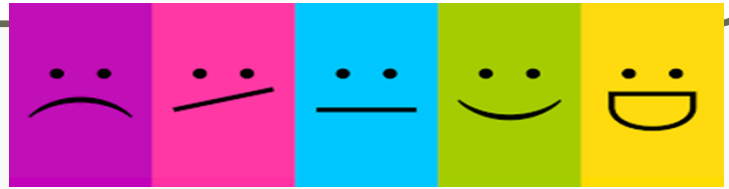


# Mood—Information for Young People



When people are going to school they often find that they have a pretty fixed routine (pattern of activities) that they stick to.

Having a routine, no matter how boring it is, helps give us a sense of order and predictability .

To set up a routine it is important that activities happen at around the same time of the day or week.

Research shows how important it is that we maintain routines (pattern of activities) every day and that this pattern is based around daylight hours.

The following 5 activities are thought to have the most impact on mood:

- Getting out of bed
- The first contact with a person either by phone or in person
- Starting work / school / house jobs / voluntary work
- Having dinner
- Going to bed



It doesn't matter what time we do these things but doing them at a similar time each day helps us to look after our mental health.

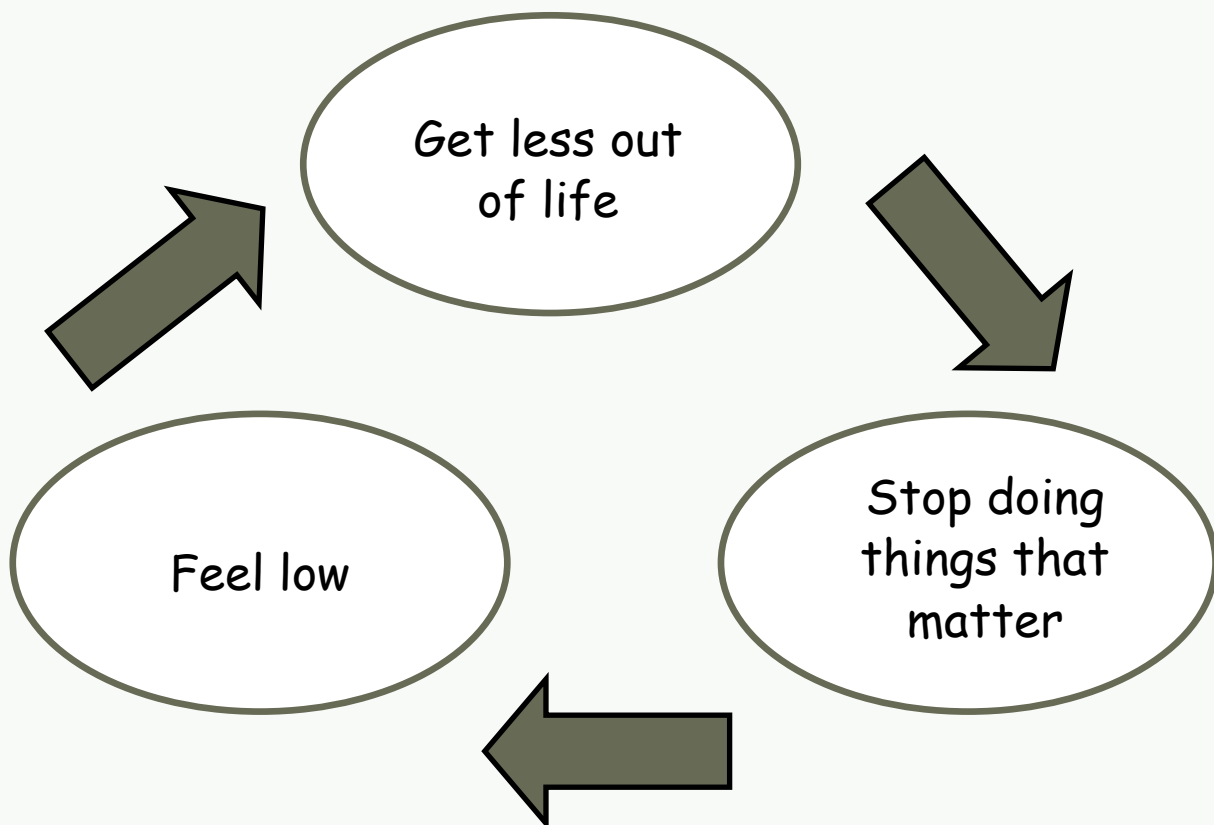


Stressful life events like Covid-19 can disrupt these patterns and make it hard to keep doing the activities at the same time or we may no longer be able to do them at all. We can end up feeling like there is no point in continuing to get up especially when exams have been cancelled and we don't have to go to school. It's completely understandable why we might feel a bit low in mood right now.



Once we have got out of the habit of doing things it gets harder to re-start them or adjust to our new patterns. You may have noticed that it is harder to get out of bed, that you're staying up later, maybe eating more junk food and doing less exercise.

We can easily lose the motivation to shift our bad habits and it becomes a vicious circle that becomes harder to break. Sometimes we need to actively work at putting our body back into the right rhythm even if we don't feel much like doing it. We can lift our mood by just simply doing the same thing at the same time over a two week period. Small changes to your routine can have a positive impact on how you feel about life.



Tips for creating a daily routine (a routine is a pattern of activity for each day):

- Get up and go to bed at a similar time each day.
- Get dressed.
- Set yourself some goals for the day, this might be to do with school work but it might be to speak to a friend or do some housework.
- It might help to create a timetable or try to stick to your school one.
- Decide what time you are going to start winding down each evening.

## Exercise and Mood



**How does exercise help improve mood?**

- Exercising regularly can **increase** chemicals in the brain that help you to feel less anxious and find it easier to relax and sleep.
- Being **active** throughout the day can help you to **focus your thoughts** away from worries or upsetting thoughts.
- It provides **opportunities** for you to **interact** with other people, perhaps by engaging in an online exercise class; or even a jog round your local park.
- As your **physical health and mood improve**, you may notice that your **self-confidence increases**

Brighton and Hove Schools Wellbeing Service.

If your child is struggling with a healthy diet, sleep problems, anxiety or worry during this time, our 'Trainee Education Mental Health Practitioners' can offer one to one or group interventions for children and young people. For enquires, please contact the Schools Wellbeing Service consultation line, leaving your name and number and someone will call you back.

Number- 01273-293481

Email- [SWSConsultationLine@brighton-](mailto:SWSConsultationLine@brighton-)

