

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.

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The School Counselor's Guide to Surviving the First Year Heather M. Couch, 2019-12-11 The School Counselor's Guide to Surviving the First Year offers a comprehensive look into the first year school counseling experience This practical guide includes topics from internship to professional development from an intimate perspective within the context of real life scenarios Drawing from personal experiences journal articles textbooks and excerpts by numerous professional school counselors it fuses what a school counseling trainee learns in their graduate program and the field experience they get into one unique guide Emphasizing hands on approaches this volume offers personal as well as professional steps toward success in the ins and outs of counseling This book is a valuable toolkit for the developmental journey of school counselors in training and beginning school counselors

A Pragmatic Guide to Low Intensity Psychological Therapy Elizabeth Ruth, James Spiers, 2023-05-17 With the rapidly growing demand for mental health care there is a need for efficient and effective psychological treatment options Low Intensity Psychological Therapy has become well established in the England Improving Access to Psychological Therapies IAPT programme as a beneficial and versatile treatment option for mild moderate symptoms of depression and anxiety A Pragmatic Guide to Low Intensity Psychological Therapy Care in High Volume provides a guide to Low Intensity Psychological Therapy from the perspective of the Low Intensity Practitioner This book describes the Low Intensity role as part of a multi disciplinary approach to psychological care The authors use a series of case vignettes personal experience and current literature to help navigate the context of the role and its potential for ethical and safe expansion Offers a practitioner perspective on the efficacy research of Low Intensity psychological interventions in adult populations with a focus on working with diversity Aims to support Low Intensity Practitioners in developing competency within the role with a focus on reflective practice supervision and personal wellbeing Includes case vignettes and examples to explore the real world implementation of Low Intensity interventions in group and individual settings including the management of long term physical health conditions Explores the benefits and pitfalls of the current role of the Low Intensity psychological practitioner within the IAPT programme Discusses the expansion of the Low Intensity psychological practice to international regions

The Progress in Preventing Military Suicides and Challenges in Detection and Care of the Invisible Wounds of War United States. Congress. Senate. Committee on Armed Services, 2011 The Guide , 2003

Bright Futures in Practice: Practice guide Michael S. Jellinek, Bina P. Patel, Mary C. Froehle, 2002 **The Good Life Career Guide** , 2000 **Guide to the Social Services** Family Welfare Association (Great Britain), 2001 *Standard & Poor's Smallcap 600 Guide* , 1999 **The Guide to Medical Organizations and Agencies** , 2000 **A Brief Guide to Writing from Readings** Stephen Wilhoit, 2003 This brief text teaches students how to write the most common papers assigned in college courses source based essays that summarize analyze critique and synthesize Comprehensive enough to serve as a primary text yet compact enough to serve as a supplement this guide teaches students how to critically read texts

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