



10 TIPS FOR COPING WITH LOW MOOD

Our lives have changed over the past few weeks and this can understandably have an impact on our mental health and wellbeing.

Use some or all of the tips below to help you cope during uncertain times.

1

CREATE A ROUTINE

Keeping some structure and routine is really important for our overall wellbeing. Getting up and making your bed is a good place to start, as is getting dressed.

Writing a plan for your day or your week can help you regain some control over your time.

2

CONNECT WITH PEOPLE

Staying in touch with friends and family is a vital part of maintaining positive mental health.

Think about how you can stay in touch with people while you are at home – by phone, messaging or online. Lots of people are finding the current situation difficult, so staying in touch could help them too.

3

SPEND TIME DOING THINGS YOU ENJOY

If we are feeling worried, anxious, lonely or low, we may stop doing things we usually enjoy.

Make an effort to focus on your hobbies if you can continue doing them at home. If not, picking something new to learn at home might help – there are hundreds of tutorials and ideas online. Start with YouTube!

4

KEEP ACTIVE - MIND AND BODY

Our physical health really affects how we feel. Make sure to spend some time doing some physical exercise each day - a walk, run or bike ride if you can get outside. If you can't try PE with Joe Wicks or have a dance party with your family!

Remember to eat well and drink plenty of water too - all these things help with effective brain function.

5

DO NOT STAY GLUED TO THE NEWS

When we spend too much time consuming content on just one topic it can feel like it's the only thing going on in the world. Try not to spend too much time watching or reading the news.

Remember to get all your information from trustworthy sources such as GOV.UK or the NHS website.

6

STAY ON TOP OF TRICKY FEELINGS

Concern about everything that is happening right now is normal. However, sometimes you might feel really anxious and this can affect your overall sense of wellbeing.

Try to focus on the things you can control, such as what school work you're doing, who you speak to and how you're spending your time.

7

TAKE TIME TO RELAX

Break up your time so you have clear periods of work and breaks, just like at school.

It's important to make time to relax - you could have a nice bath, listen to some calm music, watch a feel-good movie on Netflix or play games with family.

8

GET ENOUGH SLEEP

Good quality sleep has a big impact on how we feel. It can be tempting to stay up late and have a lie-in every day now that you are not getting up for school in the morning.

But if you try to maintain your regular sleeping patterns your brain will thank you!

9

LIMIT SCREEN TIME

Spending all day every day on your phone/laptop/tablet or whichever screen you use is going to eventually lead to a dip in mood.

Break up your screen time by getting some fresh air, doing a puzzle or some mindfulness colouring - or just having a face-to-face chat with a family member.

10

TALK ABOUT YOUR WORRIES

If you're still feeling worried, low or anxious - talk to someone you trust. This could be a friend or family member.

Alternatively, if you would like to speak to a member of the Wellbeing team you can get in touch using the methods below.

For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to www.schoolinterviews.co.uk and enter code bky83 to book a call.

