

# Low mood and depression



We all feel sad or down from time to time, but it's when you feel a low mood for more than a few weeks, or think poorly of yourself often, and stop doing your usual activities that you should think about seeking help.

## ***If you feel...***

- Sad or down most of the time
- Angry more often than usual
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**Defuse from your thinking.** Learn techniques that help you be less influenced by your thinking. Your thoughts are just words and pictures in your mind – you don't have to believe them or base your actions on them all the time. Be selective about when you choose to “tune in” to your thoughts, and when you choose to “tune out”!

**Practice smiling.** A fake smile begins to work its magic on the brain until the smile becomes real. Limber up your face to counter the sombre effect of depression, and feel better about yourself in the process.

**Access your higher self.** Help someone else, such as your neighbour, or volunteer for a community group. Get in touch with, and use and share your values and strengths.

**Create a routine.** Structure helps make life predictable. Make a plan for your day and week. Include regular times for getting up and going to bed, healthy eating, exercise and the things that make you feel good. Include work and study in achievable “shifts” of time with regular breaks.

**Set achievable goals.** Don't overwhelm yourself with lofty ambitions. As the old saying goes, 'You can only eat an elephant one bite at a time.' The same thinking should apply to improving your mental or physical health.

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- Headspace – Understanding and dealing with depression – for young people  
<https://headspace.org.au/young-people/understanding-and-dealing-with-depression-for-young-people/>
- Centre for Clinical Interventions 'Back from the Bluez' Online Modules  
<https://www.cci.health.wa.gov.au/~media/CCI/Consumer-Modules/Back-from-The-Bluez/Back-from-the-Bluez---09---Self-Management.pdf>
- Black Dog Institute 'myCompass' – a free

## **Student Equity and Wellbeing**

### **James Cook University**

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**Phone** Townsville (07) 478 14711 or Cairns (07) 423 21150

**In person** Level 1 of the Library in Townsville and Cairns

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