Feeling down

Adapted Step Up Booklet

Losing your temper
I'm sad I can't go out
I feel lonely
I am tired
I want to cry
I do not want to get up
Everything seems bad
I cannot be bothered
It is difficult to have fun

Feeling down:

George's story

George is feeling down.

George feels sad. Usually he goes out to clubs, to meet friends and his mum visits him. Now he has to stay in the house, alone. He misses his mum, even though he speaks to her on the phone most days. He still speaks to his worker Mary once a week but speaking on the phone isn't the same. Now he can't even be bothered to do anything in the house. He feels tired and is not sleeping well.

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 changes when you feel down

	Yes ✓	No ✗
Low energy		
Tiredness		
Problems sleeping		
Not wanting to talk to people on the phone		
Feeling lonely		
Not interested in food		
Feeling fed up		
Losing our temper		
Crying a lot		
No interest in doing things		
Aches and pains		
Feeling unsure about things		

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 felt down. She spoke to her sister on the phone.

They talked about changes in the past, about how her mum had died and she had to move house. She had been getting on really well in her new house and had started going to some clubs which she enjoyed. Now she can't get out to clubs to meet her friends or even see her sister for coffee. She's begun to feel worse and worse. And she's worried she might get sick with coronavirus.

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

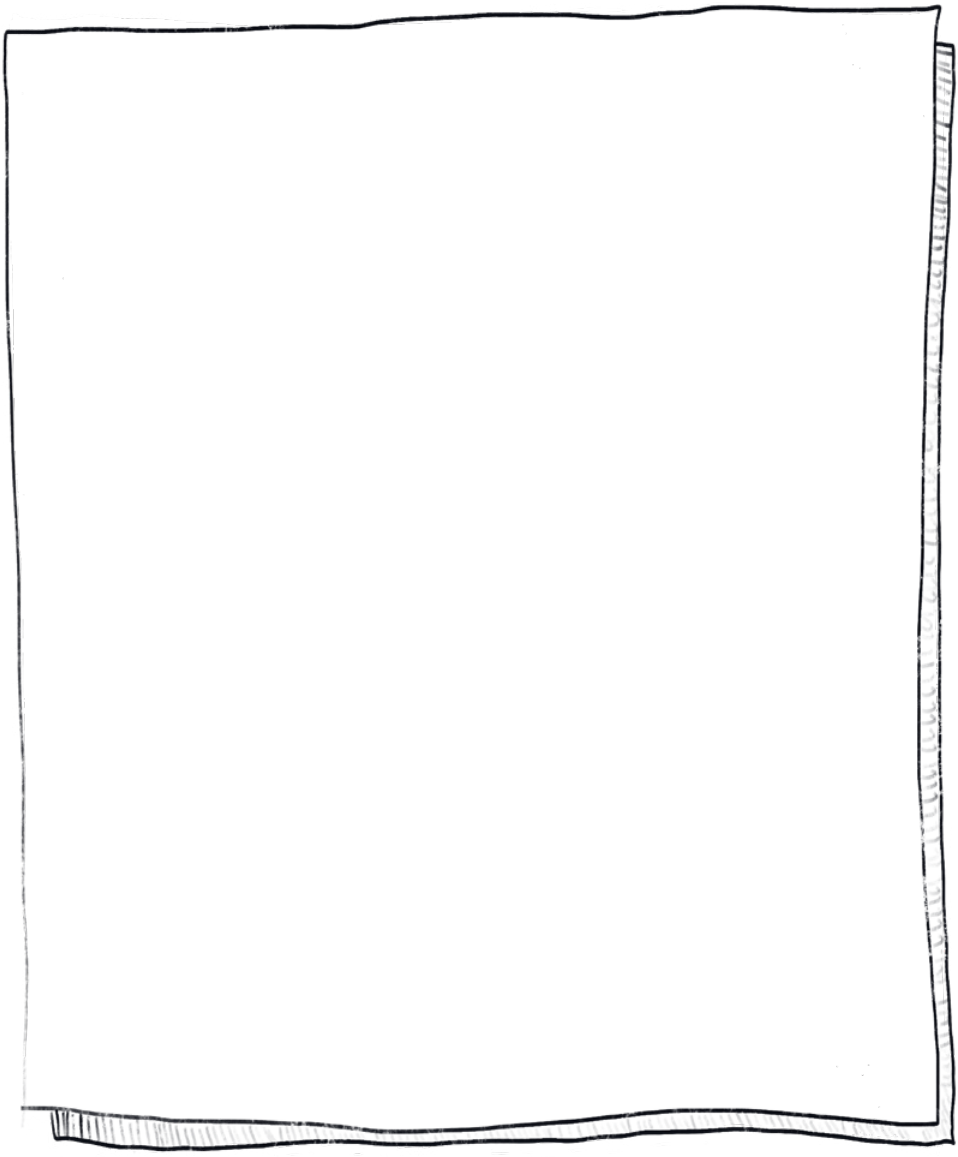
When we feel down it is difficult to know what to do.Support from other people is important.They can help us find ways to feel better. Get someone you trust to help you. Ask a friend, family member or worker.

