

WHAT IS LOW MOOD?

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Low mood is when normal feelings like being sad, down, low, grumpy or irritable are very intense, go on too long or get in the way of normal life. These feelings happen to everyone at some point, especially after a loss or a disappointment. When these feelings occur too much and get in the way of things you want and need to do, it is important to seek help and support.

Low mood isn't caused by one thing alone, it usually happens because of a combination of things. It can be caused by stress, loss of a loved one, move to a new area or change in life. It can also occur in certain times of our lives such as entering the teenage years. It may also run in the family, be linked with anxieties or simply come out the blue.

HOW LOW MOOD AFFECTS OUR:

THOUGHTS

Self critical thoughts of not being worth anything.

Thinking things can't change, are pointless, nothing is good enough.

Thinking others won't understand what you're going through.

Ruminating on negative thoughts.

FEELINGS

Sad, worthlessness, guilt, despair, hopelessness.

Irritable, angry, grumpy.

Tired, no motivation, boredom.

Extreme sensitivity to things that happen (easily upset).

Difficulty concentrating, feeling sluggish and slow.

Not caring about things you used to care about.

BEHAVIOURS

Difficulty sleeping or sleeping too much.

Avoiding friends, less socialisation.

Not doing things you used to enjoy.

Withdrawing from others.

Missing school or drop in performance.

Hurting self on purpose.

THE CYCLE OF LOW MOOD

People can often find themselves trapped in a cycle of low mood.

When we feel low, we often do less of what matters to us.

Because of this, we we get less of the "feel good factor" from life, leaving us feeling even worse.

This cycle continues and becomes harder to break. By increasing meaningful activities, we can see big improvements to mood levels.

