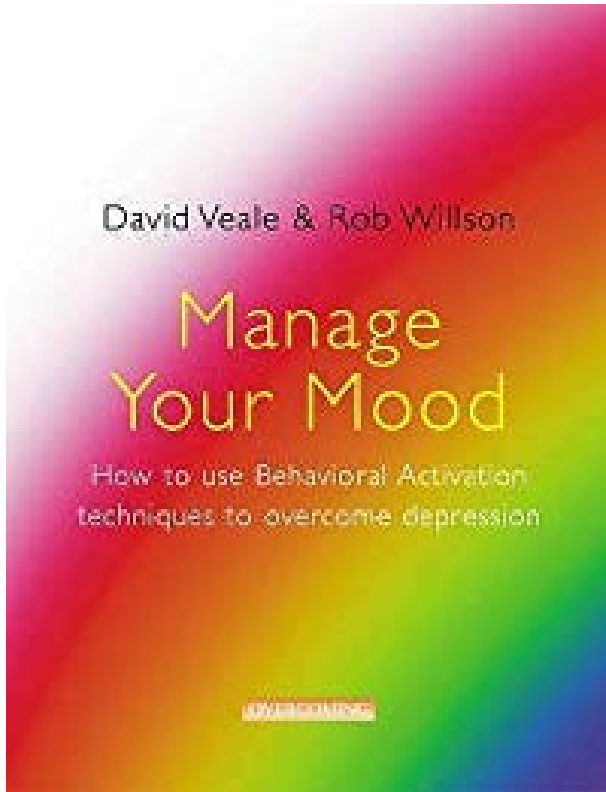


Manage Your Mood



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[**Manage Your Mood.pdf**](#)

[**Manage Your Mood.epub**](#)

'Manage Your Mood' looks at behavioural activation as an effective technique in managing depression.

By analysing, challenging and changing behaviours such as avoidance, ruminating and excessive worrying, the sufferer can reinforce their positive experiences and decrease the behaviour which reinforces their depression.