

RELIEVE LOW MOOD

- Get extra rest and increase natural light in your home (e.g. open curtains)
- Move your body – go for a walk or do gentle exercise
- Listen to music, make music, sing, or dance
- Take a warm bath or shower
- Practise mindfulness by focusing on the present moment
- Use positive affirmations
- Complete small tasks on your to-do list that cause anxiety
- Do something kind for someone else
- Do something that makes you laugh
- Write for 10 minutes about positive qualities and make a list of your achievements
- Look through photos, scrapbooks, or albums
- Wear clothes that make you feel good
- Spend time with people who make you feel supported
- Talk to someone by phone or video call
- Keep a list of helplines for support when needed
- Get a second opinion on important decisions
- Review medications if appropriate
- Maintain daily routines (e.g. washing your hair, shaving, going to work)
- Seek professional support (counsellor, healthcare professional)
- Attend online or in-person support groups
- Take prescribed medications, vitamins, or supplements as directed
- Take time to rest from work or responsibilities
- Eat nourishing meals – what you eat affects how you feel
- Journal your thoughts and feelings
- Try guided imagery, meditation, or mindfulness exercises