






















Everyone feels down sometimes, and it is a normal part of life. It might follow a tough event or happen for no clear reason. These feelings usually pass in a few days or weeks, and small changes can help. But if they stick around, they can impact daily life, and that is when getting support can make a difference.




SIGNS OF LOW MOOD





-  Sadness
-  Worry/ anxious/ panicky
-  Lack of energy
-  Trouble sleeping
-  Feeling hopeless and guilty
-  Lacking self-confidence
-  Frustrated/ irritated
-  Not interested in things
-  Aches and pains
-  Spending less time with those you care about
-  Angry
-  Struggle concentrating
-  Change in appetite
-  Negative thoughts
-  Withdrawing from usual activities

TIPS FOR TALKING TO YOUR CHILD ABOUT THEIR MOOD

-  Think about what you want to say and keep it simple.
-  Write down things that are concerning you before you speak to them.
-  Ask open ended questions which will allow them to say how they are feeling.
-  Choose statements that are facts not judgements.
-  Try to keep any anxiety you may have to yourself.
-  Be calm and supportive.

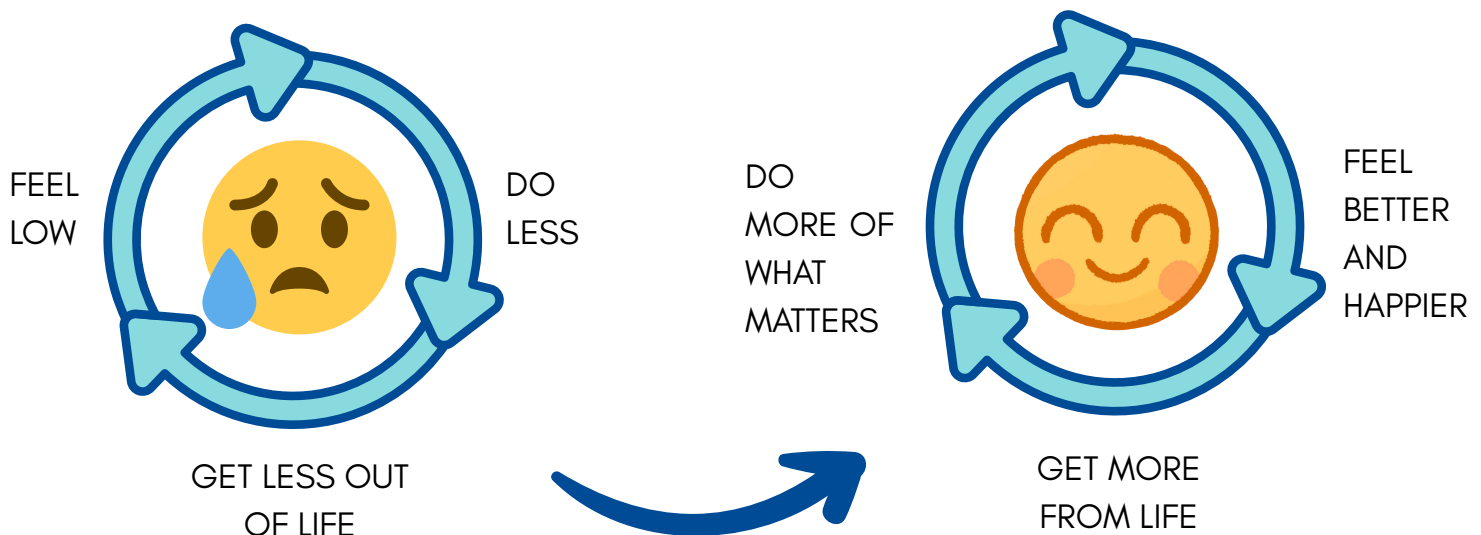
TIPS FOR HELPING IMPROVE LOW MOOD

-  Encourage your child to stay connected with their peers/friends.
-  Encourage your child to look after their physical health.
-  Encourage your child to talk about their worries or problems.

-  Encourage good sleep hygiene.
-  Encourage your child to do things they enjoy.
-  Encourage your child into a routine.
-  Encourage your child into a structured day.






BEHAVIOURAL ACTIVATION

This is a way to help people who are feeling low. When we are in a low mood, we often get stuck in a negative cycle. To start feeling better, we need to change part of that cycle to help turn it into a more positive one.



BREAK THE CYCLE - DO MORE TO FEEL BETTER

MORE WAYS TO GET SUPPORT

-  Call a **parent helpline** to get free parenting advice.
-  Call Lifeline on 131 114 or **Beyond Blue** on 1300 224 636 for mental health support.
-  Visit your community health centre.
-  Contact a psychologist through Australian Psychological Society - **Find a psychologist**.
-  Join a face-to-face or an online parent support group to connect with other parents in similar situations.

Scan the QR code to know more

