

Low mood

Everyone feels sad or low at some stage of their lives.

A distressing event or major change in your life can affect your mood. But sometimes it's possible to feel low for no clear reason.

A low mood often gets better after a few days or weeks – if it lasts longer than 2 weeks, you may need to talk to someone about it. A low mood can make you feel less confident, tired, frustrated, angry or worried. It can affect how you think, feel and behave, including:

- feeling sad or not enjoying things as much as you did
- feeling anxious or panicky
- being more tired than usual or sleep problems
- being irritable
- feeling angry or frustrated
- feeling worthless or guilty
- an increase or decrease in your appetite
- finding it hard to concentrate
- loss of interest in sex

→ Visit www.yourmentalhealth.ie for tips to help you with low mood.

Mental health supports and services

Support is available if you are worried about your mental health.

You can get:

- information and advice on things that support your mental health.
- support from your GP or mental health organisations and professionals.
- specialist services for complex difficulties.

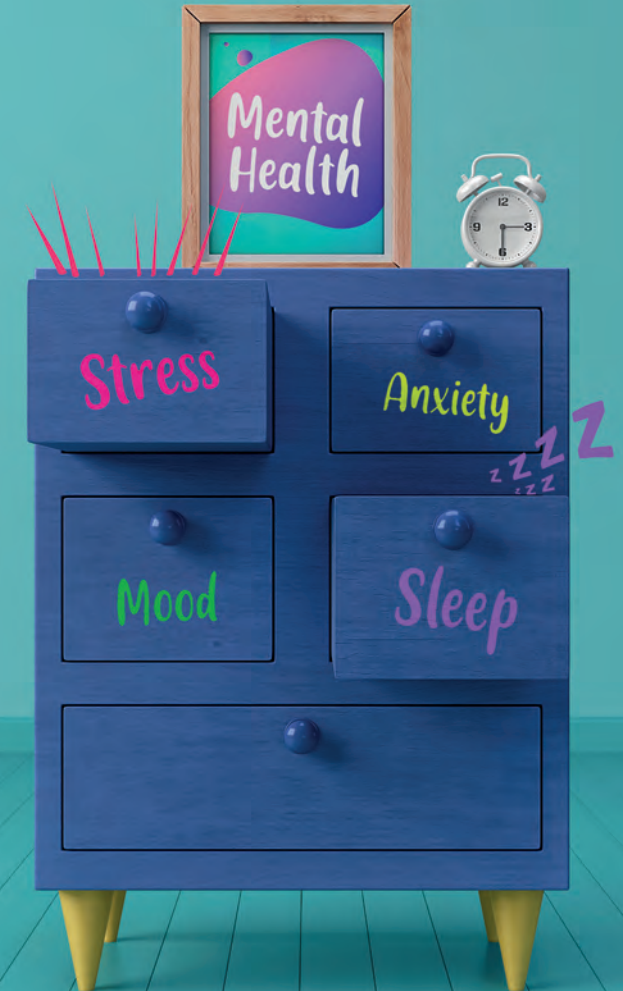
The type of support you need depends on how difficulties affect your everyday life. This can include how long they have lasted or if your usual coping strategies stop working.

For more information, you can:

- talk to a GP.
- visit www.yourmentalhealth.ie for details of mental health supports and services that you can access without a referral. Many of these are provided by agencies with the support of the HSE.
- freephone our information line on **1800 111 888**, any time day or night. This will help you find supports and services for your needs.



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yourmentalhealth.ie

Anxiety

Anxiety is a feeling of worry or fear that everyone experiences at times.

You can feel anxious or worried when you are concerned about something you are experiencing or that is about to happen.

Feelings of anxiety are your body's natural reaction to some stressful or dangerous situations. A healthy amount of anxiety is OK and can keep you safe.

But anxiety can build up over time and be difficult to manage. It can affect how you think, feel and behave, including:

- being on edge, restless or irritable
- feeling a sense of dread
- difficulty concentrating or making decisions
- repeatedly checking things or seeking assurance from others
- avoiding situations or putting off doing things you are worried about
- an increase or decrease in your appetite or craving junk food
- loss of interest in sex

→ Visit www.yourmentalhealth.ie for tips to help with anxiety.

Stress

Everyone feels stress sometimes, especially when dealing with a difficult situation.

Difficult situations can include relationship difficulties, work issues or money worries.

Feeling stress can sometimes motivate you to get things done or find solutions to your problems. But a lot of stress over a long period of time can cause you burnout.

Stress affects everyone in different ways. But it's not always easy to know that stress is the cause. It can affect how you think, feel and behave, including:

- feeling overwhelmed (feeling that everything is too much)
- finding it hard to concentrate
- being irritable
- feelings of anxiety or feeling worried or scared all the time
- being forgetful
- lacking self-confidence
- sleep problems or feeling tired all the time
- avoiding certain places or people
- eating less or more than usual
- drinking alcohol or smoking more than usual

→ Visit www.yourmentalhealth.ie for tips to help you with stress.

Sleep

Sleep is important for your health.

Most people need 5 to 9 hours sleep a night. More than 7 hours is recommended for adults. The ideal amount is 8 hours, but everyone's different.

Sometimes you may not get as much sleep as you would like. But you're probably getting enough sleep if you feel rested when you wake up and do not feel sleepy during the day.

Sleep problems are common and usually get better within a few weeks. Try not to worry if your sleep is disturbed for a short while.

You may not be getting enough sleep if you regularly:

- wake up feeling tired
- have trouble getting up
- feel tired and irritable
- find it hard to concentrate
- rely on caffeine (in coffee or tea) or energy drinks to get through the day
- have trouble coping with stress

→ Visit www.yourmentalhealth.ie for tips to help you with sleep.