

# Low mood

## What is low mood?

Feeling low is a part of all of our lives at some stage.

After experiencing a serious illness, it is very common to experience low mood. Relatives are just as likely (if not more so) to experience low mood as the patients themselves.

Recovering from an illness can be an uphill journey.



Having low mood is NOT a sign of weakness or anything to be ashamed of.

Accept that your mood is low at the moment, and there are some things you can try that will usually help improve it.

For most people low mood will improve after a couple of days or weeks.

## What are the signs?



Frightened, worried or anxious



Lack of motivation



Isolating yourself



Low confidence



Frustrated, irritated or angry



Changes in appetite



Trouble sleeping



Tired

## What you can do... Ways to boost mood when you are feeling low



Talk with friends, family, support group



Light exercise e.g. walking



Enjoyable activity e.g. hobbies



Connect with nature



Treat yourself like a good friend



Rest and relax

If you think your symptoms are getting worse, please speak to your healthcare professional or GP.