

# 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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**Victor M. Corman**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

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**Engagement and Therapeutic Communication in Mental Health Nursing** Sandra Walker, 2014-05-16 Being able to engage with service users and communicate effectively is a fundamental skill identified by the NMC and required of all mental health nurses. The reality is that building rapport and developing therapeutic relationships does not come instinctively for everyone. The authors have responded to this with a book that explains the different communication theories and models and goes on to show students how they work in the real world. Innovative exercises encourage reflection and enable students to practice their developing communication skills as they progress. Throughout the book, the authors are focussed on promoting recovery and have put the service user at the centre of the discussion, ensuring that their voice is heard. Key features: Covers the communication content of the new NMC Standards and Essential Skills Clusters for pre-registration degree level nursing education. Focussed on promoting recovery and adopts a person-centred approach. Interactive style using realistic scenarios and case studies, making theory easy to apply to practice. Includes a chapter co-authored by a service user offering a unique insight.

***Mental Health Equity*** Daniel E. Dawes, Nelson J. Dunlap, Octavio N. Martinez, 2025-09-06 Mental Health Equity is the first comprehensive textbook to explore the drivers of mental health inequities in the United States and the innovative strategies being used to advance equity through programs and policies. Ideal for students in public health, mental health, health policy, social work, medicine, allied health, and psychology, this groundbreaking text takes a holistic ecological approach to addressing historically overlooked public health challenges, empowering learners to understand and combat mental health disparities. The book examines the historical and structural conditions influencing public mental health, including the impacts of racism, redlining, and policy development. Further, it investigates the diverse determinants of mental health equity: social, economic, environmental, biological, and political, highlighting their interconnected roles in perpetuating inequities. It also explores the role that the compounding effects of intersectionality play, the importance of actionable frameworks, state and federal policy initiatives, and payment strategies for advancing mental health equity. Integrating theory with practice, offering innovative models, global perspectives, and practical tools for community engagement and systemic transformation, Mental Health Equity provides a detailed call to action. This inspiring book is for compassionate leaders, clinicians, policymakers, and advocates who support population health and who strive to counter the persistent inequities affecting millions of Americans. Key Features: Presents real-world applications to groundbreaking frameworks such as intersectionality, political determinants of health, and anti-racism. Provides clearly defined learning objectives, engaging discussion questions, and important case vignettes illustrating challenges of persistent mental health inequities. Brings together perspectives from diverse and notable leaders of public health, medicine, psychology, health policy, law, and social justice. Qualified instructors have access to expanded Instructor Resources featuring chapter PowerPoints, a Sample Syllabus, Test banks, an Instructor Manual with learning activities for each chapter, and additional resources to supplement students.

dynamic learning and interaction with the text      *How to Connect with Your Troubled Adult Children* Allison Bottke, 2019-01-08 What to Do When Parenting Gets Painfully Complicated Are your adult child's mental, emotional and physical health issues driving you to despair? Are you tempted to bail your son or daughter out of yet another impossible circumstance? When your child has reached or long since passed the point of independence, it's difficult to know what your help as a parent should look like. From the author of bestseller *Setting Boundaries with Your Adult Children*, Allison Bottke now offers an in-depth guide to help you connect with your troubled adult child and to build your confidence, knowledge and hope in challenging situations such as drug addiction, mental and emotional disabilities, military trauma and PTSD, personality disorders, financial trouble, depression and bipolar disorder, divorce, incarceration and so much more. Whether you're facing these problems for the first time or looking to learn more, take a step back and develop effective strategies to truly help your adult child without sacrificing your sanity      **Systems Consultation and Change in Schools** Leah M. Nellis, Pamela A. Fenning, 2023-02-06 This book explores the ways in which systems/organizational consultation may be applied to school roles and functions as part of an overall systems change process. Using an implementation science framework grounded in systems/organizational consultation research, the volume details how school reform or improvement may be facilitated. School-based case studies illustrate the application of implementation science to systems change efforts in schools and districts across the United States. Each case study describes the implementation science steps taken to deliver a school-based innovation at the systems level. The book discusses implementation science theory combined with real-world examples of its use in planning for implementing and engaging in ongoing evaluation of a systems change effort. Key areas of coverage include Implementation science in educational settings, Key stakeholder roles in school-based systems change, Implementing and evaluating systems change in schools, Teacher-student mediation to reduce conflict and ensure effective school discipline and behavior practices, District-level processes and supports for English Language Learners, Mental health screening and social/emotional well-being of students. *Systems Consultation and Change in Schools* is an essential resource for researchers, professors and graduate students as well as scientist-practitioners, school-based practitioners and clinicians across such disciplines as school administration and leadership, school and clinical child psychology, social work, public health, teaching and teacher education, educational policy and practice and all interrelated fields      **Mental Health in Nursing - E-Book Epub** Kim Foster, Peta Marks, Anthony O'Brien, John Hurley, 2024-08-26 Holistic overview of mental health for nurses in a practice setting. All nurses play an important role in supporting mental health as part of holistic care provision. This book is designed to help students and novice clinicians to develop the knowledge, skills and attitudes they need to care for people across a wide range of specialist and non-specialist practice settings. Written by a highly experienced team of mental health nursing experts, the book covers all the common mental health conditions nurses are likely to encounter in practice. It provides essential information on assessing for and identifying people experiencing mental illness as well as how to provide appropriate

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