

Apr
2023

mental health awareness



Beat Stress, Boost Wellbeing

Stress can significantly impact our mental and physical health, so it's crucial to raise awareness about its effects. By reducing stigmas surrounding stress, we can create a better understanding of the challenges that individuals face. It's essential to have resources and support available to those in need, and to create safe and inclusive environments where individuals can openly discuss their mental health concerns without fear of judgement.

If you or someone you know would like to talk to somebody, please give us a call. We're here 24 hours a day, 7 days a week.

Julie Murrell Clinical Director – Wellbeing Solutions



How Counselling Can Alleviate Stress

Counselling is an effective tool for alleviating stress, as it provides us with the tools to manage and cope with our emotions. During therapy, individuals can learn how to identify the underlying causes of their stress and develop strategies to address these issues. Counsellors may teach relaxation techniques, such as deep breathing exercises or meditation, to help clients manage anxiety and reduce stress levels.

Counselling can provide a safe and non-judgmental space for individuals to express their emotions and feelings, which can help to reduce feelings of isolation and improve their mental health. With the help of a trained clinician, we can develop long-term coping mechanisms and improve our overall wellbeing.

What's Going on This Month?



1st – 30th April | Stress Awareness Month

A month dedicated to raising awareness of the causes and cures of our modern stress epidemic.



2nd April | World Autism Awareness Day

A day to recognise and spread awareness for the rights of those with autism, and a celebration of neurodiversity in general.



7th April | World Health Day

A day to shine a light on the vital contribution that healthcare workers provide all around the world.

Feel More in Control

- ✓ Break tasks down into manageable steps.
- ✓ Make a list of achievable short-term goals.
- ✓ Discuss stress-relieving solutions with your supervisor.
- ✓ Focus on what you can control.
- ✓ Don't be afraid to ask for help.



The Power of Selective Engagement

Selective engagement is a powerful tool for managing our mental health, particularly during times of global crisis. The ongoing war in Ukraine is a prime example of a crisis that can generate unease, anxiety, and stress in society. Despite constant media coverage and social media updates, it can be challenging to grasp the full magnitude of the situation, leading to feelings of helplessness. Selective engagement can help us stay informed without becoming overwhelmed by the constant stream of information.

By being mindful of the sources of information and taking breaks from news reports and social media, individuals can limit the negative impact of the conflict on their mental health. Utilizing credible, ethical, and objective sources of information can provide a more balanced and nuanced view of the situation, leading to a greater sense of control and understanding. This can help reduce feelings of anxiety and stress and allow individuals to focus on their personal lives and wellbeing.

In a world where we are constantly bombarded with information and news, it is essential to be selective in what we consume. This is particularly important for individuals who struggle with anxiety, depression, or other mental health issues, as exposure to constant negative news can exacerbate symptoms. If global events are adversely affecting your mental health, it is advisable to seek support. Our counsellors, helpline, and online resources are available to support you during these challenging times.

Handling Stress at Work

- ✓ Identify the source of your stress and develop a plan to address it effectively.
- ✓ Practice positive self-talk and affirmations to build resilience and reduce negative thoughts.
- ✓ Take regular breaks throughout the day to prevent mental exhaustion and burnout.
- ✓ Incorporate deep breathing exercises into your daily routine to help calm your mind and lower stress levels.
- ✓ Practice mindfulness techniques, such as meditation or journaling, to stay present and reduce anxiety.

Counselling & Advice Helpline

Your counselling & advice helpline covers a variety of personal and workplace issues such as:

- ✓ Anxiety or depression
- ✓ Everyday financial or legal struggles
- ✓ Workplace stress

This service is paid for by your employer and is provided by an independent company, Wellbeing Solutions. There is no cost to you and all calls are confidential.



24/7 freephone:
0800 328 1437
employeeassistance.org.uk



Mental health



Work



Law



Money



Family



Older people



Wellness



Addiction



Managers