

Low Mood

Child & Parent Information & Self Help Guide

Referencing;
Getselfhelp.co.uk

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?

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.