

Top tips for Managing low mood



Try to develop and maintain a healthy routine; we all feel safer and more relaxed when we have a routine.



Sleep is really important, both for physical and mental health. Try to build a sleep pattern that complements your day-time routine. [Check out our 6 Tips for Better Sleep.](#)



Remember to make time for yourself each day and engage in at least one activity that falls into the following categories: Achievement, Connection & Enjoyment (ACE) activities. It's important to have a balance of these activities and not focus solely on achievement!



Connect with friends, family, and colleagues see if there's someone you can go for a walk with, or try getting some people together online for a virtual quiz night or crafts session, or just for a chat.



Fit exercise into your daily routine. Exercise stimulates naturally occurring anti-stress hormones and chemicals in the brain; even just a brisk walk or a short jog can help lift your mood.



Have a healthy and balanced diet. Include lots of fresh vegetables and fruit.



Alcohol is a depressant. Be mindful of how much you are drinking and consider making changes if you feel you are drinking too much.



Reduce the time you dwell on negative thoughts or feelings; notice when you are ruminating and distract yourself.



Try keeping a 'gratitude' list. Note the things that are going well or events/people that you are thankful for.



Have a go at Mindfulness. Try and be in the present and not to worry about what has already happened or what might happen in the future. Have a look at our Mindfulness videos.



For a bit of extra help, make use of online programmes such as [Silvercloud](#), [Feeling Good](#), and [Sleepio](#) – all of which can be found on the [National Wellbeing Hub](#)

You can find further information on the National Wellbeing Hub website:

www.nationalwellbeinghub.scot