

Coping with Low Mood

Session 1

Introduction

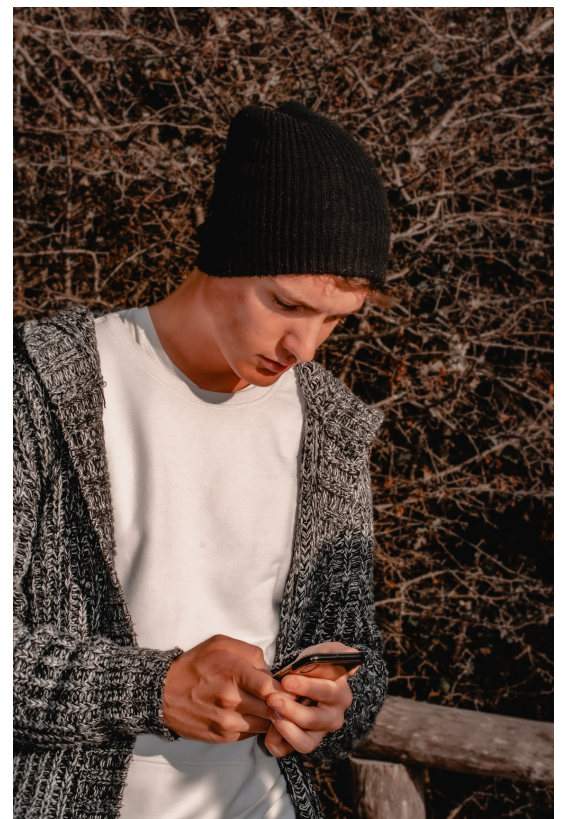
This workbook has been produced by Coventry and Warwickshire Mind Children and Young People's Service.

It can be used whilst you wait for face to face support from the team. If however, you are not waiting for any support but think you might need some, please see the 'Information Page' at the end of this workbook on how to access support.

You can use this workbook however you like; however we would recommend leaving a few days between each session to give you time to get used to the strategies and leave enough time for you to complete your session target.

Who is this workbook for?

This workbook is for any young person who is 11+. If you are under 11 we have another workbook for you to complete with a parent/carer on our website. The aim of this workbook is to support young people who are currently experiencing low mood and it will aim to teach you about low mood as well as helping you learn new strategies and techniques to help you cope whilst you wait for professional support.



What is Low mood?

The NHS Every Mind Matters website says:

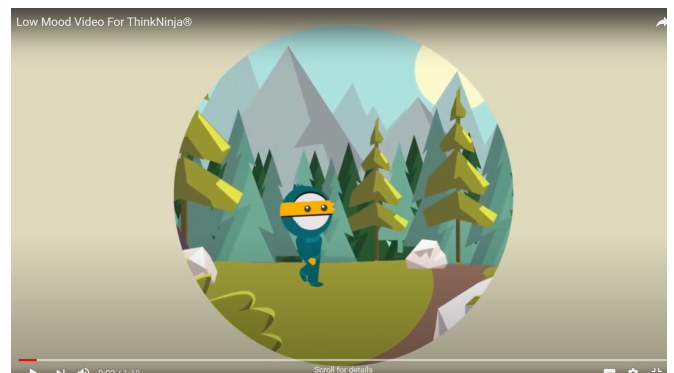
"Everyone feels low or down from time to time. It doesn't always mean something is wrong. Feeling low is common after a distressing event or major life change but sometimes periods of low mood happen for no obvious reason at all!"

"You may feel tired, upset or worried for a while but a low mood will often pass after a couple of days or weeks. The good news is that there are lots of things you can do that will usually help to lift your mood".

"If you still feel down or get no pleasure from things most days for more than a few weeks, it may mean you need a bit of support with how you're feeling. You may find it helpful to book an appointment to see your GP or school nurse who will be able to find out about how you're feeling and help you access the support you need."

Can you identify anything that might have caused you to feel low?

