Mental Health

LETS TALK ABOUT MENTAL HEALTH

Looking after your physical and mental health

One in 5 of us will experience mental health issues, by way of anxiety or depression. Now more than ever it is important to look after ourselves in all areas of our lives to maintain our mental health, as the increasing pace of life and constant demands, along with navigating a new normal, during current times.

To improve your mental health, try the following tips:

- Eat a healthy diet – fresh fruit and vegetables, nuts, seeds proteins and complex carbohydrates. Recognise the effect that sugary foods & too much caffeine have on your body by way of a "Quick fix" Don't over indulge or use alcohol or other intoxicants as a coping mechanism.
- Exercise – Start slow and build up. Improves your mood, increases your energy levels, changes hormones and releases endorphins – feel good hormones! Builds confidence as you achieve your goals. Use permitted exercise times or complete an online workout.
- Practice mindfulness – eases stress, provides an inner sense of calm, improves relationships & resilience & promotes an overall sense of well-being. If you have a garden, get outside and appreciate your surroundings.
- Be kind to your self – silence your harsh inner critic, treat yourself as you would a friend, don't beat yourself up! Think positive thoughts and appreciate all the good things in your life.
- Keep in touch – call a friend, do something you love, join a club – learn a new skill. Listen to music, dance. Volunteer.
- If you are really struggling -seek professional help if needed.

TIPS FOR WORKING FROM HOME

- Get enough sleep.
- Establish a routine - get dressed as if you are going to work, and work within your normal hours. When your working day is finished, shut down your computer and don't look at emails. Try not to blur the lines between work & home.
- Set up a work station with everything you need – preferably with a desk, not on a sofa and try to sit properly: https://www.nhs.uk/live-well/healthy-body/how-to-sit-correctly/
- Take your regular breaks, don't skip lunch and allow screen breaks. 5-10 minute short breaks can really help productivity.
- Stay in touch with colleagues – arrange daily calls or video calls. Ask how they are and socialise "virtually" if possible.

LOOKING AFTER YOUNG CHILDREN DURING LOCKDOWN

- Listen to children and recognise how they are feeling.
- Be clear about what's happening and explain to them how to keep themselves and loved ones safe.
- Limit the news - too much information surrounding Coronavirus can accelerate anxiety levels.
- Create a new routine and plan their days
- Get creative with indoor activities – incorporate exercise.

USEFUL LINKS

- https://www.nhs.uk/oneyou/every-mind-matters/
- https://www.mind.org.uk/
- https://www.samaritans.org/
- https://www.bbc.co.uk/bitesize

NHS

every mind matters