

# Mood's Influence



### Your mood influences your choices.

# An "I won't" mood can keep you from making healthy choices.

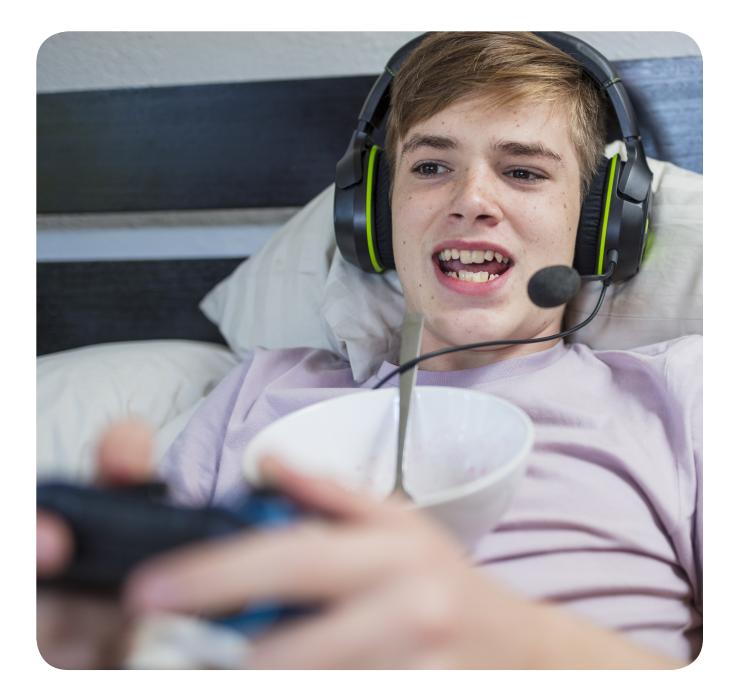
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## An "I will" mood can lead to healthy choices.



# Your mood and choices An "I won't" mood influences your choices.





### playing video games

eating sugary foods



### staring at a screen

# Your mood and choices Decide to motivate your mood and make healthy choices.





eating a healthy breakfast

reading to recharge



### playing with friends

### What choices will you make today?



