

10 TIPS TO HELP YOU IMPROVE YOUR LOW MOOD

 @BELIEVEPHQ



Develop a mental health support network. Try going to a group session at a mental health charity



Be kind to yourself. If you need a break then give it to yourself



Engage in regular exercise



Get into a regular sleep pattern. Make sure you are getting enough sleep



Don't be afraid to speak to people about how you are feeling



Eat a well balanced diet. Stay hydrated



Practice self care. Look after yourself. Learn some relaxation techniques



Start to challenge unhelpful negative thoughts



Stay connected and reach out to friends or family



Make a list of activities that you know will improve your mood