

# Top Tips

# 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)

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



For more information contact:

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