

Tackling Low Mood with Joanne

THE
MENTAL
HEALTH
HOUR



Q&A Session

Tackling Low Mood with Joanne

To view the answer, simply click on any of the questions below.

What are the signs of low mood?

How to handle the pressure that your low mood puts on other people around you?

How do you avoid falling into bad eating habits when feeling low? I.e. Junk food to feel good

How do I tackle a low mood the day after drinking Joanne?

How can you start to drop a façade of happiness and be open about suffering from low mood?

How do you find the energy to implement self-care habits when you have low energy?

Why do people experience low mood?

What are the do's and don't to tackle low mood?

With Mens MH still being taboo with some people, how can you support your partner with this?

Would you say, other people can contribute to your mood? Negatively or positively?

How can I help a family member tackle their low mood as it's having an impact on the rest of the family?

Are there any good vitamins or foods that can help with low mood?

I get severe 'Sunday night blues' as I am dreading the Monday. Any advice to combat them?

What to do if you have a member of staff who expresses urgent help and everyone is busy?

What if there is nobody available to talk to you and you feel extremely low?

What do you do when you feel extremely low?

How do you cope with the lack of sunlight affecting mood?

Extreme low moods pop up for no reason, I am doing the 'right' combat techniques. What do you advise?

What would be the best action to take in order to snap out of feeling low?

What small changes can be done to tackle low mood?

How do you deal with toxic family that bring your mood down?



What are the signs of low mood?

Good self awareness can help with monitoring and understanding our moods but general signs of a low mood include:

- Feeling sad
- Being anxious or panicking
- Feeling more tired than usual
- Struggling to sleep
- Feeling angry or frustrated
- Low confidence and/or self esteem

How to handle the pressure that your low mood puts on other people around you?

It is important to try and be as honest as you can with the people around you about how you are feeling but then not to take responsibility for the impact this may have on them. When we feel low at times we can find it hard to let people care for us so remembering we deserve that care and attention helps boost our mood.

How do you avoid falling into bad eating habits when feeling low? I.e. Junk food to feel good

The short-term comfort that food gives us is understandable when we are feeling low. Try to not judge yourself when your eating is "bad" and instead try and reframe that it is what you need in the short term, but that long term it is not beneficial to you. That negative feeling that we are doing something bad can perpetuate the low mood and feeling of hopelessness.



[BACK TO QUESTIONS](#)

How do I tackle a low mood the day after drinking?

Ongoing or long-term drinking needs some separate thought and consideration. But "one off's" or occasional drinking that result in a low mood needs treating with some self-care. Back to basics of good food, fresh air and then making ourselves feel cosy. This leads us to nurture that low mood rather than punish it.

How can you start to drop a façade of happiness and be open about suffering from low mood?

This is an amazing question and I could do this as a topic on its own! So I will try and be succinct. I would reflect that we all need balance in our lives. We can feel both happiness and sadness all around the same time. But when we are putting on a "facade" of happiness this is about us needing to be something for other people or at times a concern over other people's judgment of us. With the right people I would ask you to do your gentle best at being honest of all the parts of you, the parts that are happy and that are sad. More self development is worth considering through speaking to a trained professional.

How do you find the energy to implement self-care habits when you have low energy?

I like to find my micro-version of what I need! So I am someone who enjoys running and I know running will help my mood but I just don't have the energy, I tell myself I will just go out for 10 minutes instead of an hour, or just go for a walk. If I am someone who finds baking soothing but I just can't face starting a creation bake then just letting myself make a basic sponge. Just finding a small way of igniting the bit within me that helps me and heals me but doing it without the pressure.



[BACK TO QUESTIONS](#)

Why do people experience low mood? What are common factors which causes low mood?

Most people feel low at some time. For some, it can be in response to an event, due to physical issues or life changes. Sometimes when things are the best they have ever been that low mood can settle in. It is really important to try not and judge or be self-critical of why we feel this way to combat it with kindness not criticism .

What are the do's and dont's to tackle low mood?

