



May...

Mental Health Awareness Week

18th - 24th May

Mental Health Awareness is an event supported by the Mental Health Foundation and takes place in May every year. The purpose of this week is to raise awareness, educate, promote and destroy the stigma of Mental Health.

This year the theme is “Sleep” and will focus on the connections between our sleep - or lack of it - and mental health.



What affects our mental health?

www.nhs.uk/oneyou/every-mind-matters/possible-causes/

Money, work or housing



Life changes



Health issues



Traumatic events



Smoking, drinking,
gambling or drugs

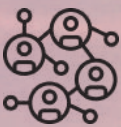


Personal lives
and relationships



How can you help?

www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/



Connect with other people

Good relationships are important for your mental wellbeing.

- Helping you to build a sense of belonging and self-worth
- Giving you an opportunity to share positive experiences
- Providing emotional support and allow you to support others



Be physically active

Being active is not only great for your physical health and fitness.

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood



Learn new skills

Research shows that learning new skills can also improve your mental wellbeing.

- Boosting self-confidence and raises self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others



Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing.

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people



Pay attention to the present moment

This includes your thoughts and feelings, your body and the world around you.

Mindfulness can help you enjoy life more and understand yourself better.

It can positively change the way you feel about life and how you approach challenges.

Top Tips to Sleep Better

Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.



Move more, sleep better

Being active can help you sleep better. A walk or yoga can help, but avoid vigorous activity like running near bedtime if it affects your sleep.



Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.



Put down the pick-me-ups

Caffeine and alcohol can stop you from falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.



We are here for you

It's Good to Talk. Friends. Family. Experts.



Visit Your Support Counselling
for advice on Mental Health with 24/7
access and confidential support
for you and your family.

