

WITH ME IN MIND

Low Mood



Tips for supporting young people with Low Mood

- Encourage young people to do something. They might just want to lie in bed but this will actually make it worse! The easiest way to challenge the low mood is to get busy. Maybe you could find an activity that you can do with your young person?
- The best thing you can do is to help them get more out of life as this will help them to feel better and will improve their mood.
- Encourage them to plan activities with friends, family or even things they like to do on their own. Encourage your young person to plan out what they want to do with the day and support them to follow the plan and not their mood. Stick this plan up somewhere that the young person can see it!
- If you notice they seem low, try and connect with them. They may not be able to talk about how they are feeling but even sitting together and watching something on TV may help them feel connected and less isolated.
- They can also track their moods and emotions using a diary or log. They can use this log to share with you how they are feeling. Young people sometimes find it hard to talk about how they are feeling so using visual ways of expressing this may help. You could also try initiating conversations about their mood through messaging or texting.
- Break activities down into little chunks – this way they'll feel more manageable and less overwhelming.
- If your child has managed an activity, take time to praise them for this. You could spend some time thinking about how this made them feel. Did it feel good? What could be improved next time? Will they schedule it in again?
- We all need to feel like we've Achieved things, to feel Connected to others, and to Enjoy things. That's why we need a balance of these 3 components in our day-to-day lives, for a healthy mind.
- See the examples below of activities that help Achievement, Closeness and Enjoyment. See which of these things you could do. This might improve mood and give you some ideas for your young person.