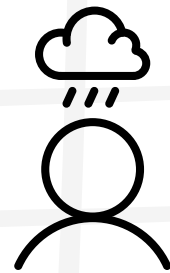


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CHAPTER 1

LOW MOOD - WHAT IS IT?

Low mood means different things to everyone, but can include feelings of sadness, frustration and losing interest and motivation. We all experience low mood in different times in our lives, however for some people these feelings can last longer and feel more intense, which is when we may need some support



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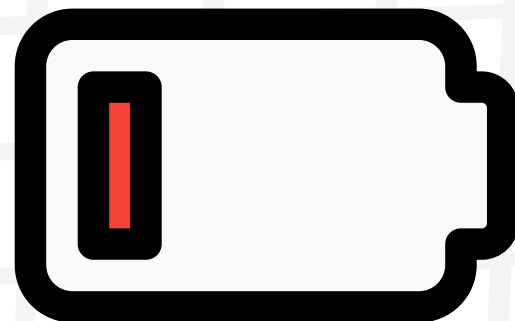
CHAPTER 2

LOW MOOD – WHAT CAN CAUSE IT?

Low mood can be caused by anything in our lives, big or small, and sometimes it can be hard to understand what it is that actually causes it.

Below are a few examples, but remember your feelings are valid even if these don't apply to you!

- Changes in our lives such as moving school or house
- Conflict
- Self esteem issues
- Relationship challenges
- Sleep problems
- No obvious reasons



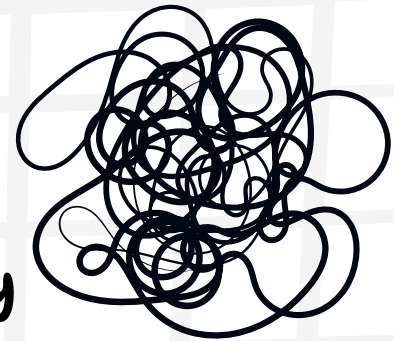
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CHAPTER 3

LOW MOOD - WHAT ARE THE SIGNS?

With so many different emotions, it can be difficult to know if what you are feeling is low mood but there are some signs that might help you to know!

- Feeling sad or anxious
- Losing interest in things we usually enjoy
- Eating more or less than usual
- Lack of motivation
- Finding sleep harder
- Being annoyed at other people easy
- Low self esteem and confidence
- Feeling less emotions than usual

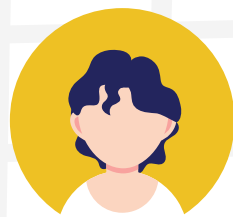


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CHAPTER 4

LOW MOOD - WHAT DOES IT MEAN TO US?

“ I STOPPED ENJOYING THINGS I USED TO

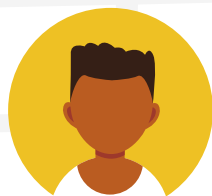


“ IT'S NOT JUST FEELING SAD

“ I FEEL LOW WHEN THERE ARE BIG CHANGES IN MY LIFE



“ WHEN I SPOKE TO SOMEONE I TRUSTED I FELT BETTER



“ IT'S NORMAL TO FEEL LOW, EVEN IF YOU DONT KNOW WHY

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CHAPTER 5

LOW MOOD— HOW DO WE MANAGE OURS?

We know that if you are experiencing low mood, it might feel like it will last forever. But we want you to know that you can feel better. Here are some things that help us,

SPEAKING TO
SOMEONE I
TRUST

SPENDING TIME
WITH OTHER
PEOPLE

DOING THINGS
I USED TO
ENJOY

I LIKE TO
WRITE DOWN
MY FEELINGS
AND ACKNOWLEDGE
THEM

BEING OUTSIDE
AND DOING
PHOTOGRAPHY
HELPS ME

TRYING MY BEST
TO EAT AND SLEEP
WELL

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CHAPTER 6

LOW MOOD - A MESSAGE TO YOU FROM US

If you are experiencing low mood, we want you to know that you are not alone. Many people experience this throughout their lives, and it is important to try to remind yourself that you are doing your best, and that is all that you can do. Whether any of the suggestions we gave work for you, or none of them do at all, try to remember that these feelings won't last forever. We want you to know that you can get better. As a young person, you always have safe spaces at YPAS for you if you need them, and it is always okay to ask for help.



YPAS YOUNG PEOPLE, 2024