



Feeling down

Adapted Step Up Booklet

Version 3 | December 2021



I was
fed up with
nothing
to do

I've
missed
my friends

Losing
your
temper

I feel
lonely

I am
tired

I do not
want
to get up

I want
to cry

Everything
seems
bad

I cannot be
bothered

It is
difficult
to have fun

Feeling down:

George's story

George felt sad when he couldn't go out during the lockdown. He felt better when he started seeing his mum again. But it's been hard to get himself going again. His volunteering has opened up again. He used to really like his volunteering, but he hasn't managed to make it along for the past two weeks. He still feels down and lonely sometimes.

Everyone feels down at times. We feel down if something bad happens. Like losing a friend, or having no money. Often, we feel better after a day or two. But sometimes it lasts longer.

There are other names for feeling down. Some people call it depression. What do you call it?

What does it feel like?

Sometimes we feel down all the time. It feels like every day is bad. This feeling can last a long time. Other people notice we are feeling down.

Each person feels down in different ways. 1 or 2 things can change. Or everything can seem different.



What do you notice when you feel down?

Here are some problems people can have when they feel down.

Tick the box to show what things change when you feel down.

	Yes 	No 
Low energy	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tiredness	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Problems sleeping	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not wanting to talk to people on the phone	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Feeling lonely	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not interested in food	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Feeling fed up	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Losing our temper	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Crying a lot	<input checked="" type="checkbox"/>	<input type="checkbox"/>
No interest in doing things	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aches and pains	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Feeling unsure about things	<input checked="" type="checkbox"/>	<input type="checkbox"/>

What other things change when you feel down?

What makes us feel down?

Sometimes we know what is getting us down. It can be small things or big things that upset us.

Catherine's Story

Catherine did not know why she was feeling down again. She arranged to meet with her sister. They talked about all the changes that happened during Covid. Catherine didn't go out much and spent a lot of time in her bedroom. She worried about her family catching Covid. She couldn't give anyone a hug. She began to feel worse and worse. When things got better she could go out and about again. She could also meet friends and family. But she doesn't feel like she's got back to normal. She finds herself crying sometimes and doesn't know how to make things better.



What makes you feel down?

Tick the boxes if these things have made you feel down.

	Yes 	No 
Being ill		
Other people being ill		
Other people being unkind to you		
Someone close to you dying		
Being bullied		
Not seeing my friends/family		
Feeling lonely		
Not having much money		
Having nothing to do		
Arguing with other people		
Having little or no support any more		

There might be other things that make you feel down.

Sometimes we do not know why we feel down. Nothing upsetting has happened. We just start feeling down.

Talk to someone

When we feel down it is difficult to know what to do. Support from other people is important. They can help us find ways to feel better. Get someone you trust to help you. Ask a friend, family member or worker.

People I can speak to about my problems:

