

Psychology

Low moods are an accompaniment to thoughts. When asked what is the main colour of their low mood thoughts most people will say black or dark blue.

Low moods can be useful, a way of withdrawing while we gather ourselves together, but in the long term, constantly recurring low moods might need some help.

Technique

Take some time out with your child and then ask them to think about a recent low mood, and ask them to remember exactly how it felt. They will now have this mood in their "minds eye". Ask how near it is, what direction it is in, what colour. Now get them to move it far away, or where it is dim and small. Ask them to change it to a yellowy green colour with hints of gold. Then ask them to move the whole idea across to the other side. As it comes nearer and becomes brighter ask "How does that feel now?"

Exercise

Good nerve tonic

Exercise increases energy and feel good endorphins, Drawing, painting, dancing, singing, playing music are all effective ways to lift mood.

Lavender flowers and honey infusion.

Aromatherapy  
Massage

Particularly effective in relieving depression.

Oils include basil, clary sage, neroli, otto, camomile, rose, jasmine, geranium, melissa, ylang-ylang and thyme.

Can also use oils inhaled from a tissue, or few drops in bath or a burner.



Nutrition:  
Foods to Avoid

Chips and crisps and barbequed foods;  
All sugary foods, including soft drinks;  
All junk/fast snack and processed foods;  
All food additives, colours and preservations;  
Caffeine containing drinks and medication.

Nutrition:  
Foods to aim for  
  
Combine starchy  
foods, protein and  
good fats

Aim for regular meals and snacks throughout the day.  
Combine starchy foods, proteins and good fats:  
Starchy foods: oats, brown rice, potatoes, pasta, bananas;  
Proteins: lean meat, poultry, oily fish, pumpkin and  
sunflower seeds, tofu, cottage cheese;  
Good fats: oily fish, avocados, olive oil, nuts and seeds, if  
possible at each meal and snacks;

Vegetables &  
Minerals  
  
Hydration  
  
Supplements

Plenty of fruit and vegetables to support the immune  
system;  
Magnesium foods: nuts seeds, green vegetables, pulses;  
Calcium foods: soft fish bones, dairy foods and nuts.  
Keep well hydrated with water, diluted fruit juices and  
milk. 1 -2 litres a day  
B Complex especially folic acid, Vitamin C, selenium, iron  
for feel good brain chemicals  
Magnesium - calming physically, mentally  
Omega 3 fish oils for brain function

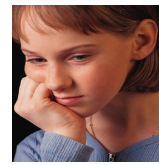
Flower Essences

Cherry Plum - overstrained, fear of doing things  
Agrimony - deeply held hidden tensions  
Gorse - feelings of hopelessness  
Gentian - despondency from a set back  
Mustard - blacker and deeper feelings  
Sweet Chestnut - anguished and stretched beyond  
endurance



# The Clover House Solution

184F – Toni, Aged 16



## Depression – Eating Disorder – ADHD - Bullying

### The Problem

Mum wrote to us after reading an article in the local paper. Toni suffered from depression, anger, poor self esteem and made herself vomit after meals. She felt life wasn't worth living.

When she was 11, a child psychologist had diagnosed Toni with ADHD (Attention Deficit Hyperactivity Disorder) and oppositional behaviour. She had reacted badly to Ritalin and had spent time in a specialist child and adolescent unit, but refused to open up. She had also been bullied at junior school.

### Our Solution

**Creative Imagery:** Toni was helped to change her negative thoughts about school; we did a 'rewind' of her bullying at junior school and she was encouraged to retain control by 'watching the younger Toni through the incident'. We also helped her to motivate herself, deal with mistakes and to raise her self-esteem by praising herself.

**Aromatherapy:** Mum was shown how to massage Toni, helping to relax her and increase the bond between them.

**Nutrition:** Toni revealed to us that she regularly binged on chocolate and then made herself sick. We advised her to drink more water and juices, to eat more brown foods and vegetables, to eat healthier snacks such as nuts and seeds and to eat fish once a week. Chromium was prescribed to control her craving for chocolate.

### The Results

Toni made four visits to our practice and improved dramatically. Two years later, Mum told us she had a "**happier daughter**". Toni was training in beauty at college and that she "**passes Clover House on the way to college and often comments on her time there and says how lovely it would be to work there!**"

## The Clover House Solution – Natural Healing for Children

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