

# Feeling low?



Feeling low is a part of all of our lives at some stage. Everyone feels upset, sad or disheartened from time to time, but for some of us it can be a real problem. The good news is that there are things you can do to improve your mood.

## What is low mood? Am I depressed?

Everyone feels low or down from time to time. It does not always mean something is wrong. Feeling low is common after distressing events or major life changes, but sometimes periods of low mood happen for no obvious reason.

You may feel tired, lacking confidence, frustrated, angry and worried. But a low mood will often pass after a couple of days or weeks – and there are some easy things you can try and small changes you can make that will usually help improve your mood.

If you're still feeling down or no longer get pleasure from things for most of each day and this lasts for several weeks, you may be experiencing depression. The tips on this page should help, but you may also want to find out about what further support is available.

## Top tips to improve your mood

### Increase helpful activity

Low mood can stop us doing important or enjoyable activities. Try listing these things and doing some each day. Start with easier ones and, as you progress, your mood should improve.

### Challenge unhelpful thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts. [Reframing unhelpful thoughts video](#)

### Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas. [Social connection video](#)

### Get better sleep

Low moods can make us feel tired. Tiredness can also have a bad impact on our mood. Watch our video on tips to improve your sleep. [Tips for sleeping better video](#)

## **Be kind to yourself**

Try to break big tasks down into manageable chunks, and do not try to do everything at once. Give yourself credit when you complete each bit.

## **Healthy living**

Being active, cutting back on alcohol and making sure we have a healthy balanced diet can help boost your mood, and help our wellbeing.