 minutes for your practice. As you build your concentration, you might want to try 10 or 15 minutes. Remember, the key isn't to have a mind that never wanders, but to build the habit of coming back to the breath. As this habit get stronger, it will become easier and easier for you to choose which thoughts you give your conscious energy to.

TECHNIQUE 6

Practice Gratitude

Gratitude is the root of all virtue.



Practice Gratitude

Research shows that having gratitude improves our physical and emotional health, while helping us connect to others.

Gratitude is the act of being appreciative. When we don't feel good, it's easy to focus on everything that is wrong and what we feel we lack. Unfortunately, focusing on these things can amplify their negative psychological effect.

It's not that we want to ignore the challenges in our lives and pretend that they're not there. On the contrary, we want to take action to improve our lives. Being grateful allows us to take this action with a positive attitude that is much more likely to lead us toward our goal of happiness.

There are many ways to practice gratitude and they can all be beneficial. We will suggest one exercise here to get you started.

Gratitude Reflection

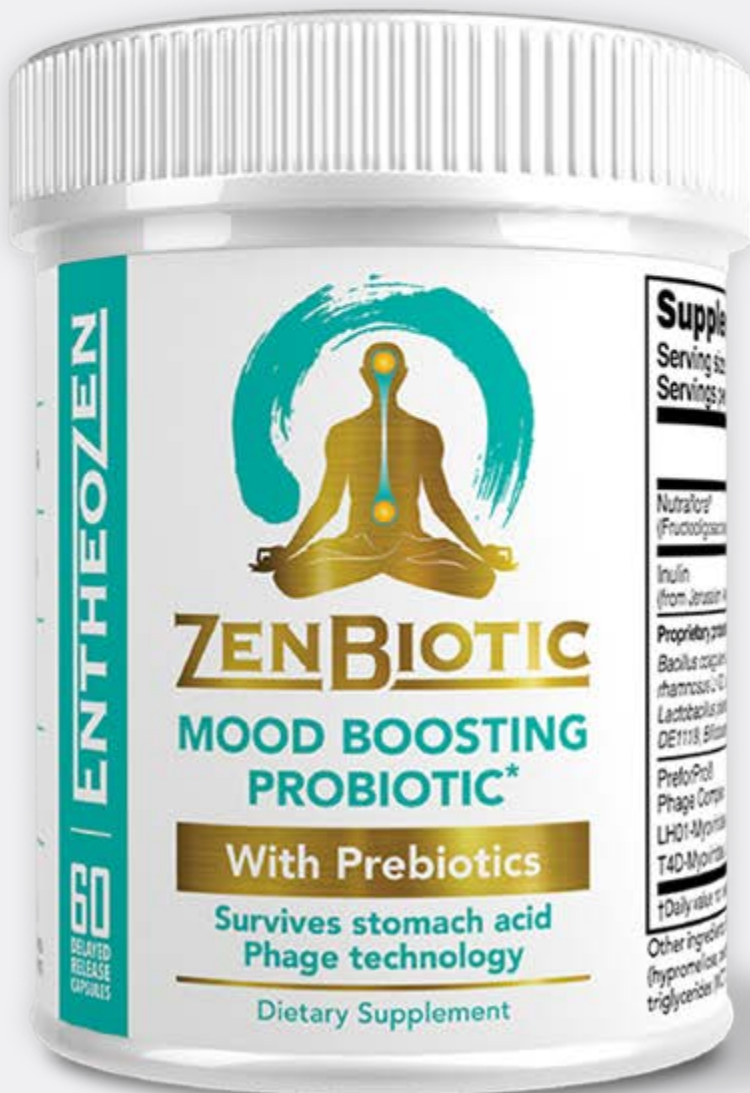
You can do this gratitude reflection when you're lying in bed after waking up in the morning or before going to sleep at night. You might also try it at the end of a meditation session or while you are out for a walk.

1. **Notice your body and the world around you** - As you take a couple of deep relaxed breaths, notice everything that you can smell, taste, touch, or hear. Say to yourself: "For this, I am grateful."
2. **Now focus on the people in your life** - Think of your friends, family, partner and acquaintances. Say to yourself: "For this, I am grateful."
3. **Now focus on yourself** - You are a unique and amazing individual, with a host of admirable abilities. You are a good friend. You are resilient, clever and patient and more. Say to yourself: "For this, I am grateful."
4. **Finally, consider the preciousness of this life** - You have the opportunity to live, love, learn and grow. How fortunate we are to be alive. Say to yourself: "For this, I am grateful."

As we cultivate more gratitude in our lives, we also attract more happiness. People will enjoy our company more and more and more, you will feel similarly towards them.

Use Dietary Supplements

The right supplements can help you balance your brain chemistry



Use Dietary Supplements

Using the right supplements can help us balance our brains and bodies to optimize our moods.

Modern research has shown that imbalances in our brains and guts can lead to anxiety and depression. Having a balanced system is key to feeling relaxed, centered and happy.

There are four key areas to consider when taking supplements to boost and balance your mood.

1. **The neurotransmitter system** - Neurotransmitters are the chemical messengers in our brains. In order to feel good, we need a balance of dopamine, serotonin, GABA, and glutamate, among others. Our bodies produce neurotransmitters both from the foods that we eat and the supplements that we take.
2. **Inflammatory response** - Modern psychiatric theories of anxiety and depression are realizing the importance of inflammation in dysregulated emotion. Just like an inflamed knee can cause pain, an inflamed brain can cause depression. It's important to make life choices that help reduce cognitive inflammation, including using supplements that contain curcumin and piperine.
3. **Oxidative stress** - Most of us have heard of antioxidants. These longevity promoting substances reduce oxidative stress in the body and brain. When our system is working hard, free radicals can start to degrade key tissues. We can slow this process by utilizing antioxidants.
4. **Gut health** - We now know that there is strong communication between our digestive system and our brains. If either system gets out of balance, it can quickly cause the other system to degrade its function as well. One of the keys to gut health is our microbiome, the population of beneficial bacteria that live in our intestines and pre-digest our food for us. Having the right balance of bacteria reduces inflammation and promotes the production of mood balancing neurotransmitters.

At EntheoZen, we spent years researching and testing dozens of different scientifically validated ingredients to find the optimal combinations to boost and balance mood. Our years of research have led to two amazing products. **TransZen** balances the brain and **ZenBiotic** balances the gut. They work together to create a happy healthy system.

Give Your Body What It Needs to Feel Great

TransZen starts working in as little as 30 minutes, calming glutamate excitotoxicity, reducing neuro-inflammation and boosting serotonin, dopamine and GABA.

ZenBiotic contains clinically studied bacterial strains that help to boost mood and heal the gut, along with bacteria phages that can reduce pathogenic bacteria that have taken hold in our bodies.

Click the button below to save 15% on your first order of EntheoZen supplements.*

GET BALANCED



**15% discount will be applied at checkout*