

Mental Health Awareness

March 2019



MEDIGOLD
HEALTH

What's Going on This Month



8th March

International Women's Day. The day to celebrate women's achievements while calling for a more gender-balanced world.
internationalwomensday.com



11-17th March **Nutrition and Hydration Week** is a campaign to help people understand the importance of nutrition and hydration in health and social care: nutritionandhydrationweek.co.uk.



15th March

World Sleep Day

This world event aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders: worldsleepday.org

Coping with Uncertainty

This March brings a degree of uncertainty for us all. Whether we feel nervous about Brexit, or are positive and excited about the changes it will bring, we all share a common feeling of not knowing what its effects will be. We are united in being spectators as momentous events unfold around us, unable to change anything in the short term. Feeling powerless over big changes that we can't control is always challenging. So our advice this month is to focus on the things that are within our control. To take the best care of ourselves; to be well-rested and nourished, and ready to process and deal with what happens next.

If there was a time when we should be working hard to be as resilient as we can be, it's probably now.

Josephine Bey

Clinical Director – Wellbeing Solutions Management

New Beginnings

March marks the beginning of Spring and in the natural world, this is the start of new beginnings.

Psychotherapists believe there is a clear link between wellbeing and immersion in nature. Psychology Today recently reported on this phenomenon, linking to a new study* which finds real evidence to support the link.

The study found that virtually any form of immersion in the natural world made a difference to our state of mind.

Our mood can become elevated when we experience an engagement or connection with the larger outside world. That is, when we extend ourselves beyond focusing primarily on our own needs, worries, regrets or desires for the future.

It helps us increase and broaden our mental and emotional perspectives about people and life in general.

When the sun is out and the birds are singing, go outside and give it a try.

*study by University of British Columbia



Eating and drinking goals for 2019

In our lives we often choose the quick or cheap options. Annoyingly, healthy and nutritious foods are often neither of those things. Our goal shouldn't be to reach one perfect ideal, but to identify what is practical and possible for us.

Remember, small gains can make a big difference, to either diminish mood swings or increase feelings of clarity and focus.

- ✓ Eat fruit, vegetables and whole grains whenever you can. Limit sugar, salt and 'bad' fats (we need fats like omega 3).
- ✓ Limit caffeine and alcohol, particularly when feeling low.
- ✓ Drink water! Being dehydrated can contribute to feeling tired and irritated.

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Are you sleeping soundly?

A nationwide study revealed that we spend an average of 100 days every year in bed. While this sounds amazing, it only equates to 6.6 hours a night, 90 minutes below the recommended 8 hours.

Poor quality sleep is known to lead to problems with learning, memory, concentration and low mood, which can contribute to unfulfilled potential at work as well as strained relationships at home.

It can be particularly difficult for young children and teenagers who are growing fast and spending their days learning at school.

Here are some basic tips for getting a good night's sleep:

- ✓ Create a restful sleeping environment. Your bedroom should be kept for rest and sleep and it should be neither too hot nor too cold and as quiet and dark as possible.
- ✓ Take more regular exercise to help your body rest well during sleep.
- ✓ Cut down on stimulants such as caffeine in tea or coffee – especially in the evening.
- ✓ Don't smoke. Yes, it's bad for sleep too! Smokers take longer to fall asleep, wake more often and experience more sleep disruption.
- ✓ Deal with worries or a heavy workload by making lists of things to be tackled the next day.
- ✓ If you can't sleep, don't lie there worrying. Get up, do something you find relaxing until you feel sleepy again – then go back to bed.
- ✓ Reduce your social media intake, and especially an hour before you sleep, choose instead to read a book or talk to a friend.



The Sleep Council

Despite what it sounds like, this is not a new local government department. Funded by British Bed Manufacturers, sleepcouncil.org.uk is filled with great tips on how to get a better sleep.

Examples include:

30-day sleep plan

Tips on keeping warm in bed

A Good-night guide for children

Sleep guides in conjunction with Age UK

Mental Health and Wellbeing Services

Medigold Health delivers a comprehensive range of mental health and wellbeing services to support both individuals and their employers.

Our wellbeing services include:

- ✓ 24/7 Counselling & advice helplines (EAPs)
- ✓ Managed counselling for return-to-work Critical
- ✓ incident and post-trauma support Psychological
- ✓ assessment and clinical reports Stress
- ✓ management and resilience training

Medigold combines mental health services with a full package of occupational health, absence management and wellbeing solutions for employers. We keep people in work, safe and well.



Legal



Emotions



Work



Health



Family



Older People



Money



Relationships



Addictions