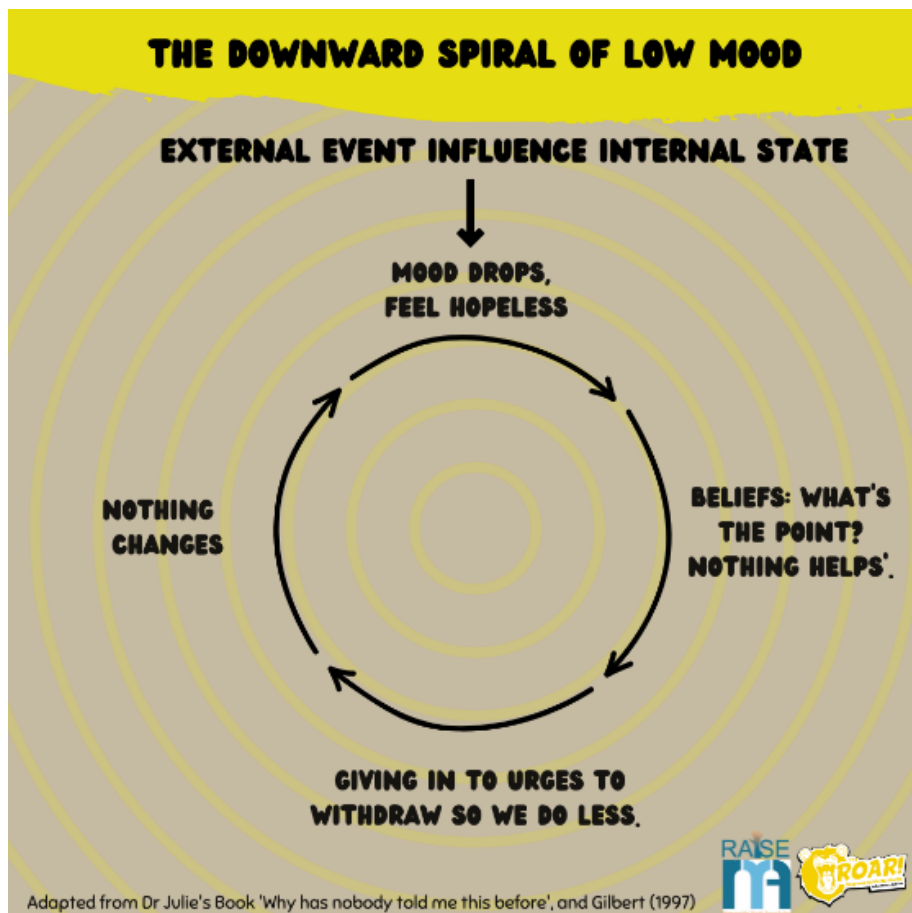


## Low Mood vs Depression

### Low mood:

- sadness
- feeling anxious or panicky
- worry
- tiredness
- low self-esteem
- frustration
- anger
- less confident
- feeling teary

Should lift after a few days by making small lifestyle changes e.g. doing what we enjoy, resolving small issues, getting more sleep.



## Depression

- Low mood last 2 weeks or longer, we could consider seeking support for depression
- Larger impact on daily life
- Thoughts of self-harm and suicidal ideation/thoughts

### Signs and symptoms:

- Depressed mood
- Feeling worthless
- Low energy
- Decreased efficiency in tasks
- Agitated/ can't concentrate
- Loss of interest in activities
- Weight changes
- Self-harm
- Suicidal thoughts

### Risk factors:

- Relationship issues
- Exam/school pressure
- Family/domestic issues
- COVID
- Money worries
- Bereavement
- Medical conditions/caring for others
- Family history
- Trauma

### Strategies:

- Mood diary: monitor and track mood to see patterns and triggers
- Do something we enjoy: little things each day make the biggest difference
- Small goals: achievable tiny tasks each day to help feel productive
- Declutter
- What is going well: think of what went well in the past to help feel optimistic about future
- Fresh air: even for short time, or opening windows
- Physically remove yourself from your thoughts- move away
- Mindfulness- breathing techniques on youtube

<https://www.youtube.com/watch?v=cEqZthCaMpo>

- Gratitude journal- name things you are grateful for each day, no matter how small
- Best-friend yourself: would you say these negative self-thoughts to your best friend?
- Focus on the basics: sleep is your best friend, eat well and move your body

### Video links:

Dr Julie Smith- small drops each day

<https://www.youtube.com/shorts/SqYCLPghCvE>

*Dr Julie Smith- Why has no one told me this before? – Book I would highly recommend*

breathing

<https://www.youtube.com/watch?v=tEmt1Znux58>

'I had a black dog- His name was depression' – a concise video explaining depression and what it can look like which is good to show CYP.

[I had a black dog, his name was depression - YouTube](#)