

Mar
2023

mental health awareness



Her Mind Matters

This month we focus on raising awareness around women's mental health, reducing stigmas, and promoting a better understanding of the unique challenges that women face. By bringing attention to the issue, more resources and support can be made available to those in need. It is essential to create a safe and inclusive environment where women feel comfortable discussing their mental health and seeking help when needed in a non-judgemental environment.

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



Embracing Your Journey

Living with a mental health diagnosis may be a challenging experience, but it is important to remember that you are not alone. Having a diagnosis could provide you with a sense of understanding and enable you to access relevant support and resources.

Building a support system of friends, family or a therapist can be very helpful. You may also consider joining a support group for individuals with similar experiences. Remember to be kind and patient with yourself, and never hesitate to reach out for help when needed. It is important to prioritise self-care and engage in activities that bring you joy and fulfillment.

What's Going on This Month?



International
Women's Day

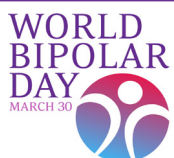
8th March | International Women's Day

Annually bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.



17th March | World Sleep Day

A day created to address common sleep-related issues that many of us suffer from.



30th March | World Bipolar Day

The vision of WBD is to bring world awareness to bipolar disorders and eliminate social stigma.

Empowering Women

Let's improve women's mental health by:

- ✓ Creating supportive spaces where women feel safe discussing their mental health.
- ✓ Promoting self-care practices such as exercise, mindfulness, and taking time for hobbies.
- ✓ Raising awareness and providing education around the unique challenges women face.



Why Is Sleep Essential for Wellbeing?

Sleep is a crucial component of our overall health and wellbeing. It has a significant impact on our mental health, as it helps to regulate mood, stress levels, and cognitive functioning. When we sleep, our brain processes and consolidates information, helping us to learn, remember and make connections. Additionally, sleep deprivation can lead to an increase in stress hormones such as cortisol, which can affect our mood and increase feelings of anxiety or depression.

Lack of sleep can also disrupt our ability to think clearly and make decisions, leading to a decline in cognitive functioning, creativity, and problem-solving abilities. This can have a negative impact on our daily life, as well as our ability to perform well at work. On the other hand, getting enough sleep helps to improve our mood, concentration, and overall wellbeing.

Research has also found that people with insomnia or other sleep disorders are at a higher risk of developing mental health conditions such as depression and anxiety. The relationship between sleep and mental health is a two-way street - poor mental health can lead to sleep difficulties, and lack of sleep can further exacerbate symptoms of mental illness.

By prioritising sleep and developing healthy sleep habits, we can improve our mood, reduce stress, and support our overall wellbeing. If you are having trouble sleeping, feel free to call our helpline for guidance and support on how to get the restful sleep you need.

Tips for Improving Sleep

- ✓ Stick to a sleep schedule by going to bed and waking up at the same time every day.
- ✓ Create a bedtime routine for relaxation.
- ✓ Avoid screens before bed, as blue light can interfere with sleep.
- ✓ Keep the bedroom cool, dark, and quiet.
- ✓ Avoid caffeine, alcohol, and heavy meals in the evening.
- ✓ Deep breathing, meditation, and yoga can reduce stress and improve relaxation.
- ✓ Limit naps to avoid disrupting the natural sleep-wake cycle.

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