Click the video to watch this YouTube clip explaining low mood:



Signs and Symptoms of Low Mood

Frequent mood swings



Not eating much or eating much more than usual



Not enjoying things you usually enjoy



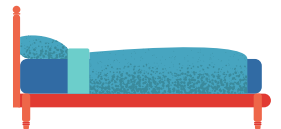
Feeling sad or low most of the time



Feeling tired or low in energy even though you're rested



Difficultly sleeping or sleeping too much



Struggling to find motivation to complete daily tasks



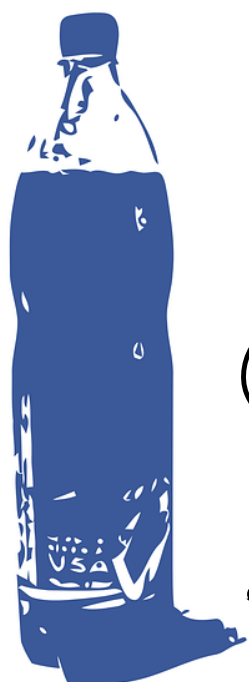
Not wanting to see people or go out

These are some of the most common signs that show you might be suffering with low mood. Circle the ones you have experienced or you can add your own.

Understanding Low Mood

The first step in tackling your low mood is understanding exactly how you feel and sharing it with somebody you trust. Talking about your mood with somebody close to you can help you start to feel better.

Imagine it as letting out a build up of emotions that have built up- like a bottle of fizzy drink with lots of bubbles whizzing around inside when shaken up- but instead, the bubbles are your feelings. If we want to feel calm again, we need to let the build up out slowly, as keeping it inside will often only make the problem go on for longer.



Are there any difficult thoughts or feelings built up inside your bottle? How are they effecting you?

Can you identify somebody to talk to about how you feel?

Talking about Low Mood

Use the space below to write or draw about how low mood feels to you. You can then use this to explain how you're feeling to somebody you trust.

Can you describe how low mood feels? How does it effect the way you act? What makes it worse? What makes it better?

Weekly Targets

Targets are a great way of motivating us to make changes to our lives. Every time we complete a target we are getting closer to our end goal AND it helps us feel like we have achieved something.

Think of it as a river; if you want to reach the other side you can't just take a big jump - you're likely to fall in. In order to get to the other side we must follow the stepping stones and take one step at a time. Every week you will have a small target to do- it might not feel like much but over time it will help you get to your end goal.

Can you think about what your end goal might be?



Weekly Targets

Keeping a Mood Diary

Keep a mood diary to help record and track your mood. You can do this on your phone or on the mood diary on the next page.



Remember: The first step to feeling better is understanding how you feel. You may notice patterns in your mood diary - for example; your mood might be lower first thing in the morning or last thing at night. After completing your mood diary you can review this with someone you trust to see if they notice any patterns too.

Things to ask when reviewing your mood diary:

- Am I sleeping enough?
- Am I eating enough?
- What are my usual triggers? e.g. being bored, feeling lonely, feeling stressed, friendships, siblings ect...

How to use this Chart:

Record what emotions you are feeling over the course of your week i.e. angry; sad; nervous; fearful etc.

Rate the strength of that feeling from 1 (low) to 10 (high)

Add as much information as possible including: where you were; who you were with; what you were doing; general health at the time; when you last ate or drank anything etc. Sometimes even the smallest piece of information can be very important.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am to 10 am							
10 am to 2 pm							
2 pm to 6pm							
6 pm to 10pm							

You can download a full size version of this mood diary here:

<https://cwmind.org.uk/wp-content/uploads/2019/10/Mood-Diary.pdf>

Weekly Targets

Talking to someone about how you feel

Remember that activity you completed earlier where you did some writing or drawing to explain how low mood effects you? Your target is to talk to somebody you trust about what you have written.

This could be a family member; a friend; a teacher; or somebody else in your life who can support you.



Opening up to people can be hard. We know it can be a really big step to take but just see this as the first stepping stone across the river. If you don't want to talk to somebody you know straight away, you can talk to a ChildLine Counsellor online. You can find the information at the end of this workbook for ChildLine.

Information Page

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

Information Page

If you are under 18, any professional working with you can refer you to Mind for further support. You can direct them to this website for more information:
<https://cwrise.com/how-to-refer-to-services/>



The best people to talk to about getting a referral are:

- School
- GP
- Support Worker
- School Nurse

Please aim to leave at least 5 days before completing session 2 of this workbook. This will give you time to complete an accurate mood diary as well as talk to somebody about your feelings.