

## List of Daily Wisdoms (i.e., actionable advice)

### Daily Wisdoms for Mood

Nr.	Title	Description	Source
1	Greet a stranger with a smile.	In our modern busy life, we don't often stop to consider the people around us. Give a stranger a nice surprise with a smile or a simple 'good morning!' and you may get one back in return.	[1, 2]
2	Positive Affirmations	Use positive self-talk to repeat feel-good phrases to yourself such as 'I am resilient', 'I can overcome challenges'. These can help rewire your brain and enhance feelings of self-esteem and self-worth	[3, 4]
3	Make a playlist of happy songs	Make a playlist of songs that bring back happy memories or just have a great beat to lift your spirits. Listen to it whenever you need a pick-me-up moment.	[5, 6, 7]
4	Viscerosensory Attention	Try to shift your attention towards and away from bodily sensations, such as heartbeat, breathing, or feelings in your stomach. Try to keep your attention focused on the different sensations for a while.	[8]
5	Emotional Imagery	Recall emotionally positive, negative, or neutral situations. Try to shift your attention shift your attention between these different situations. For example, think of a stressful exam or a conflict, a bus ride, or a beloved person. Try to keep your emotions focused on each situation for a while.	[8]
6	Facial expression	Try to express different emotions with your face and keep them for a while (e.g., angry face, neutral face, happy face).	[8]
7	Contemplative repetition	Slowly count from 1 to 10 a say a short very easily sentence. Repeat either the counting or sentence several times.	[8]
8	Active constructive responding	Share a pleasant and good experience or information with someone.	[9]
9	Exercise	Do some sort of physical activity such as going for a walk or run.	[10]
10	Social Contact	Give your best friend a call, chat with a college or fellow student over a cup of tea or spend some time with a friend or your partner.	[10]

## Daily Wisdoms for Agitation

Nr.	Title	Description	Source
1	Sleep in absolute darkness.	Try to make your bedroom completely dark. Possible steps to achieve this is to use 100% opaque curtains, putting tape over power plugs that have a small light, and turn of all further light sources such as standby light.	[11]
2	Sleep in a relatively cold environment.	Try to find an appropriate sleep temperature by using the AC or opening windows. Bedroom temperature affected sleep quality more than external noise [12]. Other studies reveal that increased body and bedroom temperature can decrease sleep quality and increase wakefulness.	[13, 14, 15, 16, 17, 18]
3	Eliminate noise from your sleeping environment	Try to eliminate as much nighttime noise because it increases arousals.	[19]
4	Give yourself a prep as prep talk.	Give yourself a prep talk by thinking of what you want to achieve today and why you can do it.	[10]
5	Have a bright day.	Increase bright light exposure during the day.	[20]
6	No coffee after four.	Don't consume any type of caffeine late in the day. If you do crave a cup of coffee in the late afternoon or evening, stick with decaffeinated coffee.	[21, 22, 23].
7	Same day - same time to sleep.	Try to sleep and wake at consistent times.	[24, 25, 26, 27]
8	Don't drink and sleep.	Try to not drink any alcohol or try to drink less alcohol.	[28, 29, 30, 31, 32, 33, 34]
9	No noise, light, or mess.	Optimize your bedroom environment by trying to minimize noise (e.g., from traffic), turn of all sources of light, and tidy up your room.	[35, 36, 37, 38]
10	White noise	Listen to some white noise at bedtime.	[39]
11	Take some worry time.	Take some time before you go to bed to write down all your problems, worries and if possible, the actions or a plan to address them.	[40]
12	Not in this room. (Stimulus control)	Avoid being in the bedroom before going to bed and try to do any not sleep related activities in a different room.	[41]

## Daily Wisdoms for Anhedonia

1	Master your notification settings	Try to limit your notifications and only use those that are very relevant to attend to in the moment. Health related or safety notifications should of course not be disabled.	[42, 43]
2	Take a reading break	Reading is a great way to step away from the stressors of everyday life while keeping your mind active. Choose your favorite book and take a couple of minutes for yourself to get immersed into another story	[44, 45]
3	Take time off from your phone	Keep your phone out of sight for at least the next hour to not distracted from notifications. You may choose to keep it in a cupboard or in another room	[46, 47]
4	Blessing exercise	Think about three things that today went well. If they involve another person, recognize, and thank them whenever possible	[48]
5	Savoring exercise	Think for 2-3 of something you enjoyed a lot and try to make the pleasure last as long as possible.	[49]
6	Stress acceptance	Write down a stressful event of the last week or a stressful memory that you sometimes think about. Imagine the note flies away and disappears. Finally, destroy the note.	[50]
7	Acupressure	Locate the pressure point between the base of you thumb and index finger. Press down on this point for 5 minutes. Move your thump in a circle while applying pressure. Be firm but don't press so hard that it hurts. Repeat this procedure on your other hand.	[51]
8	Unsubscribe from an email.	Observe your emails for one week and click on "unsubscribe" at the very bottom of emails that you think are not 100% relevant.	[42, 43]
9	Pay it forward	Do something kind for someone else rather than simply accepting or repaying the original good deed.	[52]
10	Mindful minutes	Here's a quick and simple mindfulness exercise [LINK] you can do to center yourself.	[53, 54, 55]

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