

## Managing your Mood

### Pre-recorded Course Information

Low mood can have a major impact on our lives. It can result from difficulties at work, ill-health, problems within the family or other challenging life events. Low mood can also have a major impact on our lives and can cause us to feel low in motivation, become less active or to experience unhelpful and painful thoughts.

#### About this course

The 'Managing Your Mood' course aims to help you to understand more about the impact of low mood on motivation and how our thoughts and behaviours can maintain low mood. It is then designed to help you to better understand the difficult emotions you might be experiencing and learn clinically proven Cognitive Behavioural Therapy (CBT) techniques, to take back control and manage them.

#### How is the course organised and what will I learn?

'Managing your Mood' is a three session online course, with new material provided each week. Each session will be available via a video link looking at different tools and techniques to help you manage low mood. The videos are accompanied by a booklet, which contains interactive exercises that work alongside the content of the sessions. Watching and interacting with each of the sessions will provide you with a good understanding of low mood and how to manage it. You will get more from the course if you practice the techniques between sessions.

This course is conducted completely online and clinicians are unable to offer individual support. If you feel you need to speak to someone directly, please use the crisis numbers and helplines listed below.

#### What will I learn?

##### Session 1: Understanding Low Mood

The focus of session one is to help you to:

- Gain an understanding of what depression or low mood is, and how it may be affecting you.
- Recognise common triggers and symptoms of low mood.
- Explore how our thoughts, feelings, physical symptoms and behaviour can keep low mood going.
- Explore the role beneficial activity can play in reducing the symptoms of low mood.

### Session 2: Activity Planning and Lifestyle

The focus of session two is to help you to:

- Learn about the impact of exercise and diet on our mood.
- Learn about 'Activity Planning' and its benefits for improving mood.
- Understand common obstacles to activity planning and how to overcome them.

### Session 3: Challenging your Thinking and Planning for the Future

The focus of session three is to help you to:

- Understand the role of unhelpful thoughts in activity planning.
- Reflect on your common unhelpful thinking styles.
- Challenge unhelpful thoughts to maintain motivation and activity.
- Plan how you are going to continue using the techniques learned.
- Work out your warning signs and how to prevent relapses.

### Questionnaires and Feedback

You will be asked to fill in a short questionnaire about anxiety and low mood before each session. This enables us to both give you feedback about your progress and evaluate the course. We also welcome any comments or suggestions you might like to share about the course.

### Crisis Support

If you are in crisis or need immediate support:

**Samaritans: 116 123** or text "**shout**" to **85258**

For support and information:

**Sussex Mental Healthline: 0300 5000 101** open 24 hours a day, 7 days a week.

For more advice on coping with suicidal thoughts:

<https://www.nhs.uk/conditions/suicide/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/helping-yourself-now/>