Coping with your low mood

9 Common Causes of Low Mood
- Bullying
- Falling behind with school work
- Physical health problems
- Traumatic events
- Family problems and arguments
- Moving school or home
- Loneliness
- Family history of depression
- Friendship and relationship difficulties

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
- Changes in appetite
- Self-harm
- Tired
- Disturbed sleep

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:

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