

Your Virtual Guide to improve your
Mental Health and Wellbeing.

Tips to cheer you up

This self-help guide was made to help
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for
a **Psychological Coaching** with our Clinical
Psychologists.



SADNESS AND DEPRESSION

Most people have felt depressed at times, but if it is something that is affecting your daily life, there are things you can try that can help you feel better.

In addition, there are ways to get help that are available if you find it difficult to deal with mood swings, sadness or depression.

SYMPTOMS OF A LOW MOOD

The symptoms of a general low mood may include:

- Feelings of sadness.
- Feeling worried, anxious or panicked.
- Feeling more tired than usual and being unable to sleep.
- Being angry or frustrated.
- Having a low self-confidence or a low self-esteem.

A low mood can usually improve after a few days or weeks. Generally, it is possible to lift a low mood by making small changes in your life. For example, by solving a problem that is bothering you or getting more sleep.

SYMPTOMS OF DEPRESSION

If you have a low mood that lasts 2 weeks or more, it may be a sign of depression.

Other symptoms of depression may include:

- Not enjoying life or having a general lack of motivation.
- Feeling hopeless, not expecting anything from the future.
- Not being able to concentrate on everyday things.
- Having self-harm or suicidal thoughts.

If you have experienced these symptoms for 2 weeks or more, please consult with one of our mental health specialists.

RECOMMENDATIONS TO IMPROVE YOUR MOOD

1. **Identify the cause.** If you know what is causing your low mood, it may be easier to find ways to control it.

Some reasons that can cause a low mood include:

- **Work:** feeling pressured at work, being unemployed or retired.
- **Family:** having relationship problems, getting divorced or being a caregiver.
- **Financial problems:** having unexpected bills or loans to pay.
- **Health;** having an illness, an injury or going through the loss of someone (grief).

Even major life events, such as moving to a new job, having a baby or graduating from university can cause feelings of sadness. This happens because some changes are also perceived as losses, and we feel bad about letting go of what we were used to, even if it is for the best.

2. **Have fun.** Doing things that you enjoy is good for your emotional well-being. Simple activities like watching a movie with a friend, taking a bath or meeting up with friends for coffee can improve your day.

Also, doing things you are good at, such as cooking or dancing, is a good way to have fun and feel a sense of accomplishment.

Try to avoid doing things that seem enjoyable at the time but make you feel worse afterwards, such as drinking too much alcohol or eating junk food.

3. **Boost your self-esteem.** Self-esteem is how you value yourself.

The best way to boost your self-esteem is treating yourself as you would treat a friend who is important to you, in a positive but honest way. Become aware of when you're putting yourself down, such as when you think: "You're so stupid for not getting that job", instead of that think: "Would I say that to my best friend?", you probably wouldn't.

Alternatively, state something positive for yourself, such as: "You're a smart person, you'll get the next job".

4. **Having a healthy life-style:**

- **Choose a balanced diet:** Making healthy choices regarding your diet can make you feel emotionally strong. You are doing something positive for yourself, which boosts your self-esteem. A balanced diet can also help your brain and body to function more efficiently. Try to have a balanced diet that incorporates all the major food groups.
- **Getting some exercise:** Even moderate exercise can release chemicals in your brain that improve your mood. Exercising can help you sleep better, have more energy and keep your heart healthy.

Being active is not only great for your physical health but also evidence has shown that it can enhance your mental well-being by:

- Boosting your self-esteem.
- Helping you to set goals or challenges, and then, achieving them.
- Causing chemical changes in your brain that can positively help you improve your mood.

Choose a type of exercise that you enjoy. If it helps, do it with a friend or while listening to music. Adults should aim for 150 minutes of exercise per week.

5. **Getting enough sleep:** Around 7 to 8 hours is the average amount of sleep an adult requires for their body and mind to be fully rested. If you go to bed overwhelmed by the things you need to do, writing a "to do" list for the next day before going to bed, can help you organize your thoughts and clear your mind of any distractions.

Find out how to manage to sleep if you have trouble sleeping [here](#).

6. **Limiting alcohol consumption.** During difficult times, it is tempting to drink alcohol because it can "numb" painful feelings, but it can also magnify other feelings and make you feel angry or aggressive. Additionally, heavy drinking can make you feel worse, which can

actually lead to more drinking. If you feel overwhelmed by your feelings, seek professional help.



7. **Speak up and share.** Communication is important, whether it is with a friend, family member or counselor. Talking things out can help you release tension, rather than holding it inside. It can also help you strengthen your relationships and connect with people. Many people find it very helpful to talk to a counselor about the things that are worrying them.
8. **Build up your resilience.** Resilience is what allows you to cope with life's ups and downs.

Making something meaningful out of painful moments can help you increase your resilience. Starting a support group to help others, or doing something creative out of bad experiences, such as writing, painting or singing, can help you express the pain and get through difficult times.

9. **Manage your stress levels.** If you are experiencing a lot of stress in your life, look for ways to reduce it, we recommend you review our guidelines for stress management.

Look at our recommendations for coping with stress [here](#).