



Cheshire and Wirral Partnership



NHS Foundation Trust

Low Mood

Child & Parent Information & Self Help Guide

Referencing;
Getselfhelp.co.uk
Youngminds.org.uk
Cognitive Behavioural Therapy for Depression
(Verduyn, Rogers & Wood)

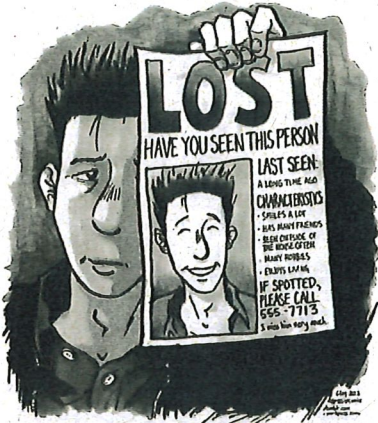
Low Mood

“Depression is a common problem and many people as many 1 in 4 will experience some severity of depression in their lifetime”

GetSelfHelp.org.uk

What is low mood/depression?

Most young people experience **ups and down** during their early life and teenage years and occasionally will feel down or upset by certain things going on in their lives. But some young people feel sad, lonely, down, anxious or stressed for **longer periods of time** to the extent that it can affect their everyday lives and can prevent that young person from doing things they would normally do. This is known as low mood or in severe cases depression. *(Youngminds.org.uk)*



What are the symptoms of Depression?

The effects of low mood or depression involve changes in the young person's **behaviour, feelings and thoughts**. Main symptoms of depression are mood changes, negative styles of thinking, difficulties with social relationships and physical symptoms.

(Depression: CBT with children and young people).

Mood changes;

Sadness
Misery
Irritability

Styles of Thinking;

Low self-esteem
Helplessness
Hopelessness
Suicidal thinking

Social Relationships;

Social withdrawal
Social skills problems
Social problem-solving difficulties

Physical Symptoms;

Sleep disturbance
Appetite disturbance
Inactivity
Loss of interest

What are the causes of low mood/depression?

No single cause for depression has been found; usually it involves more than one reason and differs from person to person. Different factors that make it more likely to happen include biological make-up (genes), upbringing, circumstances or reaction to life event.

What can I do to help myself?

Do something active

Physical activity - Plan to complete 15-20 minutes of physical exercise a day, whether it is running, walking the dog, cycling or playing a game.

Positive activity – Plan to focus on an activity you would usually enjoy or develop a new interest, something creative such as drawing, writing, poetry or music is a good way to express yourself.



Talk to others

Talk to people around you about how you are feeling. You may be surprised that they have had similar thoughts; they may be able to listen and help you to think things through.

Challenge Negative Thinking



Keep a daily diary for two weeks (or longer if you prefer) of your unpleasant thoughts and activity level, rating the level of your mood. Note down anything that seems important; what you were doing, where you were, who you were with, what were you thinking? You may be able to identify when your mood is low and the triggers. This information will begin to help you tackle your worries.

You can also use a diary to mark positive events and achievements, this can help you to concentrate on the good things in your life as oppose to the bad things.

Altering your thoughts

With your diary you can now start to use a technique called 'Balanced thinking'. Look at an entry in your diary and try finding evidence for and against a thought. Then with this evidence, come up with a fair thought. This will help to challenge those unhelpful thoughts processes.

