



A Guide to Manage your Moods

By Bernard Desmidt

How to shift your moods – to be and bring more of your best to better serve you and others in times of uncertainty and change.

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Moods are the most contagious phenomenon known to humans. We are biologically, inescapably emotional beings – everything we do or do not do, is because of the mood we’re in. Each day we are called to deal with unanticipated interruptions and interferences - breakdowns to our habitual rhythm of life. Breakdowns can be both positive and negative - winning the lotto vs losing one’s job. Our resourcefulness to adapt and deal with our breakdowns, is a function of the mood we choose to live and lead from. Moods are ‘spaces of

possibility’; they can predispose us to limited or infinite possibilities for action.

In such unprecedented times with increasing levels of isolation, uncertainty, and volatility, we will experience a range of moods which may or may not serve us. Below is a summary of the 6 core 'Moods of Life' and how they come to be, what actions each predisposes us to take and the impact they have on us and those around us.

BELIEF	MOOD	BEHAVIOUR	IMPACT
I can make a difference, so what could I do to help...	Ambition	Courageous	⊕ ⊕ ⊕ ⊕
This could open new opportunities to add greater value...	Curiosity	Open	⊕ ⊕ ⊕
It is what it is, there’s no point dwelling on things that can’t change	Acceptance	Pragmatic	⊕ ⊕
There’s nothing I can do so why bother, it’s only a matter of time	Resignation	Complacent	⊖
I’m going to be so badly affected and don’t know how I’m going to cope	Anxiety	Fearful	⊖ ⊖
This is so wrong and unfair that I should suffer so	Resentment	Victim	⊖ ⊖ ⊖

Whilst we cannot control our moods, we can manage our moods. Whether we show-up as a victim of our circumstances or the architect of our environment, is a function of the mood we choose to live and lead from.

The hope is that you find the following 10 strategies helpful to shift to more resourceful moods that positively impact you and others. Please feel free to share widely.

1 Be an attentive observer

We can't change what we can't see. To shift to a more resourceful mood, starts with being an observer of your moods. Observe your moods with the intent to acknowledge the mood rather than to sit in judgment of yourself because of the mood you're in. Over the next week, at the start and end of each day, note your reflections to the following three questions:

- a. What mood am I in?
- b. How does this mood serve me?
- c. What mood would better serve me?

2 Listen to your 'story'

Moods are constructed in language – they come from the assessments, beliefs and thoughts we hold. Whatever thoughts we consistently hold in mind, we consistently act out. A belief there is 'nothing I can do to change my current circumstance', is likely to elicit a mood of resignation. In a mood of resignation, you look to the situation in despair and declare yourself helpless. By listening to your 'story', you create the possibility to recraft your story to better serve you. What assessments do you hold that don't serve you.?

3 Change your 'story'

We are the authors of our stories - our beliefs create our reality. Only we can recraft our story to bring about a different reality. As you face the challenges ahead, what different assessments could you hold that better serve you? By acknowledging the current situation will continue for some time to come - opens access to a mood of acceptance. Acceptance is not to be confused with complacency. In a mood of complacency, we declare ourselves helpless and the situation hopeless.

In a mood of acceptance, we accept what is and are at peace with what we cannot change. In a mood of acceptance, we put the past behind us and direct our attention and energy to a future we can influence and positively impact. What different story do you commit to craft that will better serve you?

4 Declare a mood

A declaration is a statement which brings about a different reality. What mood could you declare to live and lead from that would better serve you and others? Declare it. Now, give yourself full and genuine permission to live more from that mood. To declare a mood means to share the mood - when you declare it, you own it. Who will you declare your mood to?

5 Get to work

From your resourceful mood, get to work. Do the stuff that matters. Panic and procrastination are great company. Acceptance, ambition and curiosity are relational moods - they make it possible to coordinate

action with others. They have a positive impact and create a desirable future. Moods of acceptance, ambition and curiosity make it possible to secure greater levels of cooperation and commitment to get done what is most important.

6 Start the party!

Resentment, resignation and anxiety are selfish moods - they make us a victim and direct our attention and energy on preserving and protecting our selfish interests. As relational beings - our survival depends on being connected and interacting with others. Don't wait to be invited to a group - you may wait a while. Start a group. Right now, send someone an invitation for a virtual coffee. Then Invite others to join you for a virtual gym session, a virtual lunch or best of all, a virtual party. You can never be alone if you are part of something.

7 Appreciate others

We all share a need to be and feel appreciated, more so than to be recognised by others. What's the distinction? We typically recognise others for what they've done; we appreciate others for who they are. Today, as important as it is to recognise others, it's more important to express your appreciation for who they are - what you're grateful for and what you value most about them. Don't' assume others feel appreciated by you - your intentions may be honourable, it's your actions that count.

8 Be curious

When we accept the normality of uncertainty, we create the conditions to lean into new possibilities. Despite the disruption, uncertainty, the pain and grief we have and are still to experience, what new possibilities may the current situation present? What in 6 months' time will your regret not having done today? What could you learn from others you've never considered seeking help or advice from? What can you do today that your team members and customers will value, respect and remember for years to come?

9 Make offers

Do not wait for others to seek your help, offer it. Offers are a fundamental way of how we take care of others. Be



generous. Accept that others may not want your help - respect their decision and don't take it personally. They may just need a bit more time to reflect on and consider your offer. Be open to others' offers of help and support. We will only get through this by being together. Accepting help and support from others is a sign of courage and strength, not weakness and failure.

10 Be kind

Be kind to yourself first and foremost. There's a lot happening for you right now. Treat yourself with respect, dignity and legitimacy. Accept, we each come to things in the best way we know how. That said, the best way we know how, may not work out. Learn from what worked or may not have. In times of uncertainty, give yourself permission to be a 'beginner' - that is not to disregard what you know and can do. It means being open to learn what you do not know and have not done before.

Virtual Workshop - How to Manage your Moods

The How to Manage your Moods, virtual workshop is delivered to groups of 6 people and includes two, 1.5-hour sessions. The workshop will help you to:

Part 1:

- Access moods as a domain of learning to help you be and bring your best
- Understand the six 'Moods of Life' and how moods come to be
- Be a better observer of your moods and to manage your moods to better serve you

Part 2:

- Manoeuvre your moods to open you to new possibilities to deal with change and uncertainty
- Live and lead with greater fulfilment and impact
- Shift the collective mood and team better together

To find out more about the in-house virtual workshop, "How to Manage your Moods", contact Bernard via

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As an accomplished coach, facilitator, speaker and author, Bernard works with leaders and leadership teams to help them become their best selves so that they live and lead with greater fulfilment and impact.

Bernard has delivered over 20 000 hours of executive and team coaching and facilitated leadership development programs to some of Australia's leading public and private organisations. He helps leaders and leadership teams achieve transformational change through:

- Embedding a 'leadership way' others choose to follow
- Transitioning groups of 'individual smart leaders' to become smart teams and do great work
- Shifting the quality of working relationships to achieve better outcomes, together
- Adding more value and making a difference to others

He is the author of *Inside-Out Leadership – How to Master the 4 Principles of Effective Leadership and Become the Leader Others Choose to Follow*.

Dr. Marshall Goldsmith, recognised as the world's #1 leadership thinker, endorsed his book with these words: "Inside-Out Leadership is laden with common-sense – leaders will read this book and wonder why they're not already doing this."

I would like to pay tribute to my teachers, mentors and the many thought leaders whose shoulders I stand on, particularly, Alan Sieler, Humberto Maturana, Fernando Flores and David Hawkins.