

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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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

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web sectors raw materials metals minerals and forest based industries industries related to raw materials forest based industries woodworking woodworking the eu woodworking industries include the production of sawn wood wood based panels and wooden construction materials and products

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web dec 20 2023 primary wood products wood has been increasingly used as a source of renewable energy almost a quarter 23 of the eu s roundwood production in 2021 was used as fuelwood while the remainder was industrial roundwood mostly used for sawnwood and veneers or for pulp and paper production

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web despite the strengths of the woodworking industries the construction sector in europe generates approximately 70.5 million tons of wood waste annually¹ and only around one third is currently reused or recycled construction waste and other wood sidestreams can be redirected towards innovative and smart applications to fully

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web mar 1 2023 in this study the bcg matrix and its four phases fig 2 are used to illustrate wood use for construction and national wood construction sectors as follows i introduction phase question mark the market share of wood for construction is low while the market growth is positive

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web the wood industry or timber industry sometimes lumber industry when referring mainly to sawed boards is the industry concerned with forestry logging timber trade and the production of primary forest products and wood products e g furniture and secondary products like wood pulp for the pulp and paper industry

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web the woodworking sector consists of sawmilling 15 wood construction products 37 and furniture manufacture 48 some 102 9 million m³ of sawn wood were produced in the eu in 2015 close to two thirds of which came from the five largest producing eu member states germany 20 9 sweden 17 7 finland 10 3

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