

Mental Health Awareness

July 2019



MEDIGOLD
HEALTH

What's Going on This Month

Health
Information
Week

1-7 July 2019



1st – 7th July

Health Information Week

Technology has given us the freedom to go online to check our symptoms and find out more information about our conditions. Good information, well used, is a vital component of improving health, wellbeing and quality of care. A number of organisations will focus on different topics that may be of interest. If you would like to improve your mental health go to the NHS Moodzone website: nhs.uk/conditions/stress-anxiety-depression/



28th July

World Hepatitis Day

There are millions of people living with Hepatitis without access to the correct care or even aware that they have the condition. Help raise awareness by using the #worldhepatitisday on social media. who.int/campaigns/hepatitis-day/2016/en/

It's official summer is here!

Our lives can get busier in the summer and it's hard to achieve a work life balance. Whilst some people feel "happier" in this season, other people find it a challenge and may be going through a hard time.

There are many factors that affect us in the summer whether this may be related to a diagnosed illness, family pressures or financial worries.

In this edition we look at spotting the signs in yourself and other people and what we can do to support one another.

Josephine Bey

Clinical Director – Wellbeing Solutions Management

Is mindfulness for you?

One of the ways which we can use to improve our mental health is 'everyday mindfulness'. It is not easy to get your mind out of 'auto-pilot' mode but trying some of these steps may help.

Noticing the everyday – the small things that are just as important such as the food you eat

Make a regular appointment with yourself – for example have 'mindfulness time' on your daily commute or take a walk at lunch

Try something new such as breathing, meditation, listening to music or yoga.

Watch your thoughts and notice what the distractions are about. Name your thoughts and link them to feelings.

Build mindfulness habits into your everyday activities. Self-reflection can become a part of your daily routines and you may notice a change in your mental wellbeing.

There are a range of free apps that help support mindfulness and it may also be useful to discuss these techniques with a counsellor.



Don't wait to be asked

Sometimes we say we're fine when in fact we're not. It can feel easier to say you are OK, especially if you are worried about how people may react or judge you.

When someone asks 'How are you?' we tend to go in to auto-pilot mode and immediately say 'I'm fine'.

If you feel like someone needs help, despite their reassurance that everything is fine, visit the Time to Change website for tips on how to talk to a friend or colleague who is struggling.

Remember to listen and reflect, ask them questions (for example, how can I help?) and don't try and fix it. Your support can be enough.

Mental Health Awareness

Coping during the summer holidays

Most people are unaware that the summer can be a time when mental health symptoms can worsen for a variety of different reasons. Here we look at how different age groups may be affected and what we can do to maintain a healthy summer lifestyle:

Children – freedom from school can be a break or a chance to explore and have new experiences. However, studies have shown that structure plays a great part in ensuring children keep their mind occupied and prevent isolation. Plan to have play days with other children, draft in any help you can from grandparents/siblings. Check out local resources for activities such as libraries and local sports clubs. Give them a timetable of activities you will be doing week-by-week, even if sometimes it's reading and limit their time on computers, iPads and TV.

Teens and College Students – Family life with teens and young adults can be quite challenging. Again, structure can help keep them away from self-directed activities such as constant screen time. We recommend that they share household duties to ease the family burden, possibly a part-time job or an internship can also help to ensure that they keep busy, minds engaged and spend some time out of the house.

Adults – the pressure of providing a fun summer holiday for the family, when you are low on time or funds can be extraordinary. So sometimes we have to get creative. Each weekend, help your kids think of things to do during the week. Be creative but also remember, boredom can lead our interests beyond the obvious. It might be music, art, photography, sports or something yet to be discovered? Maybe this is their summer to find out. If necessity is the mother of invention, perhaps monotony is the father of purpose. While there's nothing revolutionary about a liberated summer, the self-discovery that comes from one actually could be.



Sun safety

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

So strike a balance – protect yourself from the sun while getting enough healthy vitamin D

Don't forget:

- ✓ Never let your skin burn and always use sunscreen, minimum 30 SPF especially for kids and elderly.
- ✓ Cover up with appropriate clothing and don't forget to wear sunglasses, your eyes need protection too!

Mental Health and Wellbeing Services

Wellbeing Solutions Management 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

Our mission is to help employers improve overall workforce performance, reduce stress-related absence and raise productivity by supporting the wellbeing of employees.



Legal



Emotions



Work



Health



Family



Older People



Money



Relationships



Addictions