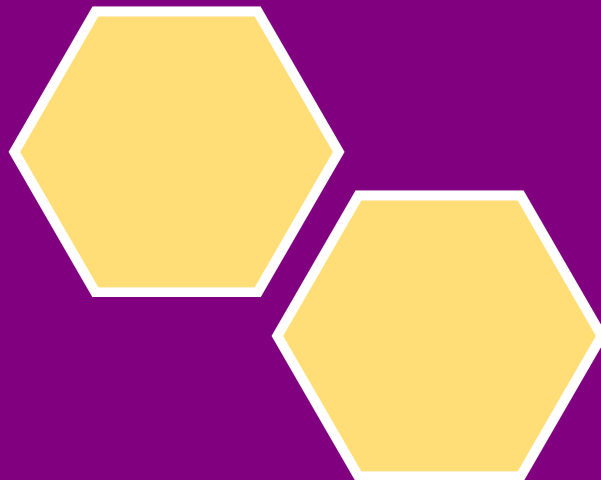


MANAGING LOW MOOD



WHAT IS LOW MOOD?



Low mood is the most common psychological problem and anyone can get it. Everyone feels sad from time to time but for some people low mood feels like a sadness that can go on and on. Stressful things in our lives can trigger low mood but also it can seemingly come from out of nowhere. Low mood affects how we think, feel and what we do and it can also have a huge impact on our lives and physical symptoms within our body.

HOPELESSNESS AND GUILT

LOW MOOD OFTEN MAKES US FOCUS ON ALL THE BAD THINGS IN OUR LIVES AND SO WE BEGIN TO FEEL HOPELESS. LOW MOOD CAN OFTEN BRING A LOT OF FEELINGS OF GUILT FOR FEELING THE WAY YOU DO, ESPECIALLY IF THERE HAS BEEN NO CLEAR TRIGGER TO WHY YOU FEEL LOW IN THE FIRST PLACE.

NEGATIVE THOUGHTS

LOW MOOD AND NEGATIVE THINKING OFTEN GO HAND IN HAND. YOU MIGHT THINK THERE IS NO POINT TO LIVING OR THOUGHTS ABOUT HURTING YOURSELF. THESE CAN BE REALLY UPSETTING BUT ARE VERY COMMON FOR PEOPLE WITH LOW MOOD

CONCENTRATION

LOW MOOD ACTUALLY SLOWS OUR BODIES DOWN SO WE CAN STRUGGLE TO CONCENTRATE, MAKE DECISIONS AND WE CAN ALSO FEEL A LOT CLUMSIER THAN USUAL

SLEEP

CHANGES CAN OCCUR TO OUR SLEEP WHEN LOW MOOD BECAUSE OF THE BALANCE IN OUR HORMONES BEING DISRUPTED. YOU MIGHT ALSO NOTICE STRUGGLING GETTING TO SLEEP DUE TO WORRYING OR SLEEPING MORE DUE TO LACK OF ENERGY

CHANGES IN APPETITE

THE STRESS HORMONE (CORTISOL) IS RELEASED INTO THE BRAIN WHEN WE FEEL LOW AND THIS CAN AFFECT OUR APPETITE MAKING US NOT FEEL HUNGRY. ON THE OPPOSITE SIDE OF THIS, WE MAY EAT MORE TO TRY AND FIND COMFORT IN FOOD.

ACHES AND PAINS

LOW MOOD AND PAIN ACTUALLY SHARE THE SAME PATHWAYS IN THE SPINAL CORD AND SHARE CHEMICALS IN THE BRAIN SO WHEN YOU ARE LOW IN MOOD, IT IS TRUE THAT YOU CAN FEEL ACHY AND UNWELL.

LACK OF ENERGY

LOW MOOD ACTUALLY USES UP A LOT OF OUR ENERGY MAKING US FEEL TIRED AND DRAINED. THIS USUALLY MEANS WE ARE TOO TIRED TO DO THINGS THAT WOULD USUALLY BRING US JOY



UNDERSTANDING YOUR SYMPTOMS CAN BE THE FIRST STEP TOWARDS FEELING BETTER



CYCLE OF LOW MOOD

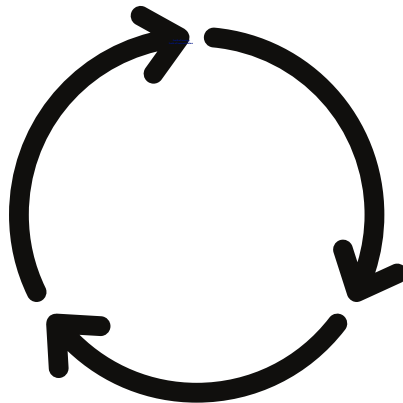


How we feel can often impact on what we do. If we are feeling low in mood we can often decide not to do anything or do activities that we don't enjoy because we may feel that is what we deserve or feel there is little point in trying to do things that make us feel better. However, by doing this we are encouraging the low mood to continue.

VICIOUS CYCLE OF LOW MOOD

LOW MOOD CAN IMPACT HOW YOU FEEL, HOW YOU THINK AND WHAT YOU DO...

UNMOTIVATED
SADNESS
GUILT
DOWN
NOTHING WILL
GET BETTER



DO LESS
AVOID
SLOW DOWN
DIFFICULTY
DOING THINGS

GET LESS OUT OF YOUR LIFE...

It can be helpful, if we look at the activities we are doing and ask ourselves:

- how does this make me feel?
- Is it helpful/unhelpful?
- Is it meaningful and important to me?
- Could i change some of the things that i am doing/or make them more useful?



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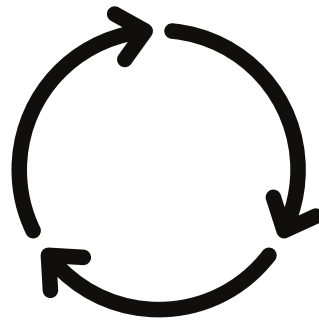
BREAKING THE CYCLE

We can change our mood by taking more time to do activities that make us feel good and that are important to us. Use the space below to consider what you can do to help lift your mood , feel productive and spend time with positive and trusted people.



DO MORE TO FEEL BETTER!

DO MORE OF
WHAT MATTERS...



FEEL HAPPIER
AND BETTER

GET LOADS MORE OUT OF YOUR LIFE..

**MY LIST OF ENJOYABLE AND
MEANINGFUL ACTIVITIES**



@CompassBeMHST

