



### Finding it hard to cope?:

- Everyone feels a bit down sometimes, but if you feel so depressed that you may be considering harming yourself or others you must tell someone.
- You may be feeling a bit stressed, you may be being bullied or feeling under pressure or you may feel troubled by family problems, or problems with friends.
- You may find it hard to cope and have feelings of being useless, angry and out of control.



### Tips to make you feel better:

- Get enough sleep.
- Eat a balanced diet (food affects your mood).
- Find time for hobbies and interests.
- Take regular exercise; walking counts.
- Spend more time with people who make you feel good.
- Do small favours for people.
- Let people know what you like about them - pay (genuine) compliments (you'll get them back).



- Connexions Direct  
080 800 13 2 19  
[www.connexions-direct.com](http://www.connexions-direct.com)
- [www.samaritans.org](http://www.samaritans.org)  
08457 90 90 90
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.thesite.org.uk](http://www.thesite.org.uk)
- [www.channelmogo.org](http://www.channelmogo.org) go to 'Need some advice'

# feeling down? how positive thinking helps

*"Think positive! It's amazing how chatting with someone about my worries made me feel so much better."*

Everyone feels down from time to time, this is normal. Thinking more positively helps to protect us against everyday problems and the occasional more serious one. The way you think can affect the way you feel: For example: at the last minute your friend can't go with you to a party. You can think about this in two ways:

1. I can't go because people won't want to talk to me. I'll just stay at home and miss out.
2. I can be brave, go by myself and try to chat to as many people as possible. This could mean I make new friends.

The secret of thinking more positively is changing what you do.

Other ways that can improve how we feel about ourselves (our mood) include doing something we enjoy and can do. This could be a hobby or a sport, taking regular exercise, eating a balanced diet or relaxing.

If you are feeling down, try talking to someone you trust to help you find out

what is making you feel low. Until you know what the problem is you can't start dealing with it in a positive way.

### Feeling down?

- Talk to friends and family - don't bottle your feelings up.
- If this seems too hard at first, it might be easier to write a note, text or email.
- Try a helpline.
- Distract yourself - do something active.
- Promise yourself that you will talk to someone if you ever think of hurting yourself as a way of managing the bad feelings.
- Write down your feelings in a diary.

