

# School

# WELLBEING

## Newsletter

This term, our wellbeing focus is

### Low Mood

Everyone feels low or down from time to time. It does not always mean something is wrong. Feeling low is common after distressing events or major life changes, but sometimes periods of low mood happen for no obvious reason.

Young people may feel tired, lacking confidence, frustrated, angry and worried. But a low mood will often pass after a couple of days or weeks – and there are some easy things young people can try and small, everyday changes they can make that will usually help improve their mood.

#### HOW CAN I HELP MY CHILD?

1. Try to start a conversation about what's going on.
2. Listen.
3. If they don't feel able to talk to you, encourage them to speak to someone else.
4. Try again another day if they don't want to talk.
5. Think together about if there's anything in particular making them feel this way.
6. Help your child to think about who is in their support circle.
7. Encourage them to talk about what they enjoy.
8. Help them do things to support their wellbeing.
9. Come up with a plan of things they can do when struggling.

MORE INFO ON EACH: [Depression & Low Mood | Signs, Symptoms & Treatment | YoungMinds](#)

mental health



#### Boost your mood with music

Music can be a powerful way to change our feelings. See if you can create a playlist to listen to when feeling low – start with slower choices and gradually move to faster, uplifting songs. This can help your mood to gradually lift too.



#### Get better sleep

Low moods can make us feel tired, and tiredness can also have a bad impact on our mood. Watch our video for tips to improve your sleep and create a better routine.



[Home - Teen Sleep Hub](#)

Staying Emotionally Healthy Workshop: [Online Workshops :: Lincolnshire Young Minds \(lpft.nhs.uk\)](#)



tellmi

### SIGNPOSTING

Try this App!

Self help CBT techniques young people can try: [Online self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Better Health every mind matters

0800 58 58 58

WEBCHAT

[Get help with whatever... | Campaign Against Living Miserably \(CALM\)](#)

CAMPAIGN AGAINST LIVING MISERABLY

