

# 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**

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to the right editors at the right addresses      **American Phrenological Journal and Life Illustrated** ,1907      **The Sport Americana Basketball Card Price Guide and Alphabetical Checklist** James Beckett,1992-12      *The American Journal of Nursing* ,1929      **The Survey** ,1924      **Why Isn't Government Policy More Preventive?** Paul Cairney,Emily St Denny,2020-01-09 If prevention is better than cure why isn't policy more preventive Policymakers only have the ability to pay attention to and influence a tiny proportion of their responsibilities and they engage in a policymaking environment of which they have limited understanding and even less control This simple insight helps explain the gap between stated policymaker expectations and actual policy outcomes Why Isn't Government Policy more Preventive uses these insights to produce new empirical studies of wicked problems with practical lessons The authors find that the UK and Scottish governments both use a simple idiom prevention is better than cure to sell a package of profound changes to policy and policymaking Taken at face value this focus on prevention policy seems like an idea whose time has come Yet prevention is too ambiguous until governments give it meaning No government has found a way to turn this vague aim into a set of detailed consistent and defendable policies This book examines what happens when governments make commitments without knowing how to deliver them It compares their policymaking contexts roles and responsibilities policy styles language commitments and outcomes in several cross cutting policy areas including health families justice and employability to make sense of their experiences The book uses multiple insights from policy theory to help research and analyse the results The results help policymakers reflect on how to avoid a cycle of optimism and despair when trying to solve problems that their predecessors did not      **1998 Writer's Market** Kirsten C. Holm,Don Prues,1997 Current edition of the annual writer's resource which lists 4 200 places to sell articles books short stories novels plays scripts and greeting cards Includes information on royalties submission guidelines manuscript formats contact information and tips from successful authors and editors Annotation copyrighted by Book News Inc Portland OR      **Fast Help for Major Medical Conditions** Caryn E. Anders,Lynn M. Pearce,2000 Instant answers to common medical questions are covered in 100 condition specific essays Also includes lists of associations agencies clinics and treatment centers      **Encyclopedia of Associations V1 National Org** 46 Pt2 ,2008-04      **Beckett Football Card Price Guide** James Beckett,2004-09 The 21st edition of this popular guide includes virtually every football card ever produced Highlights prices and listings of cards featuring players and teams both college and professional from 1894 to present Also includes coverage of autographs collectible programs starting lineups and more      **Namh Reporter** ,1958      **Writer's Market, 1997** ,1996      **The Behavior Therapist** ,2003      **The Guide to Medical Organizations and Agencies** ,2000

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