

**Stay in touch-** Don't withdraw from life. Socialising can improve your mood. Keeping in touch with friends and family means you have someone to talk to when you feel low.

**Be more active-** Take up some form of exercise. There's evidence that exercise can help lift your mood. If you haven't exercised for a while, start gently by walking for 20 minutes every day.

### Don't drink too much alcohol- For some people, alcohol can become a problem. You may drink more than usual as a way of coping with or hiding your emotions, or just to fill time. But alcohol won't help you solve your problems and could also make you feel more depressed.

### Try to eat a healthy diet- Some people don't feel like eating when they're depressed and are at risk of becoming underweight. Others find comfort in food and can put on excess weight.

### Have a routine- When people feel down, they can get into poor sleep patterns, staying up late and sleeping during the day. Try to get up at your normal time and stick to your routine as much as possible.

* Difficulty in concentrating or making decisions
* Moving more slowly or sometimes agitated and unable to settle
* Having difficulty in sleeping or sleeping too much
* Loss of interest in food or eating too much
* Changes in eating habits may lead to either loss of weight or putting on weight
* An unusually sad mood that does not go away
* Loss of enjoyment and interest in activities that used to be enjoyable
* Lack of energy and tiredness
* Loss of confidence in themselves or poor self esteem
* Feeling guilty when they are not really at fault
* Wishing they were dead/ suicidal thoughts

When does low mood become depression?

We all have times when our mood is low, and were feeling sad or miserable about life. Usually these feelings pass in due course, but if the feelings are interfering with your life and don’t go away after a couple of weeks, or if they come back over and over again for a few days at a time, it could be a sign that you’re experiencing depression

Possible symptoms of Depression

**Mental Health and Well Being: Depression**

##