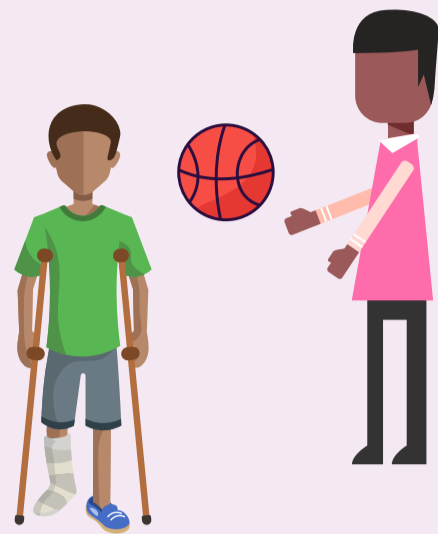


# Coping with your low mood

## 9 Common Causes of Low Mood

Bullying



Falling behind with school work

Family problems and arguments



Loneliness

Physical health problems

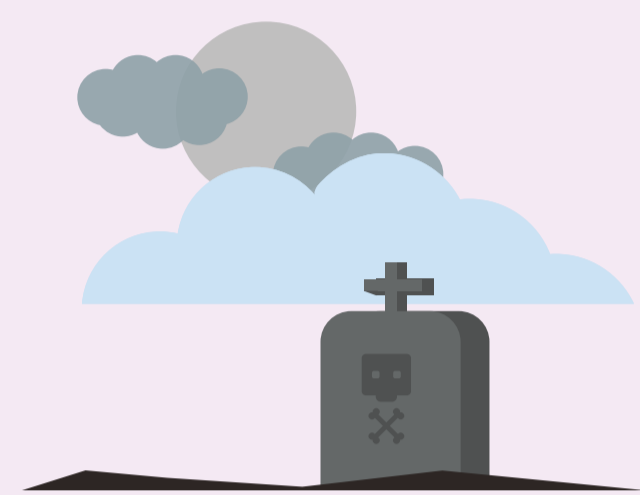


Family history of depression

Moving school or home



Friendship and relationship difficulties



Traumatic events

## Symptoms - Mind and Body

### Psychological

Frightened, worried or anxious

Upsetting thoughts

Guilt



Lack of interest and motivation

Isolating yourself

Sad and tearful

### Physical

Aches and pains

Self-harm

Disturbed sleep



Changes in appetite

Tired

## 8 Ways To Help Yourself Feel Better



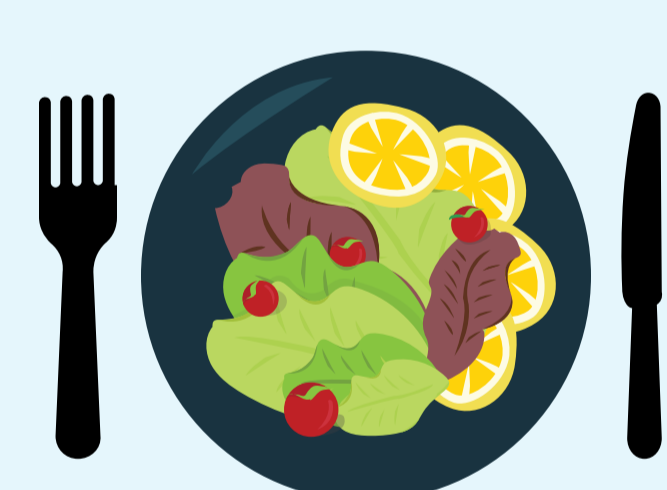
Spend time with a friend



Keep active



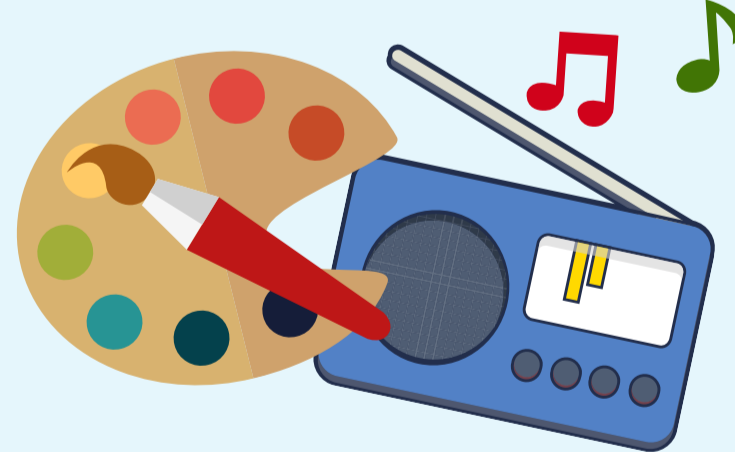
Sleep well every night



Eat healthily and regularly



Avoid drugs and alcohol



Listen to music, draw, read or write a diary



Speak to an adult (parent, teacher or health worker)



Plan something to do each day

## Places where you can get more help



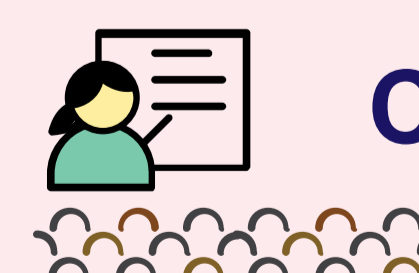
### Charities

Youngminds.org.uk  
Youthhealthtalk.org  
Childline.org.uk; 0800 1111  
Samaritans.org; 116123



### Books

For a list of helpful books:  
Reading-well.org.uk



### Contact a parent, teacher or: