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# **Toolbox of ideas to help you relieve symptoms of low mood**

* Get some extra rest
* Get some additional light in your house, e.g. curtain
* Get some exercise e.g. go for a walk
* Listen to music, make music or sign and dance
* Take a warm bath
* Focus on and appreciate what is happening right now
* Repeats positive affirmations
* Get things done off your to-do list that cause you anxiety
* Do something special for someone else
* Do something that makes you laugh
* Spend ten minutes writing down good things about yourself
* Make a list of your accomplishments
* Look through old pictures, scrapbooks and photo albums
* Wear something that makes you feel good
* Surround yourself with people who make you feel good
* Talk to someone on the telephone or video call
* Write a list of helplines to contact when needed
* Get a second opinion on a decision you need to make
* Get a medication check
* Do a daily task, such as wash your hair, shave or go to work
* See a counsellor
* Attend an online or face to face support group
* Take your medications, vitamins, minerals or herbal supplements
* Take time off from work or home responsibilities to relax e.g. watch a TV series
* Watch what you eat, what you eat affects how you feel so make a healthy meal
* Create affirming exercises
* Journalling – write your feelings in a note book
* Try guided imagery
* Use focusing exercises such as mediation or mindfulness
* Talk to a friend
* Talk to a health care professional

**Tips for recovery when diagnosed with a mental health condition:**

* Accept and research your mental health condition and how it affects you
* Find support from online and face to face organisations as well as support groups
* Build good relationships with friends and family
* Find new contacts if you feel lonely or isolated, online or in person
* Focus on having enough money by seeking support from finance organisations and budgeting
* Focus on work or a social activity to build your confidence
* Keep a sense of hope
* Speak to others who experience similar conditions
* Practice self-care e.g. exercise and eat well
* Have a good place to stay where you feel safe.