

# LOW MOOD

## What is it?

Feeling lost and upset. Not feeling yourself. Worrying. Always tired or sleepless nights. Under pressure. Feeling distressed. A feeling of sadness that will not go away.

## What does it look like?

Feeling distant from others. Being upset constantly. Thinking badly of yourself. Not having the energy to do anything. Eating too much or not enough. Getting tearful or angry.

## How to deal with it?

- Get into a good sleeping routine; sleep warm and comfortable.
- Talk to someone you trust about your problems. It's better out than in.
- Start a new hobby or an activity you enjoy doing.
- Use step-by-step guides to help.
- Deal with situations and feelings, one small step at a time.
- Try keeping a diary or writing your thoughts down.
- If things don't improve, contact your GP.

