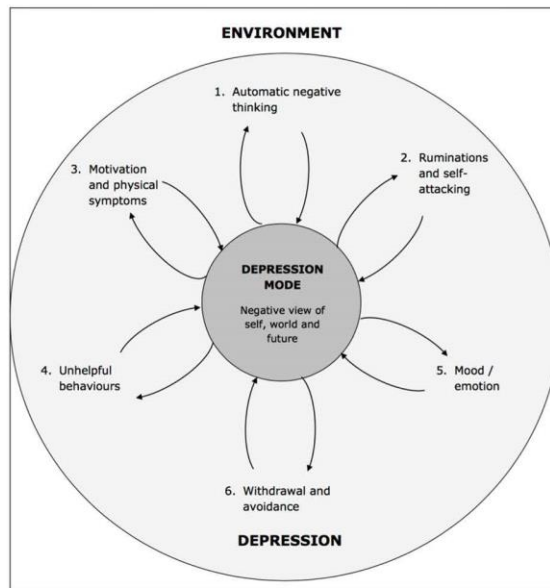# Supplementary Document 9: Example of an Intervention worksheet

As we discussed in relation to stress, below are some examples of why protection and mood might vary together. Do any of these match your experience?

How to manage low mood: BEHAVIOUR

When we withdraw from activities that we enjoy because we feel down, we are doing ourselves a disservice – this is because those are the very activities that would probably help us to feel better. Therefore, making the effort to do these things, despite how we're feeling, can have a positive impact on our mood. These can include:

✔ Activities that we find pleasurable or make us laugh – laughter really can be the best medicine! It won't necessarily change the thing we were feeling down about, but can distract us and sometimes shift perspective, as well as reminding us that not everything is as awful as it might seem.

✔ Activities that give us a sense of achievement – the boost in self-esteem that comes from achieving something can have a big impact on how we feel.

✔ Activities that involve being physically active – getting active can release tension and clear your head, as well as releasing endorphins to help you feel better.

✔ Activities that involve being around other people – whether it's somebody to talk to or just getting your mind off how you feel, other people can have a big impact on our mood.

✔ Linking any of these activities to your personal values can also give them a sense of meaning beyond just improving your mood.

It can also help to think about how 'depleting' or 'nourishing' your daily activities are:

- Nourishing activities boost mood, increase energy, and release stress and tension

- Depleting activities have the opposite effect – they drain our energy, lower our mood, and prompt feelings of stress

What activities do you find nourishing? Could you do more of these activities

Pleasure	
Achievement	
Active	
Social	

How to manage low mood: Thinking

Even the most positive and happy person in the world is not free from negative or unpleasant thoughts; they have learnt ways to ensure that their thoughts don't control their feelings and behaviour.

When you notice an unpleasant thought, ask yourself the following questions:

- How helpful is this way of thinking?
- Is it working for me?
- Does thinking this way allow me to live in line with what's important to me (or does it get me further away from my values)?
- Would it be possible to do what's important to me, even with the thoughts there?

'Defusing' from your thoughts

Imagine you are a bus driver. You know the bus route and final destination like the back of your hand – you drive that way every day. One day though, you get some really rowdy passengers on your bus. They aren't happy with the bus route and want you to change it. One yells "turn left here", another yells "go back; turn around" even though the bus is supposed to keep going straight. What do you do? Do as they demand and end up off course, in the opposite direction to where you need to be? Or do you keep going towards your destination, letting the passengers be?

There will always be rowdy passengers (unpleasant, unhelpful thoughts) on the bus (your mind – after all, thinking is the mind's job), but when you're the driver, you decide the direction (your values).

Can you think of anything else you might ask/remind yourself when you notice that you're focusing on an unpleasant thought or feeling down?

I will ask/ remind myself that...

Ways to lower overall UV exposure	
Photoprotection when outside: protective clothing + sunscreen	Scheduling: time outside and time of day
Already doing it some of the time? Do it more frequently/consistently	
Not yet doing it? Try something new	
Mood management to minimise impact of low mood on photoprotection	

My SMART goal is……………………………………………………………….

………………………………………………………………………………….

When?	
Where?	
Smaller steps (how)?	
Who will help me?	
Reward?	
Prompt(s)?	

Things that mind get in the way of achieving my goal in the next week (internal/external)	
If…	Then I will…
If I am feeling down or notice an unpleasant thought…	[behavioural strategy]
If I am feeling down or notice an unpleasant thought…	[thinking strategy] Remind/ask myself that…