

PSYCHOEDUCATION

Low Mood



What is low mood?

Feeling lots of different emotions is a normal part of life. Sometimes, we might feel a bit down or sad, and that's okay. These feelings might happen as a normal part of growing up or because of something that's going on in our lives. We might feel upset, grumpy, or even want to cry, but usually, these feelings go away after a few days or weeks. Sometimes, small changes can help us feel better, like making up with a friend after an argument or finishing a tough time at school. But if we keep feeling sad for a long time, it might mean we have something called low mood or depression.

When someone is feeling depressed, the sad feelings last much longer, and it can make it hard to enjoy the things they usually like. It might even make school or everyday things harder. It can be difficult to feel better without the help of other people. If this happens, it's important to talk to someone, like a parent or teacher, so we can get the help we need to feel better.

Symptoms of low mood

Everyone is different and people experience low mood in different ways. However, these are some common symptoms which we could experience.:

- Feeling constantly sad or down
- Not being able to enjoy things you usually like
- Difficulty getting to sleep or sleeping more than usual
- Changes in appetite
- Being moody and irritable, becoming easily upset or tearful

- Feeling exhausted
- Feeling hopeless, worthless or like a failure
- Struggling to concentrate
- Avoiding friends, family and regular activities
- Aches and pains in your body
- Having thoughts of self-harm or suicide

Self-help ideas

Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling.



Good sleep hygiene

Getting a good sleep is important for both physical and mental health. It can also improve productivity and overall quality of life. Visit the [Teen Sleep Hub](#) website for tips to improve your quality of sleep.

Plan helpful activities

Low mood can stop us from doing important or enjoyable activities. Missing out on these can keep our mood low, then it becomes a vicious circle. Make a list of activities that are important to you, then try to do something off the list each day. Start with the easier ones. Then, as you progress, your mood should improve.



Mindfulness

Mindfulness activities help us to reconnect with our bodies and the sensations they experience. This means paying attention to the sights, sounds, smells and tastes of the present moment. Focusing on the here and now is a good way to stop us from dwelling on the past or worrying about the future.

Get active

If you can, try to do a little exercise every day. Like taking the stairs instead of a lift, or standing up to stretch your legs every so often when sitting down for long periods – can really lift your mood.



Useful websites and apps:

Young Minds is a UK charity committed to improving the emotional wellbeing and mental health of children and young people.

<https://www.youngminds.org.uk/>



Kooth is an online free website which provides free, safe and anonymous mental health support for children and young people aged 11-18. It includes a safe online community, a range of self-help tools and live text-based chat sessions with a qualified mental health practitioner.

<https://www.kooth.com>



The Teen Sleep Hub offers advice on how to sleep better, tips on tweaking your routine and help to understand the science behind sleep patterns.

<https://teensleephub.org.uk>



The Every Mind Matters website has a specific section on mental health and self-care for young people:

Self-care tips videos for young people - Every Mind Matters - NHS
(www.nhs.uk)

