







Everyone feels down sometimes, and it is a normal part of life. It might follow a tough event or happen for no clear reason. These feelings usually pass in a few days or weeks, and small changes can help. But if they stick around, they can impact daily life, and that is when getting support can make a difference.

SIGNS OF LOW MOOD

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|  Sadness |  Lacking self-confidence |  Angry |
|  Worry/ anxious/ panicky |  Frustrated/ irritated |  Struggle concentrating |
|  Lack of energy |  Not interested in things |  Change in appetite |
|  Trouble sleeping |  Aches and pains |  Negative thoughts |
|  Feeling hopeless and guilty |  Spending less time with those you care about |  Withdrawing from usual activities |

TIPS FOR TALKING TO YOUR CHILD ABOUT THEIR MOOD

-  Think about what you want to say and keep it simple.
-  Write down things that are concerning you before you speak to them.
-  Ask open ended questions which will allow them to say how they are feeling.
-  Choose statements that are facts not judgements.
-  Try to keep any anxiety you may have to yourself.
-  Be calm and supportive.

Scan the
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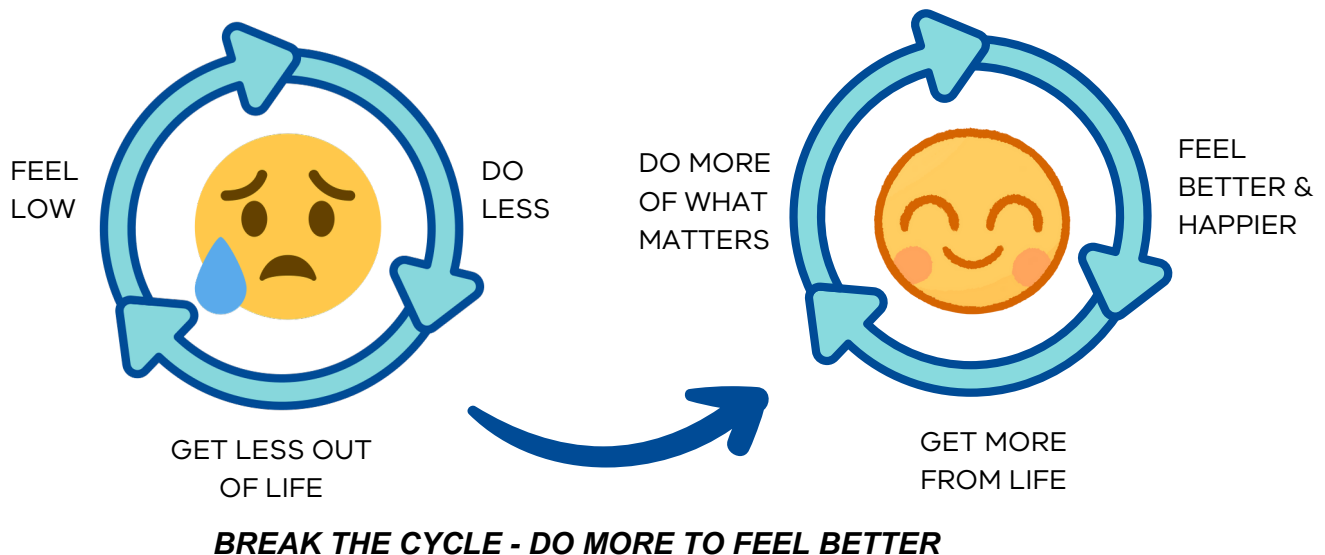


TIPS FOR HELPING IMPROVE LOW MOOD

- Encourage your child to stay connected with their peers/friends.
- Encourage your child to look after their physical health.
- Encourage your child to talk about their worries or problems.
- Encourage good sleep hygiene.
- Encourage your child to do things they enjoy.
- Encourage your child into a routine.
- Encourage your child into a structured day.

BEHAVIOURAL ACTIVATION

This is a way to help people who are feeling low. When we are in a low mood, we often get stuck in a negative cycle. To start feeling better, we need to change part of that cycle to help turn it into a more positive one.



MORE WAYS TO GET SUPPORT

- Call a [parent helpline](#) to get free parenting advice.
- Call Lifeline on 131 114 or [Beyond Blue](#) on 1300 224 636 for mental health support.
- Visit your community health centre.
- Contact a psychologist through Australian Psychological Society – [Find a psychologist](#).
- Join a face-to-face or an online parent support group to connect with other parents in similar situations.