



Understanding My Low Mood



Low mood can affect what we think, feel and do. Becoming curious about your own pattern can help you notice where small changes may be possible.

WHEN LOW MOOD SHOWS UP

You may notice sadness, emptiness, irritability, low energy, less motivation or feeling disconnected. Depression does not look exactly the same for everyone.

WHAT HAPPENS TO MY THINKING?

Low mood can make self-critical, hopeless or negative thoughts feel especially convincing. Concentration and decision-making can also become harder.

WHAT HAPPENS TO WHAT I DO?

When energy and motivation drop, it can make sense to withdraw, postpone tasks or stop doing things. In the short term this may feel easier.

HOW CAN THE PATTERN KEEP GOING?

Doing less can mean fewer opportunities for connection, enjoyment and accomplishment. This can feed difficult thoughts and contribute to mood dropping further.

Start small.

When mood and motivation are low, even small actions can matter. The aim is not to force yourself to feel better, but to gently create opportunities for movement, connection or accomplishment.



My Low Mood Check-In



Use a recent low-mood moment or period. There are no right answers - the aim is to notice your own pattern without judging it.

1. WHAT WAS HAPPENING?

What was going on around you? Was there a trigger, stressor, change or difficult moment?

2. WHAT DID I NOTICE INSIDE?

What emotions, thoughts or body sensations were present? What was your mind telling you?

3. WHAT DID I DO - OR STOP DOING?

Did you withdraw, stay in bed, cancel plans, put something off, stop an activity or respond in another way?

4. WHAT HAPPENED AFTERWARDS?

What happened to your mood, energy, thoughts or sense of connection afterwards?

5. WHAT IS ONE SMALL STEP I COULD TAKE?

Think small and realistic: something that could support connection, accomplishment, self-care or something that matters to you.

Using this with your psychologist

Bring this reflection to a session if helpful. Together you can explore patterns contributing to low mood and identify manageable ways forward.