

MOOD MASTERY WORKSHOP

Program Outline

WEEK	MODULE A	MODULE B
1	Introduction	Strengths & Gratitude
2	Healthy Fats, Healthy Brains	Changing Harmful Thought Patterns
3	Carbs and Brain Function	Overcoming Negative Self-Talk
4	Exercise	Rumination
5	Bright Light Therapy	Boundaries
6	The Second Brain: Your Gut	Social Connection & Social Anxiety
7	Sleep	Interpersonal Skills
8	Generalized Anxiety	Dealing with Ambiguity
9	A System for Problem-solving	Values and Vulnerabilities
10	Review & action planning	Grad celebration