

# 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...



only notice bad things



sleep too much  
or too little



be on my own



eat less or  
eat more



do less



smoking  
drinking alcohol

## Why might we be low in mood?



pain



arguing with a friend,  
or splitting up with  
someone we love



money worries



health  
problems



someone we  
love dies



bullied or hurt

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

How I **feel**

What I **do**



What?

# What can we do to help our mood?

Sleep well



Healthy food and drink



Move our body



Go outside



Routine



Plan things that make us feel good...



Achieved something

Examples:

- housework
- gardening
- cooking
- volunteering



Connected to other people

Examples:

- call someone
- text someone
- send a card
- send a letter



Enjoy it

Examples:

- listen to favourite music
- watch funny tv show
- have a relaxing bath

Here's a space to add more:

# 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](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 meditation" and "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.



I am worthy of good things  
I am worthy of good things  
I am worthy of good things  
I am worthy of good things  
I am worthy of good things  
I am worthy of good things

## 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 want 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 a friend or family, or your support worker if you have one. If you might want to talk to someone else, you can call Samaritans for free on 116 123. If you prefer to text, you can use 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