

## Low Mood

Low mood is an emotional state characterised by sadness, anxiety, low self-esteem, tiredness, and frustration. In its most severe form, it becomes an ongoing problem that affects your daily life (usually referred to as depression).

Feeling low may cause someone to stop doing the things they like, cut themselves off from loved ones or have difficulty sleeping.

Symptoms of a general low mood may include feeling:

- sad
- anxious or panicky
- more tired than usual or being unable to sleep
- angry or frustrated
- low on confidence or self-esteem

A low mood often gets better after a few days or weeks. It is usually possible to improve a low mood by making small changes in your life. For example, resolving something that is bothering you or getting more sleep. **Mood tracking** can be a powerful technique for anyone having difficulty identifying the source of negative emotions. Patterns in moods might be difficult to detect during the hurry of day-to-day life, but they jump out from a completed mood chart.

Use the **Daily Mood Chart** worksheet to help recognise the links between your environment, thoughts, and feelings. Every two hours you will record the emotions you have experienced, rate the intensity of your feelings on a scale of 1-10 and make note about what was happening during that time. This exercise will help you to think about your emotions from the past several hours alongside the environments and situations that influenced them. You can also use the **Weekly Mood Chart** where entries can be as simple as "anxious", "happy", "can't sleep (worrying)", or "neutral".

### Resources:

*Daily Mood Chart*

*Weekly Mood Chart*

*My Learning Mood Board*

### **Feeling Low?**

<https://www.nhs.uk/every-mind-matters/mental-health-issues/low-mood/>

### **7 Ways to improve your mood in 5 minutes**

<https://www.businessinsider.com/7-ways-to-improve-your-mood-in-less-than-5-minutes-2015-9?r=US&IR=T>