

10

Self-care tips to boost your mental health



Get enough sleep



Take up a hobby



Take time to relax



Focus on the positives



Eat healthy foods



Create a routine



Exercise regularly



Say "No"
when needed



Spend time
outdoors



Connect
with others

Mental Health Tips Deal Tutorial

William Josephus Robinson

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Mental Health and Wellbeing: A guide for nurses and healthcare professionals working with adults in primary care Dr Sheila Hardy, 2022-01-11 Around 30% of people attending primary care have a mental health problem and the Covid 19 pandemic has seen an increase in anxiety, isolation and other mental health issues. In addition we have an aging population and more people coping with chronic physical and mental conditions. All these factors mean that healthcare professionals need more guidance on dealing with mental health and wellbeing. Those with long term physical conditions such as diabetes are more likely to have mental health issues and will be healthier if both their physical and mental health are considered. Those with severe mental illness and a learning disability are more likely to die early from a physical cause than the rest of the population and this group therefore needs proactive monitoring and encouragement to promote healthy behaviour. People with dementia and their carers also need support to live well and those who are addicted to substances or specific behaviours need help to manage their dependence. The Charlie Waller Trust <https://charliewaller.org> one of the UK's most respected mental health charities recognises this need and provides high quality training for GPs, nurses and allied healthcare professionals in primary care to help them meet the holistic mental health needs of the people they see in healthcare settings every day. Written by a registered general and mental nurse with 20 years clinical experience in primary care this helpful practical book serves as a manual to accompany the CWT training and as a learning resource in its own right. *Your Super Quick Guide to University* Helen Coleman, 2020-04-09 Get on the right track from day one at university with this super quick guide. Full of top tips and hints for everything university can throw at you from living away from home to doing your own research this book helps you Ace your assignments with essential checklists. Beat procrastination with tools for time management. Tackle writing problems with a toolkit of quick fixes. Get smart about managing your money. Look after your

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web according to recent cosmological data the universe appears to be expanding many scientists explain the current state of the universe in terms of a very rapid expansion in the early universe this expansion is called inflation