

# Taking Control of Your Mood



## What is low mood and what can you do about it?

Feelings of sadness are normal but sometimes they are troublesome and require additional help. This course offers self-care strategies for improving sad moods, including: eating and sleeping well, managing thinking and feelings, increasing positive experiences, getting active and tension reduction.

### Course Contents

- The difference between normal sadness and depression.
- Medical and psychological models of low mood.
- What depression is and what causes it.
- Self-care strategies.
- When to seek professional help.

### Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



**ENROLL NOW!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at [www.homewoodhealth.com](http://www.homewoodhealth.com).

Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).



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