



## FamilyLifeConnect

# Improving how you feel

There are times when you may experience a change in how you think and feel. You may begin to feel overwhelmed when doing your usual day-to-day activities, or perhaps you have noticed that you haven't been enjoying the things that you normally would. You may at times feel overcome with sadness, irritability, feelings of helplessness and worthlessness, or have difficulty concentrating.

Your change in mood may also affect your physical health, making you very tired (even though you may have difficulty sleeping).

The feelings you are experiencing may be related to a stressful event or experience, or you might be finding it hard to work out why you feel this way.

Many people can experience this change in their mood, and accepting how you feel is the first and most important step to getting back to how you want to be. It can also help to adjust your usual daily routine and activities for a little while.

Give yourself time, understanding and compassion to rest and recover. Be open to the idea that you may need some support from your family and friends, work colleagues, medical health professionals and mentors.

Your mood can improve but it can take some time. You may have good and bad days, but slowly, gradually, the good days will outweigh the bad.

### Here are a few tips to help you take steps to improving your mood:

- Spend time with the people around you. This can include family, friends, workmates and others in the community.
- Be open to others helping you.
- If you can, discuss how you are feeling with at least one of your family members or friends.
- Focus on a few goals that you can realistically achieve each day. They might be related to work, hobbies, crafts, volunteering or helping others. Do something you're good at to build self-confidence, then try a more difficult task.
- Think about what you do each day – be realistic. Plan something that you enjoy, as well as doing a few tasks that you have to get done. Reward all of your achievements.
- Use some problem solving skills to help you approach your worries (see our Managing your worries worksheet in this toolkit for further information).
- Learn how to relax and take the time to practise it daily. It might be deep breathing, relaxation, meditation – whatever works best for you.
- Look after your physical health – eat a healthy diet, exercise regularly and avoid excess alcohol.
- Think about your spiritual needs.
- Your feelings and your life are of utmost importance – to you and to all those who know and love you, regardless of your mood. Take each day one step at a time.

The **FamilyLifeConnect** service is funded by the South Eastern Melbourne Primary Health Network.

[www.familylife.com.au/familylifeconnect](http://www.familylife.com.au/familylifeconnect)

 1800 326 543



*Transforming  
lives for stronger  
communities*

The information in this document is general advice only. The advice within it may therefore not apply to your circumstances and is not intended to replace the advice of a healthcare professional.

### **FamilyLifeConnect**

**FamilyLifeConnect** is a free service that puts people living in the Greater Dandenong community in touch with mentors. They can support your wellbeing and help you achieve your goals.



**1800 326 543**



**connect@familylife.com.au**



**Book an appointment online  
at [www.familylife.com.au/familylifeconnect](http://www.familylife.com.au/familylifeconnect)**