Do's

- Do talk about how you are feeling with friends, family, a counsellor, a GP, anyone who you feel comfortable with - Keep talking!
- Do look at what is within your control and any simple changes you can make to help tackle how you are feeling
- Do make self care priority
- Do download our My Healthy Advantage app to research different way to take support and issues some mindfulness

Dont's

- Don't overwhelm yourself and try to do everything at once. - set yourself some small targets
- Don't focus on things out of your control - focus on what you need in this moment
- Don't rely on external factors such as gambling, drugs, alcohol or cigarettes. They can spiral us and contribute to poor mental health
- Don't feel alone – help and support is there waiting for you



[BACK TO QUESTIONS](#)

With Mens MH still being taboo with some people, how can you support your partner with this?

We are in 2021 and culturally we have come so far in talking about mental health and in particular men's mental health – but we still have some way to go. Normalising talking about how we are feeling is a starting point. Owning how you are feeling can give those around us more permission in their minds to also talk and open up. I liken it to planting a seed in someone's mind. Dropping in to conversations the positives of talking about mental health, highlight examples of friends, neighbours, famous people, all being open and taking. Overtime that seed starts to grow .

Would you say, other people can contribute to your mood? Negatively or positively?

We are all human so yes we can soak up other peoples energy. The more self awareness and understanding we have about ourselves and our needs then the more we can get emotional boundaries in place so we are not negatively impacted by other peoples energy.

How can I help a family member tackle their low mood as it's having an impact on the rest of the family

Gently reflecting to a family member how they present and planting that seed with them of the support that is available. Get understanding of what resources are available to the family member and then offer this information to them, so refrain from judging and advising and let the decision to access support come from the individual.



[BACK TO QUESTIONS](#)

Are there any good vitamins or foods that can help with low mood?

Download our app for some really good resources around food and nutrition and what can support good emotional, mental and physical wellbeing.

I get severe 'Sunday night blues' as I am dreading the Monday. Any advice to combat them?

The more we can live in the here and now the less we worry about what has been or what will come. Consider some self development around mindfulness. How to enjoy the moment and trust that "me" of tomorrow will deal with tomorrow.

If this continues over a significant period of times reach to your GP and to the helpline for support

What to do if you have a member of staff who expresses urgent help and everyone is busy?

Try to prioritise that need for help. Assess the urgency and any risk. Offer the helpline for any immediate support and consider if any other external intervention is needed via the GP etc



[BACK TO QUESTIONS](#)

What if there is nobody available to talk to you and you feel extremely low?

There is always someone to talk to on the helpline. We have a counselling team available 24/7 and they offer immediate support and where appropriate can arrange for further follow up.

There are other amazing resources out there such as the Samaritans and local NHS resources.

What do you do when you feel extremely low?

It is very important to reach out. Ask yourself if a friend was going through this what would you say and what would you do to support them and then offer these things to yourself.

How do you cope with the lack of sunlight affecting mood?

There is great research and more and more understanding around the benefits of the sunlight for us physically emotionally and mentally. There are some resources out there that offer artificial sunlight which I have heard have great results.

From a grounding point of view I use nature, all the seasons as a way of supporting my emotional wellbeing. Taking shoes off and standing in the grass. Getting onto a hill and feeling the wind wrap around me. It's grounding in the truest sense



[BACK TO QUESTIONS](#)

Extreme low moods pop up for no reason, I am doing the 'right' combat techniques. What do you advise?

It is important to check out with a GP or a mental health professional what is happening for us when we have these extremes and if there is any external support that can help support and monitor this.

What would be the best action to take in order to snap out of feeling low?

Back to basics! Think about someone your care about, that you really care about, and then offer all that care to yourself. A continued low mood needs unpicking and discussing further with a mental health professional or GP

What small changes can be done to tackle low mood?

Introducing mindfulness, meditation and grounding into our lives, even for a short time everyday, can increase our self awareness and unpick that low mood. Take a look at our app for some ideas around this.

How do you deal with toxic family that bring your mood down?

We can't control others only ourselves. Reflect on what you need for some emotional boundaries and seek external support for any additional coping strategies needed.



[BACK TO QUESTIONS](#)



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