

# MANAGING LOW MOOD

It's normal to experience low mood from time to time and it does not always mean something is wrong. If you are feeling low for longer periods of time or finding your low mood unmanageable, it is important to speak to your doctor or one of the Monash College counsellors for support. Below are some signs that you may be experiencing low mood and some easy and small changes you can make to start improving how you feel.



## COMMON SIGNS OF LOW MOOD

It's normal to have occasional changes in our mood. However if you're experiencing the below symptoms, most of the time, for more than two weeks it could be a sign of depression and it is important to speak to your doctor or one of the Monash College counsellors for support:

- Feeling sad, down, irritable, worthless or guilty
- Fatigue or loss of energy
- Loss of interest in things you previously used to enjoy
- Changes in appetite leading to weight loss or gain
- Trouble sleeping
- Difficulties with concentration and decision making



If you, or someone you know, are having thoughts of death, suicide or self-harm, call Lifeline on 13 11 14 (24 hours), or make an appointment to speak with one of the Monash College counsellors.



## STAY CONNECTED

Making efforts to stay connected with others can help protect against low mood by providing a sense of belonging, security and support during challenging times.



Aim to reach out and connect with another person on a daily basis.



## CHECK YOUR PHYSICAL HEALTH

Many things can impact mood including our physical health. When our physical health is not functioning as it should, it can be harder to manage challenging emotions. Underlying medical conditions can also have an impact on our mood.



## INCREASE YOUR ACTIVITY LEVEL

There is evidence to show that engaging in activity when experiencing low mood can help you to feel better. Increased activity can help you feel less tired, provide distraction and a different focus. It can also help you to feel accomplished or purposeful.



It's common to not feel motivated to do anything when experiencing low mood. However, start slow e.g. commit 10 minutes to a hobby.



## EXERCISE

Regular exercise is known to increase your mood by improving sleep, increasing endorphins and enhancing overall physical health.



## RECOGNISE NEGATIVE SELF-TALK

How we think and speak to ourselves has a strong impact on how we feel. Negative self-talk (e.g. thoughts such as "I can't do this") is common when experiencing low mood. Next time you notice negative self-talk, try replacing it with a more balanced thought (e.g. "this is hard but I'm doing my best").



Find it hard to stop your negative self-talk? Speak to one of our counsellors who will help you to find strategies to manage this.



## ASK FOR HELP

Even though it may seem hard, it's important to talk to someone about how you feel. If you can't speak to a trusted friend or family member, consider speaking to your doctor or one of our counsellors about how you have been feeling. It is often the first step to problem-solving and improving your mood.



Speak to one of our counsellors if you need help finding a doctor near you.