

# 10 WAYS TO LIFT A LOW MOOD



EVERYONE FEELS SAD SOMETIMES AND THAT IS COMPLETELY NORMAL. OUR FEELINGS COME AND GO ALL OF THE TIME. HOWEVER IF YOU ARE FEELING SAD AND LOW AND IT LASTS FOR LONGER AND STARTS TO AFFECT YOUR EVERYDAY LIFE THEN TRY SOME SELF HELP TIPS. DO SEEK HELP IF THESE AREN'T HELPING.

1. SHARE YOUR FEELINGS WITH SOMEONE. IT CAN BE REALLY HELPFUL TO TALK ABOUT HOW YOU ARE FEELING.
2. CHALLENGE ANY UNHELPFUL THOUGHTS. REMIND YOURSELF THAT THOUGHTS ARE NOT FACTS.
3. TAKE CARE OF YOUR WELLBEING AND MAKE SURE YOU GET ENOUGH SLEEP, FOOD, AND WATER.
4. START A DAILY HABIT OF POSITIVE THINKING. AT THE END OF EACH DAY THINK ABOUT 3 GOOD THINGS THAT HAPPENED DURING THE DAY,
5. TRY FITTING SOME EXERCISE INTO YOUR DAY. SOMETHING THAT MAKES YOUR HEART PUMP FASTER. IT MIGHT BE HARD BUT IT CAN MAKE YOU FEEL BETTER
6. TAKE TIME OUT EVERY DAY TO DO SOMETHING YOU ENJOY AND THAT RELAXES YOU.
7. SPEND SOME TIME OUTSIDE IN NATURE AND TAKE A MINDFUL WALK. TAKE NOTE OF THINGS YOU CAN SEE, HEAR, FEEL AND SMELL.
8. KEEP A MOOD DIARY AND WRITE DOWN YOUR FEELINGS.
9. MAKE A SADNESS KIT AND PUT THINGS INTO IT THAT MAKE YOU SMILE. TAKE SOMETHING OUT OF YOUR KIT WHEN YOU NEED IT.
10. MUSIC IS POWERFUL. LISTEN TO YOUR FAVOURITE MUSIC.

