



SIGNS OF LOW MOOD

- Losing interest in things you enjoy.
- Spending less time with friends and family.
- Frequent mood changes.
- Low energy.
- Feeling tired all the time.
- Changes to appetite.
- Wanting to be alone.
- Sleeping more or less than usual.
- Crying a lot
- Finding it difficult to relax.
- Feelings of guilt or worthlessness.
- Feeling hopeless.
- Can't be bothered to do anything.
- Becoming easily irritated.
- Experiencing low confidence.
- Thoughts of suicide or self-harm.
- Not asking for help.
- Some children may present as their usual selves, however their low mood.

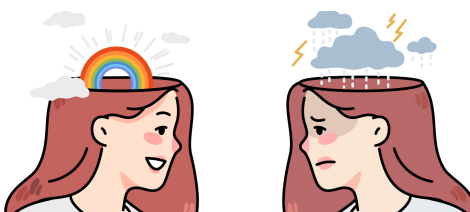


POSITIVE REFLECTIONS

When we are feeling low, it can be easy to focus on the negatives, and difficult to notice the good things that happen. Taking time to reflect on what is going well can have an overall positive effect on our mood.

Use these prompts to encourage positive reflection:

- ★ Something I achieved this week was...
- ★ Something I enjoyed doing this week is...
- ★ I am proud of myself because...
- ★ Something that went well today is...
- ★ I had fun this week when...
- ★ I am grateful for...
- ★ I showed kindness to myself this week by...
- ★ Something interesting this week was...
- ★ Something I like about myself is...
- ★ I felt confident when...
- ★ A quality I am developing is...



LOW MOOD INFORMATION FOR PARENTS AND CARERS

Everyone can feel low in mood at some point in their lives; whether it's circumstantial or affects them short or long term.

This can include a feeling of not having the motivation to do anything and losing interest in the things that used to bring us joy.

By learning about low mood we can help to normalise these feelings and find out how to help young people overcome them, to get their motivation back and to start doing things they enjoy again.



Our website can tell you more about our service and has many free resources to help support your mental health and wellbeing.

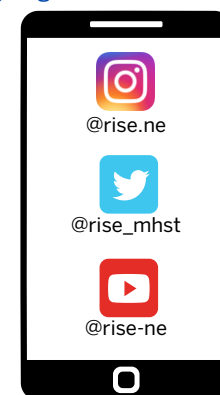
Scan the QR code or head to
rise.childrensociety.org.uk



We have a range of self-help guides: anxiety, low mood, exam stress and self-esteem.

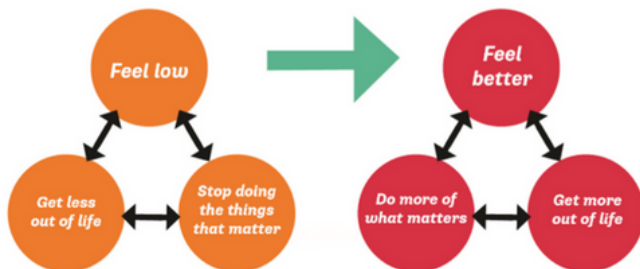


Check out our YouTube channel which contains helpful videos and shorts e.g. anxiety, low mood, mindfulness





BEHAVIOURAL ACTIVATION



People with low mood typically stop doing things they previously enjoyed doing. They can get trapped in an unhelpful cycle of feeling low, doing less and then getting less out of life.

Focusing on doing more of what matters can help the person to feel better and get more out of life.

ACTIVITY PLANNING

It sounds simple to just 'do more of what matters', but this can be really difficult - especially for someone who is feeling low.

In order to do more of what matters, it is helpful to look at what you are already doing, and rate how each activity makes you feel.

Once you have checked out how things are going currently, you can start to add in activities that reflect your values and bring you achievement, closeness and enjoyment.



VALUES

It is important that we find out what is meaningful to us. We think of this as our values. It can be tricky to work out your values - try discussing these questions to help you work out what really matters to you:

- What makes you feel relaxed?
- What do you like to do for fun?
- If you could do anything in the world, what would you do?
- What do you do to take care of yourself?
- What do you like learning about?
- Which people in your life are important to you? Why?
- What do you care a lot about?
- If you could change one thing about the world, what would it be?
- Describe your ideal friend/partner in 3 words.
- What job would you like to do in the future?
- What is your favourite part of your day?
- If you could have three wishes, what would they be?

ACHIEVEMENT, CLOSENESS AND ENJOYMENT

It can be helpful to plan in activities that bring a balance of achievement, closeness and enjoyment.



We feel good when we have achieved something, so it's helpful to include activities each day that give you a sense of achievement. These can be small or big achievements (e.g. doing homework or doing exercise). Sometimes even getting up out of bed or having a shower can be an achievement, especially when we feel low.

We are social animals, so we need and naturally crave closeness and connection with other people. How can you connect with others? You could try phone calls, joining a club, going for a walk and so on.

When we feel low we can lose motivation to do things we enjoy. Try to do something you enjoy every day.