



TRAINING NETWORK

MANAGING LOW MOOD

Low mood is something everyone experiences sometimes.
You are not alone, and it can get better.
Small steps. Self-compassion. Support. Hope.
You've got this.

TEEN RESOURCE

Your feelings
are valid.
It's okay to
not be okay.

Better days
are possible.
Keep
holding on.



WHAT IS LOW MOOD?

Low mood can feel like:

- Feeling sad, empty or numb
- Losing interest in things you usually enjoy
- Feeling tired or unmotivated
- Being more irritable or tearful
- Finding it hard to concentrate



Low mood is temporary.
You are stronger than you think.

WHAT CAN HELP?



Get some sunlight



Move your body



Drink water



Talk about how you feel



Do something you enjoy



Listen to music



Practice self-compassion



Focus on small wins

Small actions can lead to big changes.

THINGS THAT MIGHT HELP IMPROVE YOUR MOOD

- Spend time with people who lift you up
- Get enough sleep and rest
- Eat regular, healthy meals
- Try breathing or relaxation exercises
- Write down your thoughts
- Set small, achievable goals
- Celebrate small wins
- Limit negative news and social media
- Be kind to yourself



Look after your mind,
just like you look after your body.

WHEN LOW MOOD SHOWS UP: COPING STRATEGIES

1 ACKNOWLEDGE HOW YOU FEEL

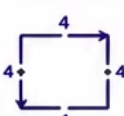
It's okay to feel what you're feeling.



Name it to tame it.

2 TAKE A DEEP BREATH

Try box breathing: 4 in, 4 hold, 4 out, 4 hold.



Breathe in calm. Breathe out stress.

3 GET MOVING

Movement can boost your mood.



Even a short walk can help.

4 DO ONE SMALL THING

Focus on one small action you can do right now.



Progress, not perfection.

5 USE YOUR SUPPORTS

Talk to someone you trust.



You don't have to go through it alone.

6 BE KIND TO YOURSELF

Speak to yourself like you would to a good friend.



You deserve kindness too.

CHALLENGING NEGATIVE THOUGHTS

INSTEAD OF...

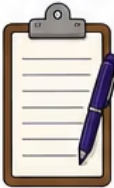
I'm not good enough
Nothing will get better
Everyone is better than me
I can't do anything right
It's all my fault

TRY THINKING...

I am doing my best, and that's enough
This feeling won't last forever
I compare less, I appreciate more
I can learn, grow and try again
I am not to blame for everything

Your thoughts are not facts.
You have the power to change them.

CREATE A SIMPLE SELF-CARE PLAN



Pick a few things that help you feel even a little better.

- ☐ Something that relaxes me
- ☐ Something that makes me smile
- ☐ Someone I can talk to
- ☐ A place I feel calm
- ☐ A goal I want to work towards

My plan: _____

WHAT CAN I DO TODAY?

Small steps. Big impact.



Get some fresh air



Drink water



Eat something healthy



Listen to a song you love



Do something you enjoy



Get enough rest

You are allowed to take care of you.

REMEMBER...

- It's okay to have bad days
- Your feelings are valid
- You are not alone
- Asking for help is a sign of strength
- Things can and will get better



Hold on.
Better is coming.

REACH OUT IF YOU NEED TO

Talk to someone you trust:

- A parent or carer
- A teacher or school counsellor
- A friend or relative
- A helpline or support service

You matter.
Support is here.

GROUNDING TECHNIQUE: 5-4-3-2-1

Use your senses to bring you back to the present.



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

Be here. Now.
You've got this.

MOOD TRACKER

Track your mood each day.
Look for patterns and celebrate the good days.

This week I felt:



Great



Good



Okay



Tough



Really hard

MON	TUE	WED	THU	FRI	SAT	SUN

Awareness is the first step to change.

POSITIVITY BOOSTERS

Things that can lift your mood:

- Gratitude – list 3 things you're thankful for
- Look back at happy memories
- Watch or read something positive
- Do something creative
- Help someone else



Focus on what's good.
It grows when you notice it.

YOU ARE NOT ALONE

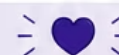
There are people who care and want to help.



Reach out. Keep going.
Better days are ahead.



LOW MOOD IS A CHAPTER, NOT YOUR WHOLE STORY.
BE KIND TO YOUR MIND. TAKE IT ONE DAY AT A TIME.



LEARN • GROW • THRIVE

Helping children, teens and families build a healthier, happier future.



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