

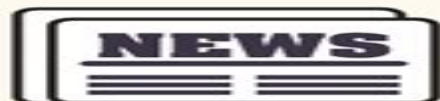
5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



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 Early Access Deals Guide

**Nicholas A. Cummings, William T.
O'Donohue**



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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 Resources in Education ,1997-07 *Understanding the Behavioral Healthcare Crisis* Nicholas A. Cummings, William T. O'Donohue, 2012-03-29 Understanding the Behavioral Healthcare Crisis is a necessary book edited and contributed to by a great variety of authors from academia government and industry The book takes a bold look at what reforms are needed in healthcare and provides specific recommendations Some of the serious concerns about the healthcare system that Cummings O Donohue and their contributors address include access problems safety problems costs problems the uninsured and problems with efficacy When students practitioners researchers and policy makers finish reading this book they will have not just a greater idea of what problems still exist in healthcare but more importantly a clearer idea of how to tackle them and provide much needed reform **PC World** ,2004 *Peterson's Guide to Graduate and Professional Programs, an Overview* ,1995 *Nursing Times, Nursing Mirror* ,2004 **Clearinghouse Review** ,1989 **Partnerships in Family Care** Mike Nolan, 2003 What are the key features of partnerships between family and professional carers How do partnerships change over time What is needed to help create the best working partnerships Forging partnerships between service users family carers and service providers is a key theme in both the policy and academic literatures However what such partnerships mean and how they can be created and sustained while responding to change over time is far from clear This book considers how family and professional carers can

work together more effectively in order to provide the highest quality of care to people who need support in order to remain in their own homes It adopts a temporal perspective looking at key transitions in caregiving and suggests the most appropriate types of help at particular points in time It draws on both empirical and theoretical sources emerging from several countries and relating to a number of differing caregiving contexts in order to illustrate the essential elements of relationship centred care Partnerships in Family Care will be important reading for all health care students and professionals with an interest in community and home care for the ill disabled and elderly *Core Concepts in Health* ,2000

Resources in Education ,1997 **CAHPERD Journal Times** California Association for Health, Physical Education, Recreation and Dance,2001 **Reference and Subscription Books Reviews** ,1990 **Labour Research** ,1993 *Guide to Reference Books for School Media Centers* Christine Gehrt Wynar,1986 Pediatric Dentistry ,1997 **Reference Books Bulletin** ,1994 **Innovations** ,1977 *Book Review Digest* ,1996-10 Adolescent Health in Colorado Mary F. Davis,1986

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