



# Tackling Low Mood

## Tips from NTU Wellbeing

Below are some ideas to try to improve your mood .It does not need to be an all or nothing approach , try to make little changes and then build on these. You are more likely to stick to the changes if you build them slowly in to your daily routine. Remember if you try these things and you don't notice an improvement it is okay to ask for help.



### Talk

Try not to bottle things up. You don't have to tell everyone your inner most thoughts but sharing some of how you are feeling with people you trust is likely to help.

### Get out

When you're feeling down, you can easily fall into the trap of staying at home most of the time. Check out these ideas of things to do:-  
[NTU Arts](#)  
[NTU Sport](#)  
[Healthy NTU Events](#)

### Sleep

Try to stick to a routine and to get enough sleep each night. Find tips on [how to improve your sleep](#)



### Exercise

Even moderate exercise releases chemicals in your brain that lift your mood. Choose an exercise that you enjoy and it may help to do it with a friend or to listen to music.

### How much are you drinking ?

Drinking alcohol in excess is likely to make you feel worse in the long run Be drink aware and watch your units . See the Healthy NTU page for [unit calculators](#) and [alcohol advice](#)

### Eat well

Try to have a balanced diet and eat consistent meals. A good diet helps your brain and body work efficiently, too. Aim to have a balanced diet that includes all the main food groups.