

# Ten Top Tips<sup>©</sup>

## when you're feeling down

1. **Don't blame yourself for feeling down.** Feeling down at times is normal and happens to everyone. Don't try and push the feeling away or squash it. Allow yourself to be sad for a while because it does pass.
2. **Acknowledge and accept how you feel and think about why you are feeling down.** We often get down because we have lost something that made us happy. Think about what other things make you happy. Don't expect too much of yourself and set some small goals that can be achieved. What has helped before?
3. **You don't have to be alone.** Talk to someone you trust and tell them how you're feeling. At times we don't know why we are feeling down and talking about it can help.
4. **Change negative thoughts into positive thoughts.** For example, say to yourself: "I'm an okay person," or: "One mistake doesn't make me a useless person," or: "This is not the end of the world."
5. **Often feeling down is related to poor physical health.** Look after your body with— Regular exercise and a healthy diet. Get some colleagues/neighbours together for a regular morning/lunchtime walk or go for one yourself.
6. **Seek help from your GP/Counsellor if you:** have felt down for at least a month; have little energy; think of yourself as worthless; can't sleep or sleep too much; eat too much or too little; and have been feeling and behaving very differently to your usual self.
7. **I can't control what happens around me, but I can choose how I respond to these things.** Try and be yourself despite how others behave around you. For example, greet work colleagues with a „good-morning“ and a „good-bye“ despite a lack of response, continue to talk to your teenager when you only get grunts and go to the lunch-room even if you feel you can't be part of the conversation.
8. **Use your imagination to take time out and venture into places that are relaxing and pleasant for you.** Relax, sit still by yourself for ten minutes, close your eyes and let your imagination take you to your favourite beach, a nice bushland setting, some previous enjoyable experience e.g. a great piece of music or concert.
9. **Take time to laugh with others.** Laughter is a great medicine. Try and see the funny or lighter side of situations. Learn to laugh at yourself. Enjoy a funny video. Remember, life wasn't meant to be serious all the time.
10. **Practice spoiling yourself occasionally.** It is very important to care and look after your best friend, yourself. Treat yourself to a good book, phone a friend for a coffee and a chat, listen to your favourite CD or eat chocolate. Do something you've always wanted to, e.g. skydiving, beach BBQ, camping, free lunchtime concert, and ballooning.



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