

# WITH ME **iN** MIND

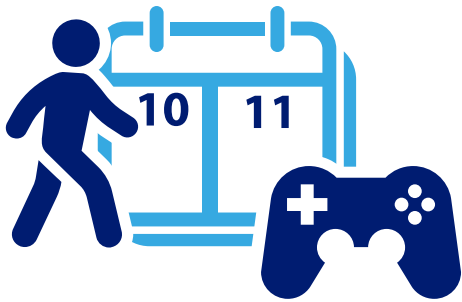
## Low Mood

### What can I do to help raise my mood

When feeling low there are steps you can take now to help you feel better.



**Eating well** - Eating a diet high in fruit and vegetables with lots vitamins and minerals. Food such as bananas, oats, nuts and seeds have been shown to boost your mood.



**Planning** - Plan activities for the week, filling the days with things that you enjoy - this could be walking, painting, gaming. Planning out your time is one of the fastest ways to improve your mood.



**Relaxing** - Making time to relax - have a bath, listen to music, try some meditation or yoga.



**Exercise** - Exercise is key area known to boost our serotonin. This is also known as our “happiness chemical” which helps your brain regulate your mood, sleep and appetite.

How about going for a walk or a run? skipping or out on a bike?