



Managing Low Mood During COVID-19

Everyone feels sad or low at times. Although this is common after particularly distressing events, sometimes there is no obvious reason why we are feeling down. The events of the COVID-19 pandemic have affected people in many different ways. Some will have had to isolate, which may have stopped them from doing the usual activities that they enjoy. Some are likely to have missed out on important life events, e.g. weddings and funerals, and may have lacked close contact with family and friends. Others may have experienced loss in some way, or might be feeling worried about the uncertainty of the pandemic and how it could affect them and their families. All of these scenarios can lead to us feeling down. This poster includes some suggestions on managing low mood during COVID-19 which may be useful.

Talk to others

Talking to friends and family about our worries might help us to feel less distressed and can assist others to understand how we are feeling. You can self-refer to Occupational Health to find out what support options are available to you. Your manager or HR can also refer you for advice on any adjustments to your work that may be beneficial.

Set achievable goals

When feeling low, it can be difficult to get on with our lives as usual and we may notice that we do less with our time. Setting daily goals can help increase motivation and feelings of accomplishment. Remember to reward yourself for small achievements.

Healthy habits

It is important to adopt healthy habits such as regularly exercising, eating balanced meals, maintaining a good sleep routine, and reducing alcohol consumption. Each of these can promote aspects of psychological well-being, and can contribute to reducing feelings of anxiety.

Be kind to yourself

When we are feeling low, it may be difficult to focus on positive experiences. On your good days, try recording what went well and reward yourself for small achievements. Prioritising time for self-care and doing your favourite activities can be a good way to destress. Some people find mindfulness enables them to focus on the present moment.

Challenge negative thoughts

It can be helpful to notice any negative thoughts that come to mind and to challenge these with alternatives. Try thinking: "I'm feeling low today, but I know this is temporary and it will get better". Some people find it useful to keep a diary to help process their thoughts and feelings.

Seek help

If your low mood persists for several weeks, it can be helpful to talk to your GP to find out what options are available to you for support. If you start to have thoughts around suicide or self-harm, it is important to tell someone. You can contact the Samaritans or NHS 111. If you are worried that you cannot keep yourself safe, seek **urgent support** straight away by calling the emergency services on 999, or your local mental health Crisis Team, or go to A&E.

