

May  
2022

# mental health awareness



## Keeping Resilient

As the clocks spring forward and the days become longer, there are plenty of reasons to remain cheerful in spite of these difficult times. With the cost of living crisis adding to the already dour atmosphere created by the war in Ukraine and rise in Covid cases, it is important we remain resilient and focus on the positives.

Talking therapy is a fantastic way to maintain wellbeing and build resilience. We are aware that this is a particularly tough time, and our counsellors, 24/7 helpline and online resources are, as always, here to help.

**Julie Murrell** Clinical Director – Wellbeing Solutions



## Coping with Bereavement

This month marks Dying Matters Awareness Week, a week to come together to address the stigma surrounding death and bereavement. The pandemic has forced many people to come to terms with issues to do with bereavement, but many of us still feel uncomfortable when it comes to talking about and addressing these issues.

Dying Matters Awareness Week is the perfect opportunity to address these issues honestly and openly, removing the discomfort associated with bereavement by helping to remove the stigma surrounding it. Try and organise a Tea and Talk session with your colleagues, or a Lunch and Learn session to talk through these issues in a comfortable and open environment.

## What's going on this month?



### 2nd – 6th May | Dying Matters Awareness Week

A week to come together to talk about death, dying and bereavement: removing stigma and encouraging open conversation



### 4th May | Maternal Mental Health Awareness Day

A day to raise awareness of maternal mental health issues so as to more easily spot the signs and help support those who may be suffering



### 9th – 15th May | Mental Health Awareness Week

A week dedicated to raising awareness of all issues pertaining to mental health, in life, at home and in the workplace

## 4 Ways to Talk About Grief

- ✓ Do not worry too much about saying the right thing, what is most important is sincerity
- ✓ Remember there is no right way to grieve, everyone's process is different
- ✓ Avoid trying to fix things, allow the bereaved to come to terms with their loss on their own
- ✓ Avoid trying to implement religious ideas when supporting someone, not everyone shares those beliefs



## Fighting Loneliness

The theme of this year's Mental Health Awareness Week is loneliness, and it is worth taking the time to examine what loneliness means, how it can impact your mental health, and what you can do to manage its effects. Rather than simply the feeling of being alone, loneliness is a much more complex and knotty issue. Instead, it is the unpleasant emotional response to perceived isolation, which is why you can feel lonely while not necessarily being physically on your own.

The pandemic has certainly been a defining factor when it comes to the development of loneliness across society, with a recent survey from the Mental Health Foundation finding that a quarter of UK adults had suffered from severe loneliness. This is directly linked to the rise of mental health issues across the country, including depression, anxiety and addiction.

Fighting loneliness can be challenging, but there is plenty you can do to prevent loneliness from developing into more serious issues. Talk to friends and family. Sometimes a friendly chat can make a big difference, whether someone is around the corner or further away. Find a group with a shared interest. Being part of an offline or online group or club is a great way to make connections and meet people.

If loneliness is significantly impacting your mental health, reach out and talk to someone. As with the pandemic, we are aware that this is still a particularly tough time, and our counsellors, 24/7 helpline and online resources are, as always, here to help.

## Handling Workplace Conflict

The workplace can be a stressful place, and sometimes things can boil over. Here are some tips to avoiding a toxic atmosphere at work:

- ✓ Identify both points of disagreement and agreement
- ✓ View conflict as a chance for growth and development
- ✓ Listen and communicate actively and honestly, do not let emotions cloud your judgement
- ✓ Don't focus on personalities, focus on behaviour and results

## employee assistance

Your Employee Assistance Helpline provides you with counselling and advice, covering a variety of personal or 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](https://employeeassistance.org.uk)



Managers



Family



Addiction



Older People



Work



Mental Health



Wellbeing



Law



Money