

# Low Mood & Feeling Sad

All children and young people feel upset from time to time. Children and young people tell us that they feel alone, lonely and that they may cry. Other times, they may feel irritated, angry and frustrated. Many young people feel down at times. This can be when something happens to make them feel sad or could be for no apparent reason at all. It's normal to feel like this sometimes. If sad thoughts and feelings are stopping you from enjoying life, or you feel that life isn't worth living, then it might help to talk to someone who can listen to you and understand what you're going through.

## *Effective Strategies to Manage Low Mood:*

### Keep active and do something you enjoy

- Try not to spend all your time alone in your room

### Ensure you take time out for pursuing your own interests and hobbies

- This is particularly important at exam time when you may only feel you have time to revise

### Try to spend time with friends, family, pets

- The more you spend on your own the harder it can be

### Eating a balanced diet

### Take part in some regular exercise

- This doesn't have to be going to the gym but going for a brisk walk, yoga class or using the stairs more frequently can help

### Taking time out from social media and your phone

### Find ways to relax



**If you feel you cannot talk to anyone close to you, you can call**

**Childline on 0800 1111**