**Student Wellness Wednesday Tip: Start the Day with A Productive Mood Anchor**

This week’s tip is from a shinetext.com article, and was forwarded to me from one of our amazing doctoral students. The author describes a productive mood anchor as, “a joyful action that primes your brain to tackle the day. It lets you set the mood for your work rather than seeing which mood just happens to pop up.” As someone with competing deadlines, I appreciate how this initiates a pause for me to plan my day in an intentional way while also engaging in self-reflection. Here are some suggestions to get started:

1. Identify small actions that bring you joy, foster a sense of calm and/or optimism. For me, it’s music and art. It’s been helpful to start my days listening to music and reflecting on a piece of art. The author suggests focusing on something that is unrelated to work/academics.

2. Plan to start with just a few minutes at the beginning of your day (whether your day starts at 6am or noon). I started with 15 minutes and have worked my way to 30 minutes. For some 5 minutes might be easiest to start with. Try what works for your lifestyle.

3. Return to your mood anchor throughout the day. The author encourages using this technique as a mental reset when needed.

4. This isn’t in the article, but for those who crave variety, try focusing on one type of mood anchor for the week and then switching to another the following week.

5. Last, be patient with yourself. I’ve heard students say they can’t remember that last time they did something for pure enjoyment without guilt. This is an invitation to remember other facets of yourself in order to be more productive personally and professionally.

For additional suggestions on productivity, see the mind map below with ideas for additional habits to adapt:
With Warm Wishes for Wellness and Success, Jessica & Shekeitha, and Kevin

Jessica Harrington, MPA
Director, Student Life Services

Shekeitha Jeffries, MPA
Assistant Director, Student Life Services

Kevin Casin, PhD Candidate, EHE
Student Life Program Assistant

Johns Hopkins Bloomberg School of Public Health
615 N Wolfe St, Suite W1600
Baltimore, MD 21205