

# 5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



1

## CATCH-UP WITH OTHERS OVER A CUPPA

It can be easy to get into a rut and not make time for your relationships. Try to check in with friends and family by picking up the phone or schedule regular catch ups over video calls.



2

## LIMIT HOW MUCH NEWS YOU CONSUME

There's a lot of gloomy news at the moment and listening or reading too much of it can increase anxiety. Setting yourself a daily limit can help protect your mental health.



3

## STAY ACTIVE, MENTALLY AND PHYSICALLY

Keep yourself active with a daily walk, a workout, reading a book, or doing a jigsaw. (or all of them!).



4

## DON'T BE AFRAID TO ASK FOR HELP

During challenging times, it's perfectly natural to struggle mentally. Try not to bottle up your feelings and speak to a friend or seek professional help.



5

## CURB YOUR ALCOHOL INTAKE

Contrary to popular belief, drinking too much alcohol can exacerbate negative feelings, anxiety and worry. If you're struggling with your mental health try to ensure you're not drinking too much.

# Mental Health Tips Latest Setup

**DJ Losen**

## **Mental Health Tips Latest Setup:**

**Improving Communication in Mental Health Settings** Michelle O'Reilly,Jessica Lester,2021-03-24 Improving Communication in Mental Health Settings draws on empirical studies of real world settings to demonstrate contemporary practice based evidence providing effective strategies for communicating with patients clients in mental health settings The book integrates clinical experience and language based evidence drawn from qualitative research Drawing on studies that utilize scientific language based approaches such as discourse and conversation analysis it focuses on social interaction between professionals and patients clients to demonstrate effective communication practices Chapters are led by clinical professionals and feature a range of mental health settings different mental health conditions and types of patient client and evidence based recommendations This book is an essential guide for professionals working in mental health and or social work and those training or working in clinical areas of mental health practice

[How the COVID-19 Pandemic Transformed the Mental Health Landscape](#) Shigeru Iwakabe,Sarah Knox,2023-02-28 This book is a valuable historical record of how counselling psychologists responded to the COVID 19 pandemic around the globe Volume II presents 17 chapters that address four major topic areas In the first the chapters focus on training and supervision during the pandemic most on site training and supervision had to be discontinued to prevent spread of the virus However many trainers and training programs found creative ways to continue to provide training opportunities to their trainees The second focus is on the populations who may require specialty care during times of such upheaval such as those with psychosis and serious mental illness In the third part the chapters speak to the pandemic across cultures as well as its effects on clients from underrepresented groups Finally three chapters present research perspectives on the pandemic Written by prominent researchers and clinicians in the field of counselling and psychotherapy both the volumes together cover a wide range of perspectives and offer useful clinical recommendations related to effective telepsychotherapy practice The chapters in these volumes were originally published as a special issue of *Counselling Psychology Quarterly*

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