



# TIPS ON DEALING WITH LOW MOOD

Try keeping a journal/mood diary to identify any patterns in your mood

Work on good sleep hygiene, starting with a positive night-time routine

Write a list of positive coping statements or affirmations to read when feeling low

Write a list of your favourite coping skills/self-care acts to look back on when you're feeling low

Remember that it's okay to feel sad and that it's normal to not feel happy all the time



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YOUR EMOTIONAL  
SUPPORT SERVICE



LET'S TALK ABOUT...  
**LOW MOOD**

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INFORMATION AND  
SUPPORT FOR DEALING  
WITH LOW MOOD &  
DEPRESSION

# WHAT IS LOW MOOD & DEPRESSION?

- Depression is a low mood that lasts for a long time, and affects your everyday life.
- Depression can happen as a reaction to something like abuse, bullying or family breakdown
- In its mildest form, depression can mean just being in low spirits which makes everything harder to do and seem less worthwhile.



## APPS FOR LOW MOOD



**I am**  
*Daily Affirmations*



**Daylio**



**Tangerine**

# SIGNS & SYMPTOMS:

## THINGS TO LOOK OUT FOR

When we think about what low mood & depression can look/feel like, we can consider the three following headings...

### Emotionally



- feeling low
- worthlessness
- feel empty or numb
- unmotivated and uninterested
- irritated and easily annoyed

### Physically



- appetite changes
- insomnia & fatigue
- aches and pains
- headaches
- nausea

### Behaviourally



- isolate self
- avoid situations/activities
- unable to focus
- can't think clearly
- moving really slowly, lethargic
- fidgety and restless

# WHAT IS SELF-CARE?

Self-care is any act that we do that helps improve our health - both physical and mental.

How we practice self-care varies from person-to-person so it's important to find what works for you.



## WHY SELF-CARE IS SO IMPORTANT

Think of your mental health as a battery - when our battery is fully-charged, we're better able to cope with any stress that comes our way!

However, as our battery starts to run out of charge, so does our ability to cope with pressure.

This is when self-care becomes really important - it helps to recharge our batteries and help us be able to cope with life and all the stresses that comes with it!

