

LOW MOOD

young person's fact sheet

The logo for Bishop Auckland College is a dark teal, irregular shape that resembles a stylized flag or a piece of fabric. It is positioned to the right of the main title and subtitle.

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WHAT IS LOW MOOD?

Anyone can get **LOW MOOD**.

It is the most common psychological problem. It varies from person to person and stressful or difficult thing can trigger it or it can seemingly come out of nowhere.

We all feel sad from time to time but usually the feeling passes. With **LOW MOOD**, these feeling of sadness just seem to go on and on and it's hard to see a way to feel happy again.

LOW MOOD can impact how you **feel**, how you **think** and things that you **do**.



SYMPTOMS OF LOW MOOD

Feeling Hopeless & Guilty

Feeling low for a long time can make us focus on the bad things in life, making us feel hopeless, sad, or like nothing is good. We might also feel guilty for thinking this way and more irritable than usual.

Aches & Pains

LOW MOOD and pain share nerve pathways in the spinal cord and also share chemicals in the brain. This means we might feel aches and pains in our muscles due to feeling low,

Lack of Energy

LOW MOOD drains our bodies of energy, making us feel tired and drained. This might mean we feel too tired to do the things we'd usually want to do.

Change in Appetite

Cortisol (our stress hormone) is released by the brain when we feel low - this might mean we don't feel hungry. Or, we might also comfort eat and eat more than usual.

Concentration

LOW MOOD slows our bodies and brains down meaning we might also feel like we're 'clumsier' than normal or might forget things easily.

Negative Thoughts

Feeling low is linked to negative thinking. For example, you might think that nothing is good, that you don't want to be here anymore, or you might have thoughts about hurting yourself. These are really upsetting thoughts but are a very common symptom of LOW MOOD.

Sleep

Changes to our hormones can make it difficult to sleep. Equally, negative thoughts could also stop you getting to sleep. You might also notice you're sleeping more or sleeping through the day because you don't have much energy.



Understanding your symptoms of LOW MOOD is the first step to getting better. Remember, though these symptoms are upsetting, they are a NORMAL reaction.

BEHAVIOURAL ACTIVATION

Behavioural Activation is an intervention used to help people who are struggling with LOW MOOD. It is based on Cognitive Behavioural Therapy (CBT) and there is lots of evidence and research that shows it works! The main idea behind Behavioural Activation is that, when low in mood, we get stuck in a vicious negative cycle. To feel better, we therefore need to change something in the cycle so that it becomes a positive cycle.

FEEL LOW

Feel low, down and sad.

Feel tired and exhausted.

Feel bad or guilty.

Feel unmotivated.

Feel hopeless or like nothing will get better.

THE VICIOUS CYCLE



DO LESS

Slow down physically and mentally.

Do less things than normal.

Avoid seeing/ socialising with friends/family.

Find it difficult to find motivation to do things.

GET LESS OUT OF LIFE

Stop getting enjoyment from life, stop feeling any sense of achievement and feel isolated from others.

BREAKING THE CYCLE: DO MORE TO FEEL BETTER

A proven way to break this cycle is to start **DOING** more meaningful and enjoyable activities. this can be very difficult at first but we know that activity helps us to feel happier, distracts us from negative thoughts, makes us feel more motivated, improves our concentration, and makes us feel less tired. this is why we say **DO MORE TO FEEL BETTER!**

Do more of what matters

This can be hard to do at first, but the more you do it, the happier you will feel, the closer you will feel to others and the more you will feel a sense of achievement.



Get more from life

Feel better and happier

The longer we're stuck in the vicious cycle, the lower and more unhappy we feel. This then makes it more and more difficult to do things and means we get even less out of life.

10 THINGS TO HELP YOU FEEL BETTER

1. Call or text a friend or sibling
2. Go for a walk
3. Play with your pet
4. Go for a run or a bike ride
5. Try a new activity
6. Watch a film
7. Read a book
8. Listen to music (don't sit in silence)
9. Eat some good food (like a smoothie, fruit or porridge)
10. Create something (draw or paint a picture/write a song, poem or rap).



Becoming more active will help you begin to overcome your LOW MOOD. This is because, when you do something you enjoy, you feel happier and more positive about life and the world! Doing more meaningful things helps you feel better!



MAKE A LIST OF 10 ACTIVITIES THAT YOU ENJOY OR MAKE YOU FEEL GOOD!

1

2

3

4

5

6

7

8

9

10

ACTIVITY PLANNER

It's Important to plan in enjoyable and meaningful activities to help us feel happier and get a good balance in our lives. By taking time to plan in activities, we are much more likely to actually do them and start to feel better. It can be difficult to do activities when feeling low but remember, it's important to follow your plan and not your mood. This way, you can start to DO MORE TO FEEL BETTER

What are you going to do?

When will you do this?

Who will you do this with?

Is there anything else you need to plan in order to do this? (eg. how you'll get there, what you'll need, whether you need to ask a friend/family member).

Remember to follow your plan and not your mood!

After you've done your activity, answer these questions:

How did you feel after your activity?

Is this an activity you will do again?



yes, make a plan to do it again!



If no, make a plan to do something different.

Remember, the key is to DO more to FEEL better!

