

# Managing low mood

- Talk about how you are feeling to someone who you are comfortable to share your thoughts with eg a friend or a relative
- When other people say hurtful things to you, try not to take it personally. Maybe they are projecting their feelings on to you?
- Keep a positive diary and everyday list 5 positive things about your day – it can be as little as being aware of the sun shining.  
Note – no negative things can go in the diary!
- Keep active physically by exercising daily, even if it's only a short walk. Just getting out in the fresh air can be beneficial
- Keep active mentally as this will help distract you from your negative thoughts. Keep a list of things that you can occupy your day with
- Eat regular nutritionally balanced meals as this can help maintain your mood
- Try to socialise even if it's just for a few hours a week
- Do things that you enjoy daily such as a hobby
- Take time to relax everyday and listen to music that elevates your mood

**“In the hopes of reaching the moon, men fail to see the flowers that blossom at their feet”**

*Albert Schweitzer*

## Useful websites

[www.bbc.co.uk/health/emotional\\_health/mental\\_health/](http://www.bbc.co.uk/health/emotional_health/mental_health/)

[www.moodjuice.scot.nhs.uk/depression.asp](http://www.moodjuice.scot.nhs.uk/depression.asp)

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

[www.livinglifetothefull.co.uk](http://www.livinglifetothefull.co.uk)

[www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

[www.mind.org.uk](http://www.mind.org.uk)

 **Think Right!**  
Wise up to Mental Well Being



The Think Right Project, run by Hunts Mind commenced in May 2011, and is funded by Comic Relief for 3 years. The overall aim of the project is to provide a range of mental health promotion and campaigning activities across Huntingdonshire to combat the stigma and discrimination related to mental health challenges.

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Hunts Mind



For better  
mental health