



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.

## Top tips to improve your mood



### Challenge unhelpful thoughts

The way we think affects the way we feel. Watch the video to learn how to challenge unhelpful thoughts.

[Video: Reframing unhelpful thoughts](#)



### Increase helpful activity

Low mood can stop us doing important or enjoyable activities. Try listing these things and doing some each day. Start with easier ones and, as you progress, your mood should improve.



### Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch the video for more ideas.

[Video: Social connection](#)

If you're having thoughts that life's not worth living, or you're self-harming or thinking about doing so, it's important to tell someone. You do not have to struggle alone – [urgent help and support](#) is available right now if you need it, or ring **0800 051 6171**



You 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 you can try and small changes you can make that will usually help improve your mood.

## More top tips to improve your mood



### Get better sleep

Low moods can make us feel tired. Tiredness can also have a bad impact on our mood. Watch the video on tips to improve your sleep.

[Video: Tips for sleeping better](#)



### 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.



### A little activity every day

If you can, doing little things every day to be more active – like taking the stairs instead of a lift, or standing up to stretch your legs every so often when sitting down for long periods – can really lift your mood.

[Better Health: Get active](#)

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