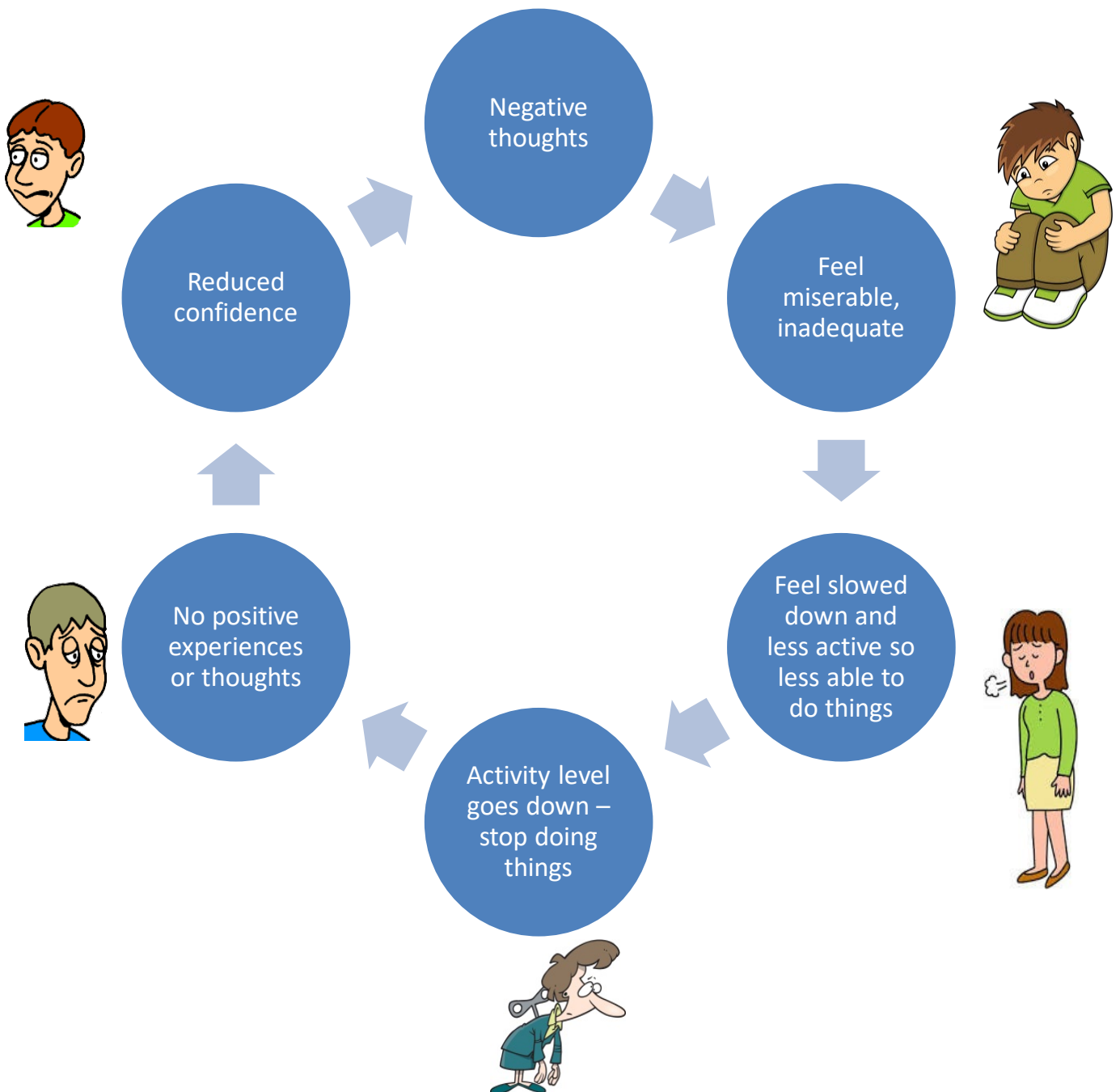


The Lethargy Spiral

The lethargy cycle is driven by low mood.

As activity levels decrease the opportunities for engaging in pleasant activities also decrease and therefore low mood continues.



The Lethargy Spiral

Being more active can help to break this cycle because activity:

- **Makes us feel less tired** - normally when we feel tired, we need rest. When we feel low, the opposite is true. We need to do more. Doing nothing means we feel more fatigue.
- **Distracts us** – being active gives our minds something else to think about. This means we are less likely to dwell on worrying or negative thoughts.
- **Improves our confidence** – being active gives you a sense that you are taking control of your life again. Small steps help rebuild shattered confidence. There is a chain reaction where you feel motivated to try to achieve something else.
- **Improves our thinking** – when we are more active we start using our brains in a more positive way. This can help us to get perspective on some problems and find new ways to manage them.
- **Involves others** – being more involved with others means we can improve our connections and feel supported.