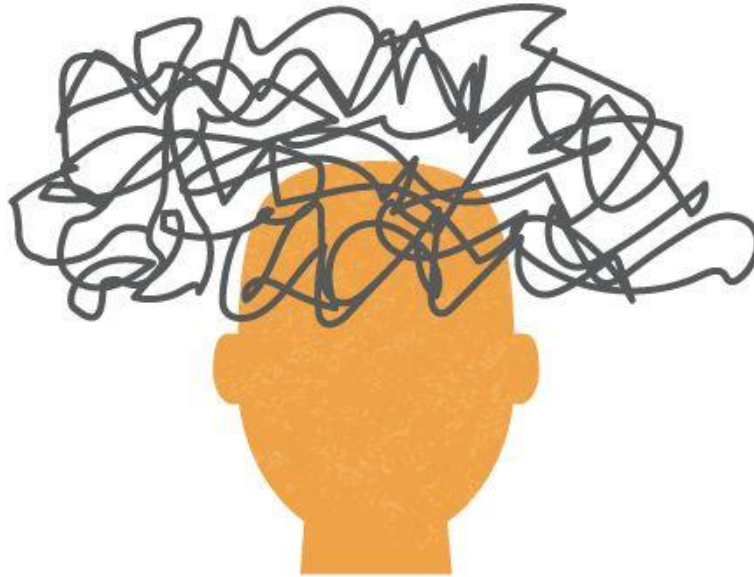


Wellbeing Tip of the Week

Coping with feelings of low mood



Everyone can experience changes to their mood, and we can all feel low at times, so, it's completely normal to feel down or unhappy, without any explanation. You may feel sad more often or feel lethargic (less motivated or energetic than usual), or you may feel indifferent or shut off from your emotions. These are all normal human responses, especially when considering what we've all gone through since March 2020.

Here are some tips to help you cope with difficult feelings:

- Give yourself a break! It's responsible and sensible, not selfish, to look after yourself. If you don't look after yourself then you won't have the energy to look after anyone else.
- Change perspective - When feeling low, our thinking can change to think very negatively about ourselves, the world around us and our future. Thoughts are powerful and they influence how we feel and what we do.
- We can challenge our thoughts so that we feel and behave differently.
- Take care of your physical health – This has a huge impact on our emotional wellbeing and our general mood, so it's important that we continue to:
 - Stay hydrated by drinking plenty of water each day
 - Exercise and move our bodies for at least 20 minutes each day
 - Ensure we are eating at least three balanced meals each day