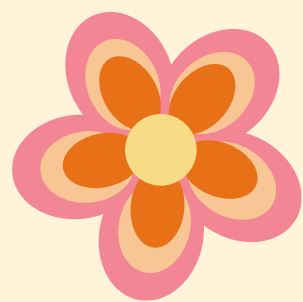


# WORKSHOP FOR LOW MOOD



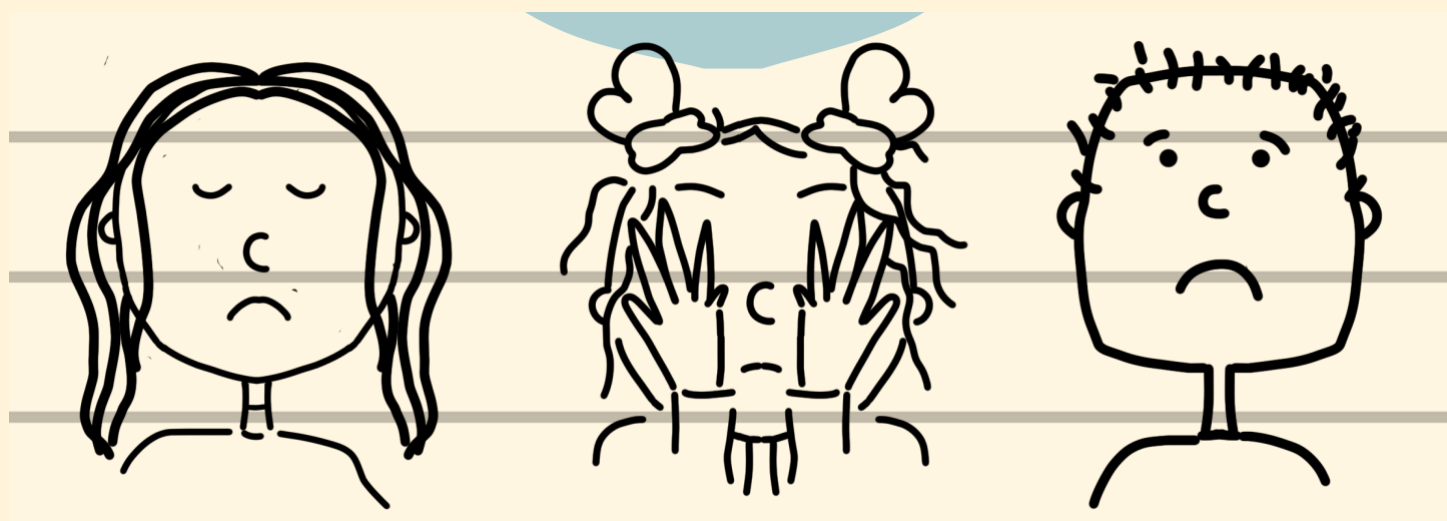
delivered by the Mental Health Support Team



WHAT IS LOW MOOD?

WHAT CAN HELP?

WHY ME?



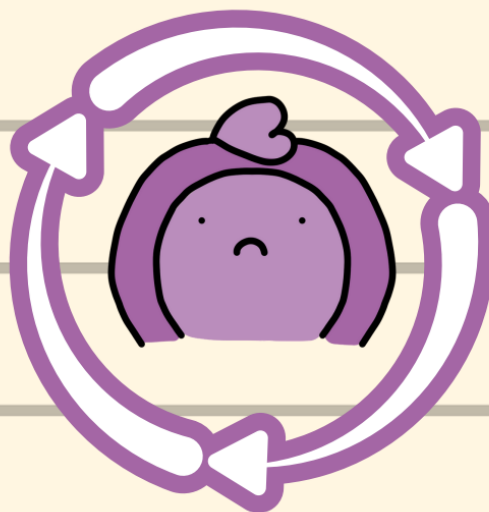
Looking at low mood signs, Symptoms and statistics

How low mood is maintained

## The Vicious Cycle

### feel low

- Feel low, down and sad.
- Feel tired and exhausted.
- Feel bad or guilty.
- Feel unmotivated.
- Feel hopeless or like nothing will get better.



### do less

- Slow down physically and mentally.
- Do less things that you'd normally do.
- Avoid seeing/socialising with friends/family.
- Find it difficult to find motivation to do things.

### get less out of life

- Stop getting enjoyment from life, stop feeling any sense of achievement and feel isolated from others.

Managing low mood: Tools and techniques

Where to go if you need support

