

wee changes can make a **big difference** to lifting your mood

Seasonal affective disorder (SAD)

Sometimes in winter due to less sunlight people can feel quite down, follow this link for more info <http://www.sad.org.uk/> and speak to your GP to see if you suffer from SAD.



Diet

Some foods due to their content can be good for lifting mood, like fish such as Mackerel, tuna, also walnuts and egg yolks. Maybe speak to your pharmacist about supplements, try and eat a balanced diet

Avoid self-medicating with non-prescribed drugs or alcohol, especially if you are having thoughts of suicide



Taking non-prescribed drugs or misusing alcohol can make us feel worse, may even lead to addiction. Alcohol is a depressant, so lowers your mood even more. It's dangerous self-medicating with drugs and/or alcohol when you have thoughts of suicide, as you maybe more likely to act on those thoughts of killing yourself and you could die. If you feel you are using non-prescribed drugs or alcohol to lift your mood, speak to your GP who can advise you of services you may find helpful. There are other things which can help lift your mood in a healthier way. If you are having thoughts of suicide, speak to someone straight away

Move more

Exercise helps produce feel good hormones and neuro transmitters which can help lift mood, even starting a short walk, every day is a step in the right direction, sometimes when our mood is low we can't be bothered, but finding a way to be active 30minutes each day could make a real difference



How you talk to yourself

Self-talk, and body language is so important in lifting mood, if we slouch, tell ourselves how awful we feel, how pointless it all is this will make us feel even worse, become aware of your self-talk maybe read COPE's wee changes on improving self-talk www.cope-scotland.org

When we may need to speak to someone about how we feel

Sometimes low mood is a reaction to something which has happened in our lives and it maybe we need to go and speak to someone about this to help us work through the feelings arising from this. Speak to your GP about services they can refer you to for more support



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Do something which distracts you

Get involved in something, distract yourself, clean out those drawers that keep sticking as full of paper, or rearrange the furniture, or listen to upbeat music. Sitting thinking about how low you feel will not help. Our physical environment can reflect how we feel inside, sometimes when we are feeling low we neglect the house so give it a spring clean, it will feel better for it and so may you

Be kind to yourself

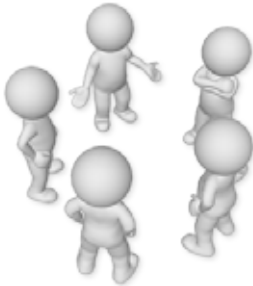


Pamper yourself, do something which makes you feel special as you are very special, sometimes when our mood is low we neglect ourselves, then when we look in the mirror we say unkind things to ourselves, be kind to your body and your mind. Practice mindfulness and even when your mood is low find something each day to be grateful for and appreciate

Give it time

Remember this too will pass, it's like rain, telling the rain to stop, won't make the rain stop, but it won't rain for ever, sunny days will come back, sometimes its recognising that things take time and giving it and yourself time

If you are having thoughts of suicide, tell someone



If your mood is so low you are having thoughts of suicide, speak to someone straight away, the Samaritans have a free phone number 116 123, there is also Breathing Space 0800 83 85 87, also speak to your GP about services which can offer support, also are there friends or family members who you could talk to about how you are feeling? You are not alone, there are people who care, and yes sometimes it takes time to find them, but it is worth the effort, your life matters

Smile even when we don't feel like it, as this is when we need a smile most

You matter, be kind to yourself, from the beginning of time till the end of time, there will only ever be one you, you are a unique and special human being. Smiling, laughing, watching comedy programmes can all help lift our mood too, so please give some of these tips a go, they may just help make you feel a wee bit better

Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: www.cope-scotland.org

