Coping with your low mood

9 Common Causes of Low Mood

Bullying
Falling behind with school work
Physical health problems
Family problems and arguments
Moving school or home
Loneliness
Traumatic events
Family history of depression
Friendship and relationship difficulties

Symptoms - Mind and Body

Psychological
- Frightened, worried or anxious
- Upsetting thoughts
- Guilt
- Sad and tearful

Physical
- Lack of interest and motivation
- Isolating yourself
- Aches and pains
- Self-harm
- Tired
- Disturbed sleep

8 Ways To Help Yourself Feel Better

Spend time with a friend
Keep active
Sleep well every night
Eat healthily and regularly
Avoid drugs and alcohol
Listen to music, draw, read or write a diary
Speak to an adult (parent, teacher or health worker)
Plan something to do each day

Places where you can get more help

Charities
Youngminds.org.uk
Youthhealthtalk.org
Childline.org.uk; 0800 1111
Samaritans.org; 116123

Books
For a list of helpful books:
Reading-well.org.uk

Contact a parent, teacher or:

Produced by The Bank Workers Charity in collaboration with
Mina Fazel and Tamsin Ford
www.bwcharity.org.uk