



Low mood

Are you feeling low? Are you feeling sad?

Everyone feels sad sometimes and that is normal. Feelings should come and go. However if you are feeling low or sad and it lasts for longer and it starts to affect your every day life, then try some self help tips and seek help if these don't work.

- Talk to someone about your sadness. Sometimes it can be helpful just to talk about it with someone who cares about you.
- Challenge any unhelpful thoughts. Give yourself a talking to! Tell yourself that thoughts are not facts!
- Make sure you take care of your wellbeing. Set a bedtime routine and get enough sleep.
- Eat healthy food that you enjoy.
- Increase your physical activity. Make sure you exercise every day! It might be hard to do but you can do it!
- Get into a habit of looking for the positives in every day. Each night ask yourself 'What are three good things that happened today?' (It can be the tiniest thing)
- Try helping others. It is surprising how when you focus on helping someone else it actually improves your mood.
- Take time out of your day for relaxation. Do something you enjoy.
- Spend time outside in nature.
- Keep a mood diary and jot down your feelings and why you feel that way.
- Make a sadness kit and put things into it that increase your happiness or give you comfort.