

Things to help with low mood...

Achievement

- Set goals of what you want to achieve and celebrate when you meet them to give you a dopamine boost. This could be your homework or tidying your room
- Work on developing a routine - why not try making your bed in the morning before having a healthy breakfast
- Make something. Try baking or complete a jigsaw



Closeness

- Connect daily with different types of people and try to do it in person or via a video call if you can.
- Talk to trusted people about how you're feeling
- Try a new hobby, join a club or volunteer as a way to meet new people
- Send someone a nice message or card, or do a good deed for them to let them know you're thinking of them
- We get different things from different connections: spending time with your Gran will be different to hanging out with your best friend.
- Cuddle your pet

Enjoyment

- Do something you enjoy or have wanted to try. This could be or a new hobby like painting, dancing, photography or football.
- Try some self-care, like taking a relaxing bath
- Try writing down all the things you're grateful for



Body

- Eat healthy food - try not to eat lots of foods high in sugar as this can cause a crash which can make you feel low.
- Get outside in the sunshine
- Exercise and release endorphins