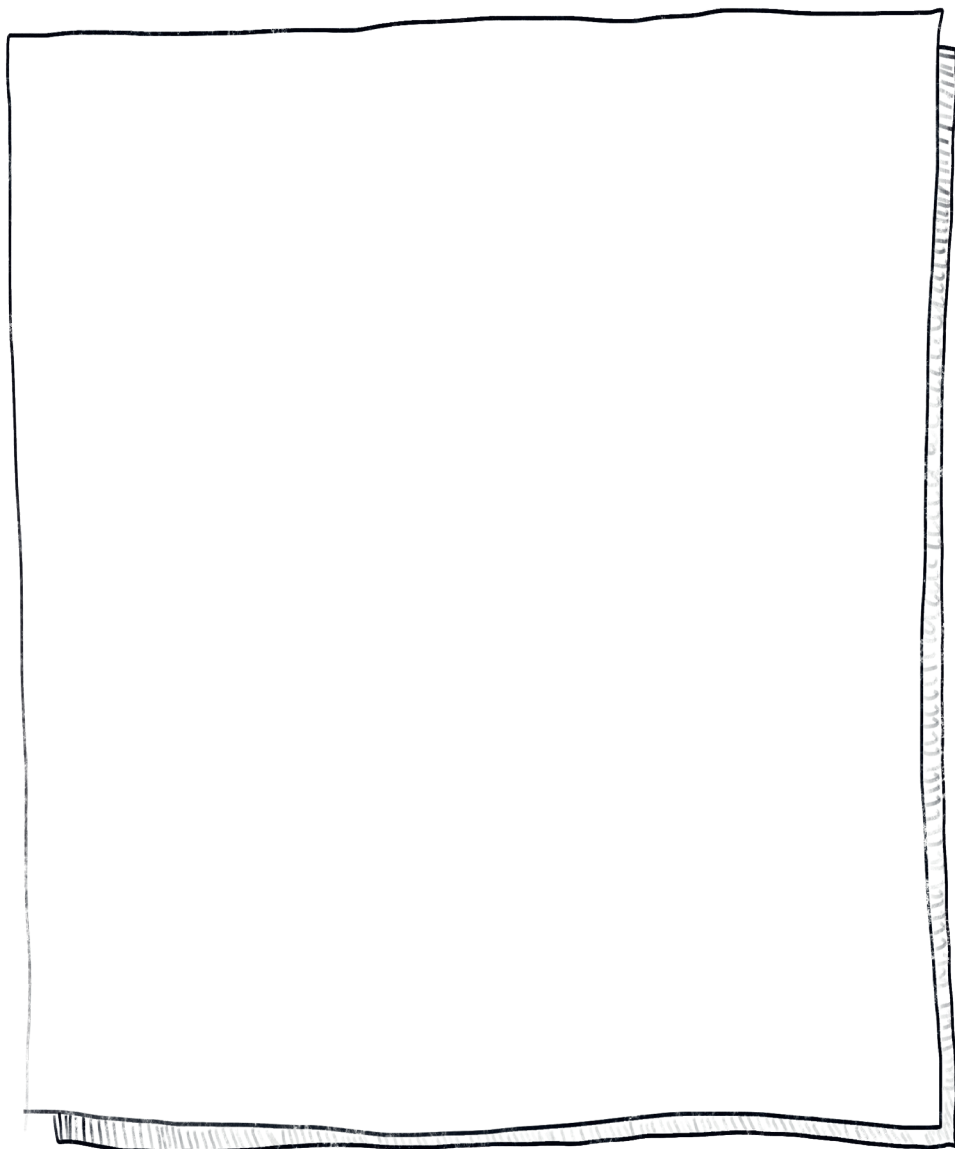


More good ideas

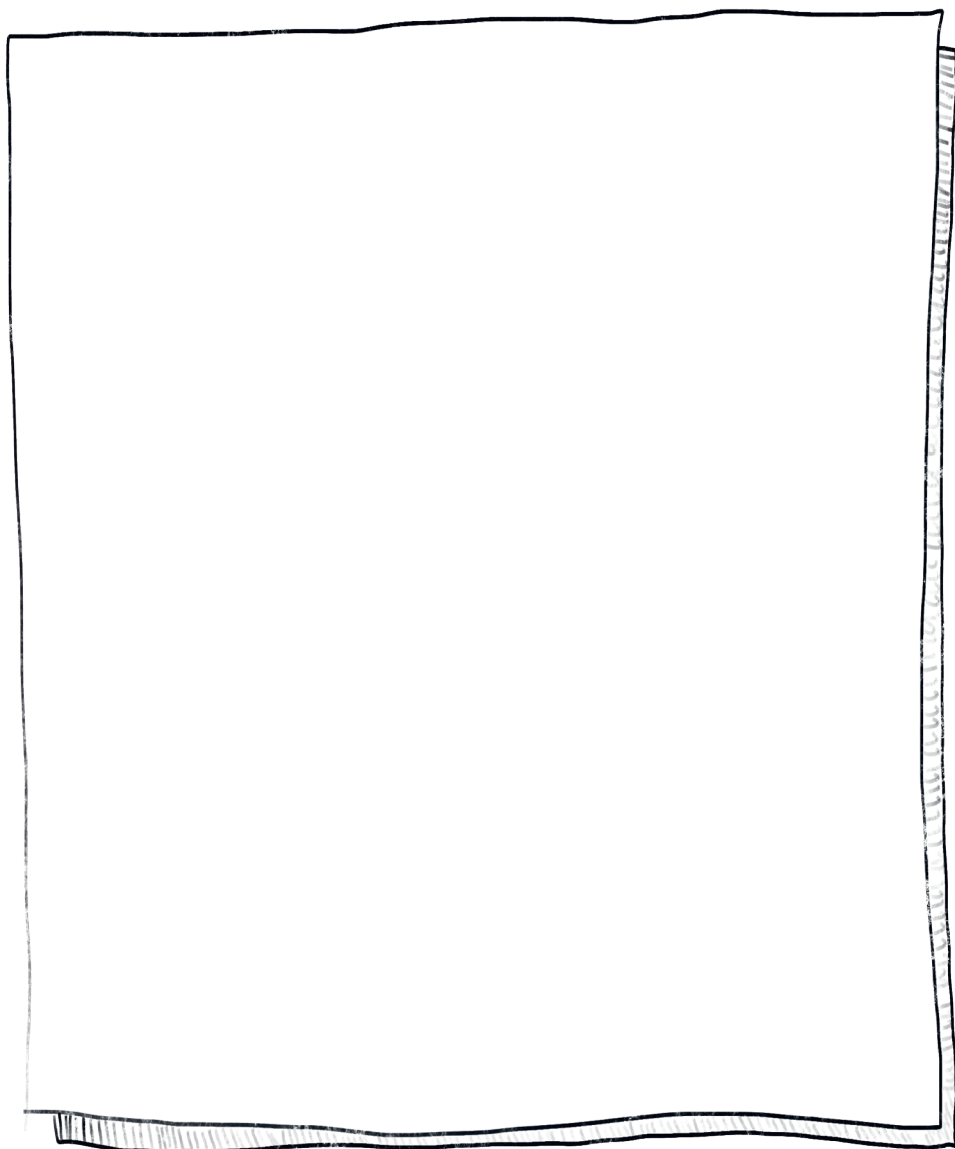
There are other booklets about sleep, getting exercise and solving your problems. These are all ways of helping you to feel better. You can look at the booklets with someone. Or, you can talk to them on the phone about the booklets. Try out the ideas in the booklets and see if they help.



Notes



Notes





University
of Glasgow

NHS
Greater Glasgow
and Clyde



This booklet was produced by
University of Glasgow

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