

Low mood & Depression

What is Low Mood/Depression?

As humans, it is natural to feel sad or low in mood sometimes. But sometimes these feelings might go on for a long time and can make everyday life a bit more challenging – this is often known as depression.

Depression and low mood can affect anyone, and sometimes there might not be a clear reason why you experience these feelings.

The important thing to remember is that **you are not alone** and there is always someone you can ask for help and support

Symptoms of Depression

Depression affects different people in different ways. However, here are some of the common signs:

- Feeling sad, upset and down often or all of the time
- Feeling more irritable than usual
- Feeling numb or empty
- Not wanting to do things you previously enjoyed
- Avoiding going out and seeing people like friends and family
- Sleeping more or less than usual
- Struggling to concentrate
- Feeling hopeless or de-motivated
- Feeling tired and not having energy for anything
- Being self-critical (being hard on yourself)
- Wanting to harm yourself



you are
STRONGER THAN
THAT MEAN VOICE
INSIDE YOUR
HEAD

@LaurieJonWells1985

Info and images from: [Depression | Signs & Symptoms of Depression | YoungMinds](#)

[Depression and low mood | The Children's Society \(childrenssociety.org.uk\)](#)

Tips to help when you're in a low mood or feeling depressed



Talk to someone you trust

This can be a friend, a family member or teacher – anyone you find helpful and comfortable to talk to

Stay in touch

Try to keep connected to a few people that make you feel good

Look after yourself

Take a look at things in your everyday routine, such as eating, drinking and sleeping habits – are there any small improvements we can make?



Tune into your thoughts

Spotting unhelpful thoughts can help challenge negative thinking – this may seem difficult at first, however becoming aware of our thoughts is important as our mind can wander to different places – **remember: you are in control**. One way this can be done is through journaling and writing down your thoughts and feelings



Be more active

Exercise can improve our low mood – think about activities you enjoy, such as swimming, walking, running, walking the dog, riding a bike etc.

Plan something you enjoy

Planning something you enjoy, can increase your “feel good” hormone, which can lift your mood when feeling low e.g. baking, going for a walk, seeing friends or family etc.



Other Helpful Resources:

Talking therapy, counselling and wellbeing support is offered through GP services and Carers in Bedfordshire.

A P P S

- ❖ **SMILING MIND:** practice daily meditation and mindfulness exercises
- ❖ **MOOD PANDA:** track your mood and get anonymous support
- ❖ **DEPRESSION CBT SELF-HELP GUIDE:** learn to control stress that contributes to depression
- ❖ **SLEEP CYCLE** track your sleep so you can get woken up at the perfect time for your mood
- ❖ **HEADSPACE:** train your mind for a healthier, happier life (ages 13-25)
- ❖ **MOODPATH:** depression and anxiety tracker and test (ages 13-25)

CRISIS SUPPORT SERVICES

- ❖ **NHS:** To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online
- ❖ **SHOUT:** Shout is a 24/7 text service – it is a place to go if you're struggling to cope and you need immediate help – Text 85258 for immediate help
- ❖ **SAMARITANS:** Access confidential emotional support at any time either by emailing or called 116 123
- ❖ **HOPELINE:** confidential support and advice service for: children and young people under age of 35 who are experiencing thoughts of suicide – Call 0800 068 4141 any day 9am-12am