

WITH ME IN MIND

Low Mood



Tips for Managing Low Mood

- Make yourself do something. It might feel like all you want to do is lie on your bed, but that will actually make it worse! The easiest way to challenge your low mood is to get busy. If you're struggling, ask someone to motivate you.
- If you notice you are feeling low, talk to those around you. Try to spend time with friends and family.
- Write down some of your positive features or the things you are good at or you like about yourself. Say these aloud to yourself every morning and create your own mantra! This will help you to value yourself.
- Think about situations as though you were helping a friend. E.g. 'I feel hopeless and no-one would listen' – imagine if your friend said this. What would you tell them? 'It's okay to feel rubbish sometimes, and there are people who care about you who would happily listen to your problems!'
- Track your moods and emotions using a diary or log. This will give you and anyone you share it with a good idea of what is happening. You could rank your mood out of 5 every day.
- Break activities down into little chunks – this way they'll feel more manageable and less overwhelming.
- Write the activities you choose on a planner and try and plan out your week. Stick this up where you'll see it. Try to follow the plan and not your mood.
- Give yourself credit when you manage an activity, and take time to write how you feel afterwards. Does it feel good? What could be improved next time? Will you 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.
- See the examples below of activities that help Achievement, Closeness and Enjoyment. See which of these things you could do. This might improve your mood.