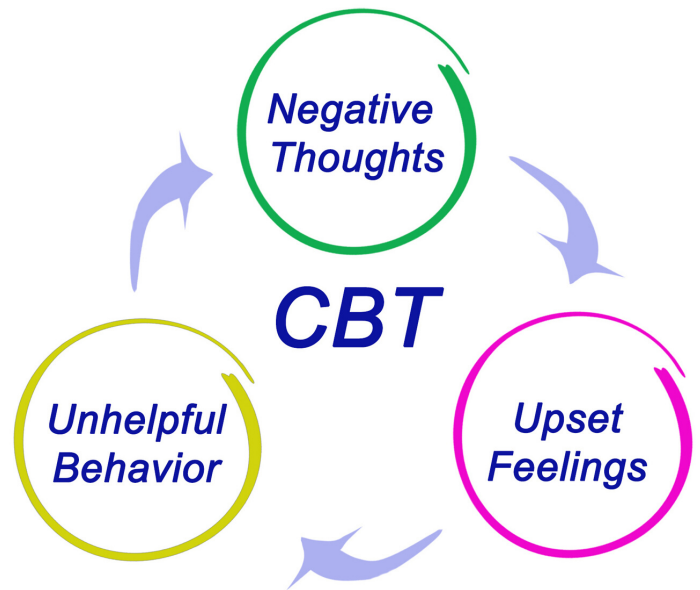


# BOOSTING YOUR MOOD

Depression is a clinical diagnosis, but low mood is something we can all experience

## VICIOUS CYCLES

When mood is low we become LESS ACTIVE and this will actually feel better for a short time. There is a relief from stopping doing certain things, as all tasks are more demanding when mood is low. However, the more you avoid the harder it is to get active again. This leads to negative thoughts like "I am lazy" or "what's the point", which will keep your mood low. This creates, what we call in CBT, a vicious cycle. To lift mood we need to break this cycle.



Keep doing things you enjoy even when you can't be bothered. **DOING** it will motivate you to do it again and do more. This will increase your sense of **pleasure** and **achievement**

## THOUGHTS ARE NOT FACTS

Challenge negative thoughts by saying something like: "I don't want to do it, but I will feel better if I do". "Doing a little bit is better than doing nothing".

## ROUTINES

Routines provide structure and purpose to your day and week. Routines include eating, sleeping, self-care, exercise and household tasks. Maintaining routines helps you feel more in control, which lifts mood.

The key to healthy mood is BALANCE between work, rest and play!