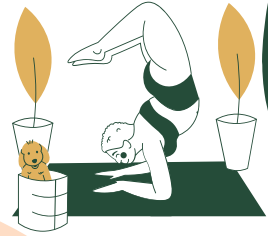


# Mental Health Awareness Week: The Cycle of Low Mood

It can be easy to get stuck in a vicious cycle of low mood. Changing some of our behaviours and doing things we enjoy and value can help us change this cycle into a more positive one.

## LIFE EVENTS:

Something happens that makes us feel low



## LESS REWARDING LIFE:

stop doing the things we enjoy

## CONSEQUENCE:

Eg. Feeling more sad and alone

## FEELINGS:

Eg. Sad, lonely, hopeless

## BEHAVIOUR:

Eg. spending more time alone or scrolling through social media

## Challenge!

Do something you enjoy and value this week