

## Where can I get further help?

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If you feel your low moods are getting out of control, make an appointment to see your GP or take a look at the Trust's website to see what services we offer and contact details. If you cannot get online please contact our Customer Services team on 0800 587 2108 for more details

Website – [www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

Follow us on Twitter to get updates on what we're doing: [@allofusinmind](https://twitter.com/allofusinmind)

Like us on Facebook for the latest local health news, information and events: search for [allofusinmind](https://www.facebook.com/allofusinmind)

## Booklets available in this series:

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- Anger – How do I manage it?
- Baby Blues – How can I best deal with them?
- Bereavement – How can I cope?
- Confidence – How can I get some?
- Healthy Living – What should I do?
- Healthy Sex – How can I be sure?
- My body, my health – Check it out!
- Pain – What can I do to help myself?
- Self Harm – How can I help myself?
- Shyness – How can I manage it?
- Sleep – How can I get some?
- Stress – How do I manage it?
- The end of life – How can I prepare for it?
- Worries – How can I best deal with them?

### Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust. Please speak to a member of staff or contact our customers services team on 0800 587 2108, who can also provide help in understanding this information, including in other formats.



# Low moods

## How can I feel better?

Maybe you've had a bad day, feel like you're not getting anywhere or that the endless list of jobs has finally beaten you.

Don't worry, you're completely normal! It's normal to experience ups and downs in life. These feelings can sometimes cause people to feel unhappy, stressed or anxious. This guide aims to give information and guidance on managing these feelings and tips to help you feel a little better. This guide is not intended to be a direct substitute for a consultation with a healthcare professional. If you are concerned about your negative feelings, and they are disrupting your normal life, please visit your GP.

## Step one: Do something

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### Breathe

Try to manage your breathing patterns and concentrate on slowly breathing air into your body – try to release any tension when you exhale. It might help to close your eyes and imagine yourself in a positive place. This will encourage you to relax and calm any frustrations or anger that you may have.

### Time out

Reset your mood by stopping what you're doing. If you can, go and make a cup of tea, read the paper or just go outside for some fresh air. Watch that silly video on YouTube or read that funny book that makes you laugh uncontrollably. Try to do things you enjoy in life.

“ Just let me cry . . . ”

### Eat

If your blood sugar is low you will feel tired and cranky. You won't be able to focus or enjoy what you're doing. Have a healthy snack to hand and try to not eat anything high in sugar as that mood lift won't last long.

### Walk and talk

Go for a walk and try to take in the fresh air and surroundings. Within a few minutes you'll have made a space between yourself and whatever's bothering you.

Why not pick up the phone and have a chat with a loved one or someone you trust? Having a conversation with someone is sometimes enough to raise your mood.

### Write

It's easy to get overwhelmed with tasks that you may have to do. It might help you to make a to-do list and start with the task you've been avoiding. It doesn't matter if you don't do everything all in one go; you'll notice as soon as you've ticked off one task you will feel better for doing it.

### Write (some more)

If you find that you are experiencing low moods regularly, you might want to start writing a diary. Write down your feelings and what's going on around you, this will help you work through them and to spot patterns. You can jot down how you're feeling on the notes page at the end of this booklet. This can be for yourself or for notes to take in to your doctor.

### Ask yourself:

*“Am I seeing the bigger picture?”*

*“Is there anything I can do to change what is getting me down?”*

*“How important will this be to me in a week's time?”*

You may notice triggers that are causing you to feel a certain way. Talk to someone about these so you can get help and feel in control again. If there is something you can do then start a plan to overcome this.

By writing things down you might start looking at your thoughts and feelings in more detail than you have done before. It is normal to feel anxious while doing this and you may find it useful to speak with a healthcare professional before you carry on. Your GP will be able to offer you further advice.

## Challenge yourself

Set yourself a new challenge or goal. This could be something personal such as joining a support group, or a professional goal such as getting a new job or taking part in volunteering. Being proactive will help you to build self-confidence and put you in charge of your life, making you more equipped to deal with changes in your mood.

## Be creative

Getting involved in creative activities such as art, writing, making music or dancing has a number of positive benefits on your health and wellbeing. The Trust's Creative Minds initiative offers a variety of activities for people to get involved in. To find out more about the projects in your area, visit the Trust's website at [www.creativemindsuk.com](http://www.creativemindsuk.com)

If you don't want to make music, just listen to it. Music can be a great stress reliever especially if you hear your favourite tune! It helps to increase your energy levels and mood.

“ “ *I'm lacking motivation recently* ” ”

## Health

Making healthy choices is important to not only your health, but also your overall wellbeing. Relying on caffeine, alcohol or illegal drugs may make you feel better over a short period of time, but these will ultimately create long term problems.

Work with your friends, family or health professional to find the causes of your low moods and address them.

Exercise is a great way to boost your confidence and wellbeing. It doesn't have to be excessive exercise; try stretching, walking or swimming to get your body moving.

## Go explore

Find out what is going on in your local area, get involved and enjoy yourself! Why not see a new film at the local cinema? Go to the library and rent out a book or get on a bus and travel to somewhere new?

Try looking in your local paper, the library, bus stations or churches for local events and projects. There are many things to do that won't break the bank and show you that it's a big exciting world out there; make the most of it!

## Sleep well

A good night's sleep keeps our body and mind fit and healthy. Try to relax before you climb into bed by having a warm bath, a hot drink or read a chapter of your book. Make sure you turn off that TV and anything else electrical that may stop you from getting to sleep!

If you find that you are having problems sleeping why not pick up the "Sleep – How do I get some?" booklet in the series? You can find this online by visiting [www.swyt.co/selfhelpguides](http://www.swyt.co/selfhelpguides)

“ “ *I just want to snap out of it!* ” ”

## Step two: Let's start a conversation

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If you feel your low moods are getting out of control talk to a family member, friends or visit your local GP. They will work with you to help you to decide the best way forward.

““ *I can't be bothered doing anything* ””

““ *I can't get out of bed!* ””

## Notes

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