

Health & Wellbeing Bulletin

Summer 2021

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Welcome to the summer issue of your Mental Health & Wellbeing bulletin

Mental Health Awareness Week 2021 was only a couple of weeks ago. Hosted by the Mental Health Foundation, this year's focus was around Nature and the environment, highlighting the benefits for your mental health. More than half of UK adults say that being close to nature improved their mental health and whilst nature can't solve all our problems, it can help to put things in perspective, giving you time to think in a calm and peaceful environment.

Now the weather is improving and summer is upon us, try to find the time to visit a park or lake, or walk along a river or footpath, taking the time to see and hear what's around you. The benefits for good mental health is evident for everyone.

Take Care and Stay Safe – Sue

Lockdown to relaxation of COVID rules

For many people, the gradual easing of lockdown brings opportunities to see friends and family, play sports and get back to 'normal'.

But for some, even happy and much anticipated changes can be a challenge for our mental health, leading to worrying times and anxiety. We all need to be prepared to take the time to reconnect with life and some things may not be the same as before. I think a lot of us made some serious life changes during the last 14 months and some have lost dear loved ones. We must try not to judge ourselves too harshly based on what other people are doing. We are all different and you have to find your own coping mechanisms to deal with the future.

How do you know if someone has a mental health problem and how can you help...

It will sometimes be obvious if a loved one or friend is going through a tough time, but other times, it is important to just be there and respond sensitively to anyone if they seem troubled.

We all say it on a daily basis don't we, "How are you". But If you think someone is suffering, ask them how they are, but then ask them again "No really, how are you?" It's amazing how often that second time of asking may prompt them to open up. Give them time, let them share their feelings, keep questions open ended and if necessary offer them help in seeking professional support. However, equally important is to know your limits. If it appears serious, take action and ask for help to make sure they are safe.



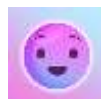
Useful Apps for advice, guidance and resources



Headspace



Clear Fear



Mood Balance

Imagine if we talked about mental health as much as we talk about football...

It's our National game – passionately loved and followed by millions of people in the UK. So many of us don't go a day without talking about football, and it's time that the same can be said for mental health. The FA together with the Duke and Duchess of Cambridge formed 'Heads Together', a campaign to encourage more men to feel comfortable talking about their mental health and also feel able to support their friends and families through difficult times. Check out their website and join the conversation.

<https://www.headstogether.org.uk/headsup/>

Stress In the Workplace by mind charity <https://www.mindcharity.co.uk/wellbeing-article/stress-in-the-workplace/>

With 1 in 4 of us experiencing mental ill health at any one time, keeping mentally healthy at work is an issue for all of us including those of us who already have a diagnosed mental health condition. We spend a lot of time at work and so a mentally healthy workplace can play a large part in promoting mental wellbeing.

What are the symptoms of stress?

Stress can manifest in many different ways, for example **physical symptoms**, such as headaches, back pain, tiredness, or a tight chest, as well as **psychological symptoms** like tearfulness, anxiety, low mood, or lack of motivation, and **behavioural symptoms** such as difficulty concentrating, drinking or smoking more, running late more often, withdrawing, or becoming aggressive.

How to look after yourself at work:

There are a number of ways to manage your workplace stress. Some of your options include:

- Keeping an eye on your work-life balance
- Building a network of support
- Using relaxation techniques
- Being assertive and realistic
- Asking for help when you need it

Keep Learning by mind charity <https://www.mindcharity.co.uk/wellbeing-article/keep-learning-5-ways-wellbeing/>

We often think about learning as important to children – we place a great deal of importance on making sure young people develop skills, knowledge and experience to help them on their journey into adulthood. But, just as it's important for children to learn, research shows that if we keep learning throughout adulthood and into later life, this can have a positive impact on maintaining and improving our mental health and wellbeing.

What is learning?

Learning is about gaining new knowledge, developing skills and having new experiences that enrich our lives. Learning is about challenging ourselves to do something different or improve upon what we've done before. Learning can take many shapes and forms – it could mean taking a new educational or vocational course, refining existing skills, challenging ourselves to develop new ones or approaching new tasks and events that we've not tried before. Broadening our minds helps us gain insight into life, ourselves, and the world around us, which are all good things for our mental wellbeing.

Why is learning good for us?

Learning is good for our minds and our bodies – it's good for our mental wellbeing:

- Increases our self-esteem
- Encourages social interaction
- Gives us a sense of hope and purpose
- Better ability to cope with stress

Healthy Recipe idea for you!

Charred Broccoli, lemon and walnut pasta – Simple store cupboard ingredients to help whip up this healthy, low in fat and calories, but full of texture and flavour lunch or supper dish.

Ingredients

1 head of broccoli cut into small florets
and stalk cut into small pieces
3 tsp olive oil
150g penne or fusilli
2 garlic cloves, crushed
1 tbsp roughly chopped walnuts
Pinch of chilli flakes
½ lemon, zested and juiced

Method

1. Heat grill to high, place broccoli onto baking tray, drizzle over 1 tsp of the oil and grill for 8-10mins
2. Cook pasta in salted water, drain, reserving a cup of the water
3. In a frying pan, heat remaining oil and fry garlic, walnuts and chilli for 3-4 mins until golden
4. Tip in the pasta, broccoli, lemon zest and juice. Add a splash of the reserved cooking water and toss everything together

Serve in warm bowls and enjoy

Inspiring Quote

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you”

Princess Diana



National Days coming up.....

Jun 1 – Say Something Nice Day
Jun 3 – World Bicycle Day
Jun 14 – Blood Donor Day
Jul 7 – Chocolate Day
Jul 10 – Teddy Bear Picnic Day
Jul 30 – Friendship Day
Aug 15 – Relaxation Day
Aug 26 – Dog Appreciation Day
Sep 6 – Read a Book Day