

# WITH ME IN MIND

## Low Mood



### Tips for supporting young people with Low Mood

- Encourage young people to do something. They may feel unmotivated to do anything but by doing nothing, this can actually make it worse. The easiest way to challenge the low mood is to get busy. Maybe you could find an activity that you can do with the student?
- Encourage students to reach out to somebody they trust. Tell them there is always someone who may understand. Notice changes in behaviour.
- Tell them to be kind to themselves, encourage them to schedule breaks when studying.
- Encourage students to practice self-care and encourage them to do things that help them feel good and de-stress each day. This could include; a physical activity, a creative activity, a bath or shower, pampering, spending time with someone they care about or a video call to friends.
- Teach students to use study schedules with time for breaks. This will foster a sense of achievement and will balance out study time and rest time.
- If a student is having a 'bad day', and they are really struggling to manage their low mood, encourage them to forgive themselves and to recognise their achievements so far.
- Make sure students are eating healthy and regularly and drinking plenty of water. Encourage students not to have too much caffeine as this can affect sleep. A good night of sleep is important for our mental health.
- Encourage them to plan activities with friends, family or even things they like to do on their own. Encourage your young person to plan out what they want to do with the day and support them to follow the plan and not their mood. Stick this plan up somewhere that the young person can see it!
- If you notice they seem low, try and connect with them. They may not be able to talk about how they are feeling but even sitting together and completing an activity may help them feel connected and less isolated.
- They can also track their moods and emotions using a diary or log. They can use this log to share with you how they are feeling. Young people sometimes find it hard to talk about how they are feeling, so using a visual ways of expressing their thoughts and feelings may help.
- Break activities down into little chunks – this way they'll feel more manageable and less overwhelming.
- If the student has managed an activity, take time to praise them for this. You could spend some time thinking about how this made them feel. Did it feel good? What could be improved next time? Will they schedule it in again?
- We all need to feel like we've Achieved things, to feel Connected to others, and to Enjoy things. That's why we need a balance of these 3 components in our day-to-day lives, for a healthy mind. Encourage students and young people to engage in activities that include these 3 components.