

Self-Care: Boosting your mood

SELF-CARE FORUM FACT SHEET NO.16

This fact sheet helps you to know what you can do to maintain and improve your mood.

Useful facts

- Everyone copes and responds differently when times are tough.
- Be gentle with yourself and those around you.
- Just because others seem to cope, there is no right or wrong way to manage or be in any situation.
- Many things can affect how we feel. These include family problems, money worries, or events in the news.
- Don't expect to feel okay all the time or to be perfect at everything. You are doing the best you can.

Finances

Get financial and employment help:

- Financial and employment concerns can have a major impact on your mood and morale.
- If you experience problems, don't ignore them, talk to people and get all the help you can. For example talk to; those responsible for your mortgage or rent, utility companies and any other loan companies that you owe money.

The Citizens Advice agency have lots of advice and resources to help with things such as [the cost of living crisis](#).

Talk with your employer to understand your sick pay and benefits' rights, see [Moneyhelper](#).

Look after your body

Look after your physical health by eating healthily, drinking enough water, and moving your body.

Stay active and move regularly. Choose activities you enjoy and that suit your level of fitness and mobility; yoga, Pilates, cycling, running or go for a brisk walk.

Join others for sports and activities.

Get a good sleep:

- New routines and situations can cause sleep problems and sleep is important for well-being.
- Avoid looking at screens as well as coffee, tea, energy drinks and alcohol before bedtime.
- Create an environment that promotes sleep.
- Keep your bedroom dark, quiet and tidy at night.
- Temperatures between 18C and 24C tend to promote good sleep.
- Remove electronic gadgets and use an alarm clock instead of your smartphone.

Alcohol:

- Avoid drinking too much alcohol (no more than 14 units for men and women per week).
- Having no alcohol days.
- This can improve sleep, help you feel better in the mornings and prevent you feeling tired during the day.

Plan and stay connected

Structure and plan your day:

- Get into a routine, even doing small things like keeping on top of household chores 1 or 2 jobs a day can help you feel better and more in control.
- A 'to do list' can help identify the sort of things you want to do and how to achieve them. Have a plan and set boundaries with yourself.

Stay connected with others: Stay in touch with family, friends and work colleagues.

Talk about your worries: Speak with someone you trust about how you are feeling. (There are many reputable websites that have tips on what to do, see the section 'where to find out more' at the end of this fact sheet.)



What can I do to help myself now and in the future?

Stay on top of difficult feelings: Limit the time you spend watching or reading the news (perhaps to once a day) so you're not constantly hearing and seeing upsetting stories. Don't have the radio on all the time. Constant news on things outside your control can be challenging and cause distress.

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Limit the time you spend on the internet or tracking social media: Spending a significant amount of time on social media can increase anxiety and decrease self-esteem. Set boundaries and try limiting social media to 30 minutes a day, this can help you focus on other things.

Try to find things to do that you enjoy: Have something to look forward to such as meeting up with a friend, or going for a walk; try to avoid staying in all the time.

Take a moment: Take time to have a fresh look to notice what's around you; sounds, colours, smells. There can be beauty in the most unusual or mundane things. Try to enjoy the moment, whatever you're doing. Take time to think about your experiences and what matters to you.

Connect with nature: Where possible, try to connect with the outdoors, even if it's simply by watching through a window, looking at trees or watching birds flying past.

Keep learning: Learning new skills can help such as:

- Learning to cook, using online apps and tools for exercise, a new language
- Setting yourself goals can help you become more confident and happier without putting pressure on yourself.
- Focus on small challenges, which can feel great while you work through them and when you see the result.

Give to others:

- Supporting others can have a big impact on people's lives and improve your own well-being too.
- Consider joining community groups this can help increase understanding and accepting of other people's worries, concerns and behaviours.

When to seek help

- Don't ignore a low mood and get help. See some of the links and resources on this factsheet.
- You can get help with talking to someone about how you are thinking and feeling
- Cognitive Behaviour Therapy (CBT) can help you understand and change the way you think and act. The NHS has advice on how to get help and some self help tips [NHS Self Help CBT tips](#)
- Also see [NHS talking therapies](#) where you can self-refer without seeing a GP first.

Contact your surgery for help and advice if:

- you have had a low mood for more than 2 weeks
- in the last month you have been bothered by feeling down, depressed or hopeless
- you are struggling to cope with a low mood
- in the last month you have been bothered by having little interest or pleasure in doing things
- things you're trying yourself are not helping
- you would prefer to get a referral from a GP

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Where to find out more

For sources, additional information and advice on maintaining your mental and physical wellbeing, visit:

[NHS Mental health issues](#)

[NHS website: Top tips to improve your mental wellbeing.](#)

[NHS mental wellbeing tips](#)

[NHS website: Managing anxiety](#)

[NHS website: Five steps to mental wellbeing.](#)

[Mind: Five ways to wellbeing.](#)

[NHS website: The risks of drinking too much.](#)

[Citizens Advice website:](#)

[Moneyhelpers website:](#)

[You might also want to take a look at the POWER of Self-Care fact sheet.](#)



Self-Care Forum
Helping people take care of themselves