

How can you tell that your mood is low?

We are all different, so we experience low moods in different ways. These are some common symptoms or changes.



Physical symptoms or changes:

- Fatigue and decreased energy levels
- Restlessness
- Insomnia or excessive sleeping
- Slowing down of speech or movements



You might have these thoughts:

- Having the same thoughts repeatedly – “ruminating”
- Taking longer than normal to think or make decisions
- Negative thoughts
- Difficulty concentrating, remembering details and making decisions



You may have these feelings:

- Hopelessness
- Helplessness and/or worthlessness
- Irritability
- Persistent sad, anxious or “empty” feelings



You may behave like this:

- Not doing activities or hobbies you usually find enjoyable
- Withdrawing from friends and family
- Overeating or loss of appetite

You won't necessarily experience all (or even any) of these symptoms, and sometimes they might just be very mild.



If you're experiencing some of these symptoms and are concerned, talk to your doctor or call Lifeline on **13 11 14** for immediate support.

How do you know if you're anxious?

Just like low moods, we all feel anxious in different ways. These are some of the common symptoms you may experience if you are feeling anxious.



Physical symptoms or changes:

- Muscle tension
- Headaches
- Fatigue or weakness
- Feeling tense and jumpy or restless
- Pounding heart
- Sweating
- Shortness of breath
- Trembling



With your thoughts you might find yourself:

- Expecting the worst or “catastrophising”
- Having trouble concentrating or feeling like your mind has gone blank
- Developing racing thoughts about what might go wrong



Your feelings can be:

- Feelings of apprehension or dread
- Feeling scared or frightened
- Feeling like things are unreal or dreamlike
- Frequently being on edge or grumpy



Your behaviour might be:

- Making excuses so you don't have to go out or do something
- Avoiding the things that make you anxious – like going somewhere new
- Withdrawing from friends and family

**SPEAK
UP**

If you're experiencing some of these symptoms and are concerned, talk to your doctor about getting some extra support.