



LSUP Mental Health Day Low Mood Workshop

What is 'low mood'?

We might feel...



sad



anxious panicky



tired



frustrated angry



feel bad about myself

We might...





sleep too much or too little





eat less or eat more



do less



Why might we be low in mood?





health problems



or splitting up with someone we love







Here's a space for you to write down what you notice when you're feeling down:

How I feel

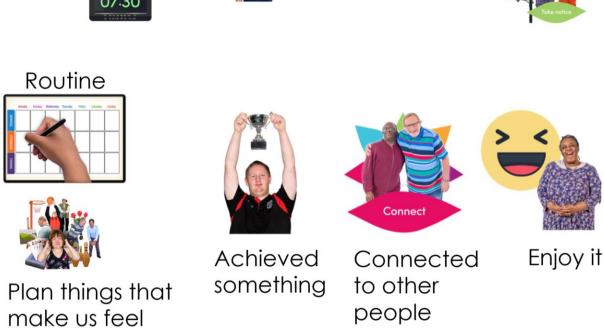
What I do





What can we do to help our mood?





people

Examples: Examples: Examples:
housework call someone - listen to favourite music
gardening text someone watch funny tv show
cooking send a card have a relaxing bath
volunteering send a letter

Here's a space to add more:

good...

I have noticed I'm feeling low. What might help?



1. Notice the good things

Try to notice 1-2 good things a day. They might be things you are good at, or grateful for. It might be something that's gone well. They might be small, like hearing birds or having a nice cup of tea.

2. Mindfulness

Try paying attention to here and now. There are lots of youtube videos to help if you search "mini meditation" or "mindfulness".

Some good ones are:

https://www.youtube.com/watch?v=SEfs5TJZ6Nk https://www.youtube.com/watch?v=F7PxEy5lyV4 https://www.youtube.com/watch?v=Vks2 YLWBXE

'Breeth'e, 'Headspace' and 'Calm' are meditation apps. They can cost money to pay for some parts of them. They do free youtube videos if you search "mini meditationand "headspace" or "calm".

https://www.youtube.com/watch?v=c1Ndym-lsQg https://www.youtube.com/watch?v=F7PxEy5lyV4



3. Write or draw about my feelings

Being creative can help us when we're feeling down. You might want to draw or write about how you're feeling, maybe in a diary or a notebook. You might want to share it with other people, or keep it just for you.



4. Say good things to myself

Say positive things to yourself. These might be things that help you feel good or strong. They might be helpful things someone has said to you in the past. You might to draw or write something to remind you of them.



5. Talk to someone

You might want to just have a chat, or you might want to tell someone how you're feeling. You might talk to or family, or your support worker if you have one. might want to talk to someone else, you can call Samaritans for free on 116 123. if you prefer to text, you Shout offer a free text service. You can text "Shout" on 85258.

Here's a space for you to write down what helps you when you feel down. It can be helpful to look at when you are having a bad day.

What helps me when I feel down?



What I can do



What other people can do