



LOW MOOD

What is it? Feeling sad is a normal reaction; everyone feels low or down at times. Whilst we can all have poor moods or down days, a low mood is when someone feels like this persistently. It can lead to an absence of feeling, irritability, lack of pleasure or a lack of motivation.

What might it look like? Low mood can present with changes in behaviour and relationships with friends and adults. It can lead to people appearing withdrawn and quieter.

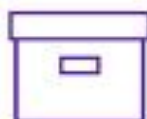
Tips for managing low mood:

1. Exercise and Activity.



Being active and exercising does not have to mean going out for a run or playing a team sport. Exercising can be as simple as going for a walk or helping out in the garden. The benefits of exercise include the release of endorphins which increase mood and a reduction of cortisol, the stress hormone.

2. Comfort Box



Make a comfort box which has positive things inside. It could include photos of people who are important to you, inspirational quotes or song lyrics, favourite snacks, gifts from people you care about etc. Look in the box at times when you are struggling.

3. Focus on the Present.



Focus on the present and relax your body. You might have a nice warm bath, or you could use all of your strength to tense up all of your muscles and then slowly relax them whilst taking deep breaths. You might even try a mindfulness app.

4. Behavioural Activation



This approach uses ACE activities by planning opportunities for activities which increase your mood. These are things that promote Achievement, Closeness or Enjoyment. Planning these activities into a diary or calendar will help to reduce avoidance and also to identify goals. Behavioural activation helps people to recognise that behaviours influence emotions.

