Every mind matters

Sleep problems

Poor sleep can make us feel low, irritable and make usually manageable tasks harder. The better our sleep , the better our energy levels, mood and ability to concentrate.

Actions: Try to wind down before bedtime.

Follow a regular sleep routine: it will help to regulate your body clock.

Stress:

We all feel stressed sometimes and it can get on top of us. The good news is that there are lots of ways to stress less.

Actions: Find ways to add a bit of physical activity into your day that works for you.

Regular exercise like swimming or a brisk walking , can help to relieve some of the tension

Low mood
Many of us can feel sad, down or unmotivated sometimes. Often small changes can help to improve mood.
Actions:
Make time to do something you enjoy. Reward yourself when you achieve things, it will help you to feel more positive and improve your wellbeing

Our Family Support Worker

Mrs Joy Smith.

. is here to help !

01287 650689

NHS

Anxiety :
Anxiety occurs when our worries go into overdrive. It effects lots of us and can be overwhelming.
Actions:
Spend some quality time with supportive friends, family or colleagues, or speak to a volunteer helpline: this can help you feel more relaxed and settle your worries

If you are concerned about your mental health, visiting your GP is a good place to start. In most areas, you can also refer yourself for free, non-urgent NHS psychological therapy services, also known as IAPT (Improving Access to Psychological Therapies) services, which provide evidence-based treatments for depression and anxiety.

Every Mind Matters,

Every mind matters will provide you with:
A range of practical tips, apps and resources to help look after your mental health.
Expert advice on how to spot the signs of common of common mental health concerns
Connections to local services and activities to improve your wellbeing
Information about helplines and charities if you need more support

Find your way to better mental health.
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