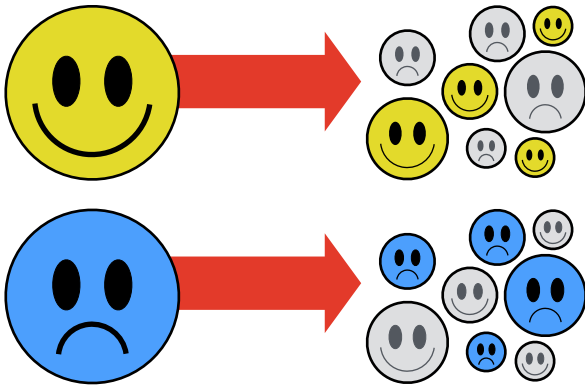
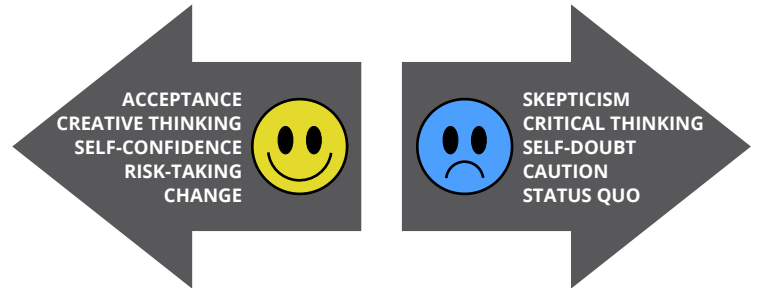


# Mood alteration

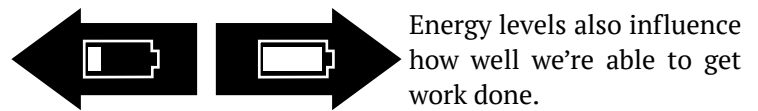
Our mood plays an important role in how we approach the people and activities in our environment (Forgas, 1995). This is a problem because people might not want to work with someone who seems depressed or irritable. In order to get around this, we need to be able to adjust our mood to suit different situations. This worksheet can help.



*Affect congruence:* We tend to seek, notice and recall people and things that are congruent with our mood, and disregard what is not.







*Affect infusion:* We tend to give mood a significant role in our approach to problems and decisions. A good mood will help us be more open to ideas. A low mood will do the opposite.



In the chart on the right, identify three activities for each quadrant, that require different combinations of mood and energy levels.

When you are done, reflect on what kinds of things you could do to prepare yourself for optimal performance in each one.



	 GOOD MOOD, LOW ENERGY	 GOOD MOOD, HIGH ENERGY
	1 2 3	1 2 3
	1 2 3	1 2 3