

Low Mood

Feeling sad is a normal reaction; Everyone feels low or down at times. Children and young people (just like adults) can be upset by many different things that might occur.

These feelings tend to go away within a few weeks and improve when the initial issues have been resolved.

What is low mood?

A general low mood can include:

- Sadness
- Anxious/ Worry feeling
- Tiredness
- Low self-esteem
- Frustration/anger

How long does it last?

Although a low mood can leave us feeling drained and feeling great it is not a psychological illness and tends to reflect the state of current events in our lives – passing over time.

First aid for Low Mood - ALGEE

Ask - how can you help?

Listen - non-judgementally

Give - reassurance and information

Enable - the person to get appropriate professional help

Encourage - self help strategies

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ways to cope with low mood

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What can I do to help myself?

Maintain a good sleep pattern

Speak to a GP or trusted adult about how you feel

Try and get outside even for a short walk, it can help lift your mood.

Eat a healthy balanced diet

Don't be afraid to cry, it helps released the emotions.

Find something to distract your mind e.g. reading, music

How can family and friends help?

Try to open a conversation about what is going on for the child/young person.

Listen and provide emotional support

If the child/young person does not want to talk at that time try another point in the day.

How can family and friends help continued...

Think together about whether there's anything in particular that is making them feel this way

If they don't feel able to talk to you, encourage them to speak to someone else but remind them you will still be there

How can family and friends help continued...

Encourage them to keep routines, activities and connections with others as much as possible

Help them do the daily things that support our wellbeing e.g. exercise, good sleeping patterns, spending time with loved ones

Where else can I get support?

Talking therapies are often a great way to get things off your chest. Cognitive Behavioural Therapy (CBT) is often used by professionals. CBT can help to change how the young person thinks and behaves.

Did you know?

We have created a number of these leaflets to help with a variety of issues. The full list of topics is on the back of this leaflet.

If you drop us an email we will send them to you.

Other ways of self-help

Helping others is good for self esteem and lifts mood.

Learning mindfulness techniques can give you some 'tools' to manage the harder days. Writing down thoughts and feelings can help us make sense of how we think and feel.



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What can I do to help someone with low mood:

- LISTEN—You might be the only person they talk to.
- Do not panic - this person needs you to be strong
- Be patient and check in with them regularly. Gentle encouragement and support is needed to help them.
- Talk to them and encourage (but do not force) them to identify how they feel and why they might be feeling a particular way. Focus on positive actions they can take, or you can support them with, that might help them to feel better.
- Offer advice or direct them to sources of practical advice (see below).
- Seek support and advice from your GP
- Ask the person if their anything you or school can do that might help?
- Ensure the young person know that you must pass on information that suggest that they may be at risk of harm, and explain what you will do.
- Follow up with them again and be there if needed. Report it again if you are still concerned about them.

Useful information

Kooth.com

Nhs.uk

Youngminds.org.uk

Childline 0800 1111

Leaflets available

- Loss ● Anger ● Anxiety ● Sleep ● Bullying ● Managing Behaviour ● Coping with parents breaking up (leaflets for parents as well)
 - Self-harming ● Attendance ● Dyslexia ● Dyscalculia ● ASD
- ADHD ● Coping with lockdown ● Workload ● Work stress ● Confidence

If you would like to receive a copy of any of these 10 Ways To leaflets, please email wellbeing@purbeck.dorset.sch.uk and we will send them to you