People I can speak to about my problems:

More good ideas

There are other booklets about sleep, getting exericse 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



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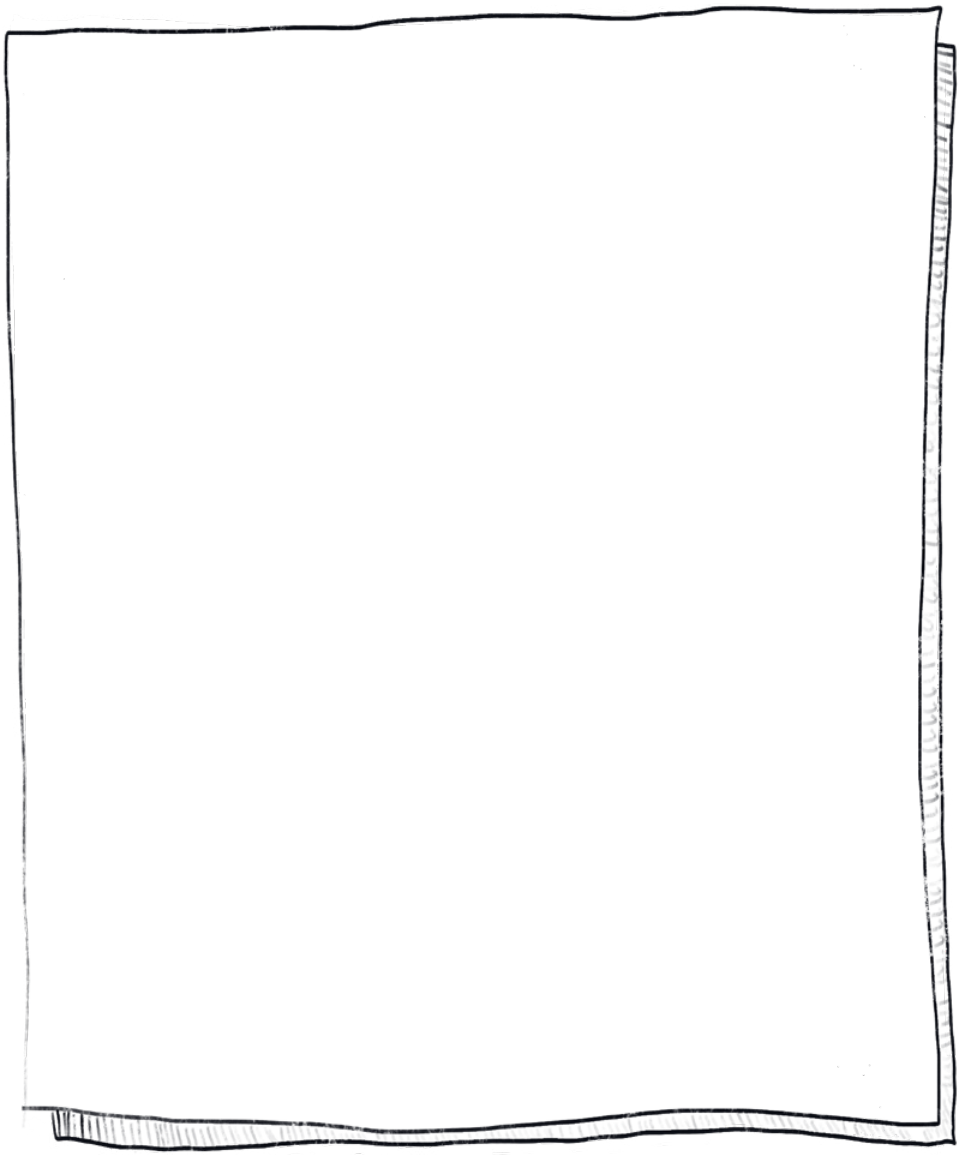

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