

# LOW MOOD

- Why you might feel this way
- What might help

Feeling low is a normal response to distressing events, loss, major life changes, ongoing stress, or disappointments. Sometimes it may be hard to work out why you feel low, or there may be no obvious reason at all.

When feeling low, you might feel stuck, slower than usual, lacking in motivation and confidence, tired, angry, deflated, pessimistic, or lonely.

A low mood may pass after a day or so. However, sometimes it may continue longer due to your life circumstances, or because you might be experiencing depression. Whether this is a short or longer-term issue, support is available.

## Difficult times cause difficult emotions

The pandemic has been a very challenging time for all, which understandably may have had an impact on your mood. Many people may have experienced:

- A general sense of discomfort
- A significant change in your plans
- Missing out on opportunities
- Extended isolation/lack of connection
- Losing a loved one
- Fearing for your's or your loved ones' health
- Being aware of so much loss



The pandemic has reshaped the past year for many of us and added a layer of unwelcome uncertainty to our lives.

## More access to the world = more access to stress

Be mindful of how much distressing news or content you are consuming. Social media and news sites can help us feel connected and closer to others, but there can be negatives along with the positives. In some cases, you may subconsciously:

- Witness a regular stream of human suffering around the world
- Be affected by online abuse
- See content that can trigger past trauma.
- Unfavorably compare yourself to others or unrealistic standards



We may not be instantly affected when seeing/reading about something distressing, but it may gradually affect our thoughts and emotions throughout the day. Watch this video for a personal perspective

## What might help?

- **Talk about how you are feeling** (where you feel safe to do so). This could be a friend, peer, Colleague, family member, staff member, [helpline](#), counsellor, or GP.
- **Reflect** - try and figure out why you feel this way, then where possible, ask for help.
- **Reframe negative thoughts** with a compassionate perspective. Try watching [this video](#) or using a [template like this](#).
- **Prioritise your basic needs** - Food, water, sleep, hygiene. When you feel low, these things may be extra difficult to attend to but are more necessary than ever.

## What if it's Depression?

If your low mood feels like a regular occurrence and is not relieved by removing a problem, you may need to consider getting extra support. , If you are worried about how you are coping please book an appointment to speak to your **GP**. It is likely that you will be still be offered a phone consultation at the moment.

You may be experiencing depression if your symptoms are persistent and/or intense. In some cases, it is possible to have thoughts of self-harm or [suicide](#). In all cases, it is best to seek an assessment from a doctor.

Although it can be extremely worrying to feel this way, please know that you are not alone and there is help available.

- Support offered by your GP may include a referral for [talking therapies such as CBT](#) and/or [medication](#). If you are currently feeling at risk of harm, please seek [crisis support immediately](#).

Register for confidential  
Counselling

Book an appointment with the  
Disability Advisory service

Book an appointment with the  
Wellbeing Advisor