

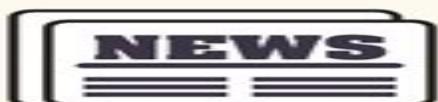
5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



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 Prices

James Beckett

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Energy Prices, Fuel Poverty and Ofgem Great Britain. Parliament. House of Commons. Business and Enterprise Committee, 2008 A report from the Business and Enterprise Committee that inquires into the effect of the Big 6 energy companies which include Npower Centrica EDF Energy Scottish Power and Scottish and Southern Energy all raising their prices between January and April 2008 It aims to feed into a separate inquiry being carried out by Ofgem Hygeia, 1938

Resources in Education, 2001 **Consumer Sourcebook** Matthew Miskelly, 2007-06-20 P IConsumer Sourcebook I provides a comprehensive digest of accessible resources and advisory information for the American consumer This new edition identifies and describes some 23 000 programs and services available to the general public at little or no cost These services are provided by federal state county and local governments and their agencies as well as by organizations and associations PConsumer affairs and customer services departments for corporations are also listed as well as related publications multimedia products general tips and recommendations for consumers The master index is arranged alphabetically by name and by subject term **Medical and Health Information Directory** Gale Group, 2002-12

Financial Capability and Asset Building in Vulnerable Households Margaret Sherraden, Julie Birkenmaier, J. Michael Collins, 2018-03-28 Financial struggles of American families are headline news In communities across the nation families feel the pinch of stagnant and sometimes declining incomes Many have not recovered from the Great Recession when millions lost their homes and retirement savings They are bombarded daily with vexing financial decisions Which bills to pay Where to cash checks How to cover an emergency How to improve a credit report How to bank online How to save for the future Low and moderate income families have few places to turn for guidance on financial matters Not many can afford to pay a financial advisor to help navigate an increasingly complex financial world They do their best with advice from family and trusted individuals Social workers financial counselors and human services professionals can help As first responders they assist families and help in finding financial support from public and private sources But these professionals are too often unprepared to address the full range of financial troubles of ordinary working families Financial Capability and Asset Building in Vulnerable Households prepares social workers financial counselors and other human service professionals for financial practice with vulnerable families Building on more than 20 years of research the book sets the stage with key concepts historical antecedents and current financial challenges of families in America It provides knowledge and tools to assist families in pressing financial circumstances and offers a lifespan perspective of financial capability and environmental influences on financial behaviors and actions Furthermore the text details practice principles and skills for direct interventions as well as for designing financial services and policy innovations It is an essential resource for preparing the next generation of practitioners who can enable families to achieve economic security and development 2007 Writer's Market Robert Brewer, 2006-08-01 Brings you current information on the fast changing publishing industry to help you write

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