

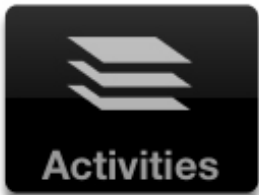


MoodKit™

Mood Improvement Tools

Quick Start Tips

MoodKit is designed to allow maximum flexibility and creativity in how it is used, but here are a few simple tips to get you started with each of its four tools:



MOODKIT ACTIVITIES

- Use the 'Guided' feature for personalized suggestions on ways to increase mood improvement activities throughout each day.
- Scroll to the bottom of the Activities screen to review the 'Commitments' list daily, to mark completed activities, and to keep notes about your experiences.



THOUGHT CHECKER

- Complete a session after any situation that results in a negative shift to your mood.
- Do at least 3 sessions per week to reduce your distress and improve your thought checking skills.



MOOD TRACKER

- Rate your mood, with associated notes, at least once per day. Set reminders to do so in 'Extras.'
- Review the 'Mood Chart' weekly and monthly to identify patterns and progress.



JOURNAL

- Make one or more journal entries on a daily basis by using blank, pre-formatted, or customized templates.
- Review all of your journal entries on a weekly basis (made convenient by a "Last 7 days" export/print option) to identify patterns and lessons learned.