

Is your child suffering from low mood?

Do they seem...?

- Sad or tearful
- Worried or nervous
- To be lacking motivation or withdrawn
- To have a poor appetite or overindulging
- Tired or struggling with sleep
- Low in self-esteem or confidence
- Hopeless and feeling worthless



Feelings of low mood can often pass after a few days, helping your child to understand that this is a normal emotion can make a difference to their mood.

TOP TIPS

- Talk to your child about their feelings.
- Encourage your child to talk to a trusted adult about their feelings, this could be a GP, counsellor or helpline.
- Do things together such as playing games, watching a movie, listening to music, dancing, baking, cooking, arts, crafts.
- Be active together this could be going for a walk or trying yoga.
- Try mindfulness techniques
<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>
- Keep a journal or diary.
- Breathing techniques help people relax and feel calm
<https://www.moshisleep.com/blog/deep-breathing-exercises-for-kids>
- Take a warm bath.
- Look for ideas to improve sleep
<http://www.openmindscalderdale.org.uk/sleep-advice/>
- If you feel worried yourself, you can also seek advice if it is necessary.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to
www.openmindscalderdale.org.uk