

WITH ME IN MIND

Low Mood



ACE Activity Examples

Achievement

- Do something they've wanted to do for a while
- Set goals for the day or week
- Creative writing
- Art work
- Making something
- Exercise
- Sports
- Homework (the feeling of achievement when completing it!)
- Tidying room or house
- Making a meal with family or for family
- Eating healthily – the right amounts and the right foods. This is important for our mood. You can make this enjoyable by cooking or baking new, healthy things
- Get to bed and wake up at the same time each day – a routine helps to keep your body and mind healthy.

Closeness

- Connect daily with different types of people: friends, family (close and extended), girlfriend or boyfriend, trusted adults, neighbours, family friends.
- We get different things from different connections: spending time with Gran will be different to hanging out with a friend.
- Instead of just messaging, try phoning or video calling others – this can help you to feel more connected.
- Seeing people face to face is important too.
- Meeting up in person doesn't have to cost money – you could go for a walk, run or bike ride, do homework together or make someone a meal.
- Reach out to someone you've not had contact with in a while.
- Send someone a nice message or a card to let them know you're thinking of them.
- Suggest an hour of family time once a week.
- Join a new group or club.
- Who's in your support network – are the people you spend time with good for you? If you don't feel better around them, maybe rethink the friendship. Don't be scared to distance from people who have a negative impact
- Let trusted others know if you feel low – you could write this down.

Enjoyment

- Lots of things on the achievement list can also be enjoyable!
- Try to do something enjoyable every day – no matter how small.
- Have a think about what you find enjoyable – it's different for everyone.
- Watching a TV show or film you like to wind down.
- Hobbies, e.g. running, photography, football.
- Volunteer for a charity that matches your interests, e.g. dog walking.
- Try something new: a book / recipe / music artist / hobby.
- Do regular self-care or relaxation time – this could be having a long bath, a colouring book, doing breathing exercises or meditation online or on apps.
- If your thoughts are negative, keep a gratitude journal – every night before you go to bed, write something you were grateful for that day.
- Limit the time you spend in your room or doing one thing. Being in the same place or doing the same thing for too long will affect your mood.