

IT'S OKAY TO TALK.

A helpful guide including information
and resources to aid your mental wellbeing,
in partnership with Mental Health Foundation.



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The Purpose:

This resource is available to anyone within the Wolverhampton Wanderers Foundation 'Head 4 Health' programme. We want this resource to be an additional tool, a takeaway from the group to keep with you as an ongoing guide. You can dip in and out of it, take what you need, when you need it and pass it onto others too.

We know that the Head 4 Health programme is having such a positive impact on group members mental health, as one participant shared:

"Discovering the course and coming on it, the craic with the lads, it's got me back out of the house, back to Park Run and I have rebuilt hobbies I would have always liked to have had a go at."

We hope this guide can equip you to:

- Continue in supporting your mental health
- Spot the signs of mental ill health
- Know how to talk to others
- Signpost you or others to specialist help

We recognise that some days may be harder than others. We know that together, we can break down the barriers to our collective mental health and empower everyone to build habits for a healthier mind and a happier life.

What is Mental Health?

In many ways, mental health is just like physical health: everybody has it and we need to take care of it. It is just as important to have good mental health as it is good physical health.

Good mental health means the ability to feel, express and manage a range of positive and negative emotions. If you go through a period of poor mental health, you might find the ways you're thinking, feeling or reacting become difficult to cope with.

If you're in good mental health, you can:

- Make the most of your potential
- Cope with life
- Play a full part in your family, workplace community and among friends

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time. Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

There is a stigma attached to mental health problems. This means that people feel uncomfortable about them and do not talk about them much. Many people do not even feel comfortable talking about their feelings, but it is healthy to know and say how you're feeling and ask for help if you're unwell.



Who are the Mental Health Foundation?

The Mental Health Foundation was founded 71 years ago and is the UK's leading charity for all our mental health.

We find out and address the sources of mental health problems so people can understand, protect and sustain their mental health.

Prevention is at the heart of what we do, and everything we do is based on evidence. We also host Mental Health Awareness Week in May each year.

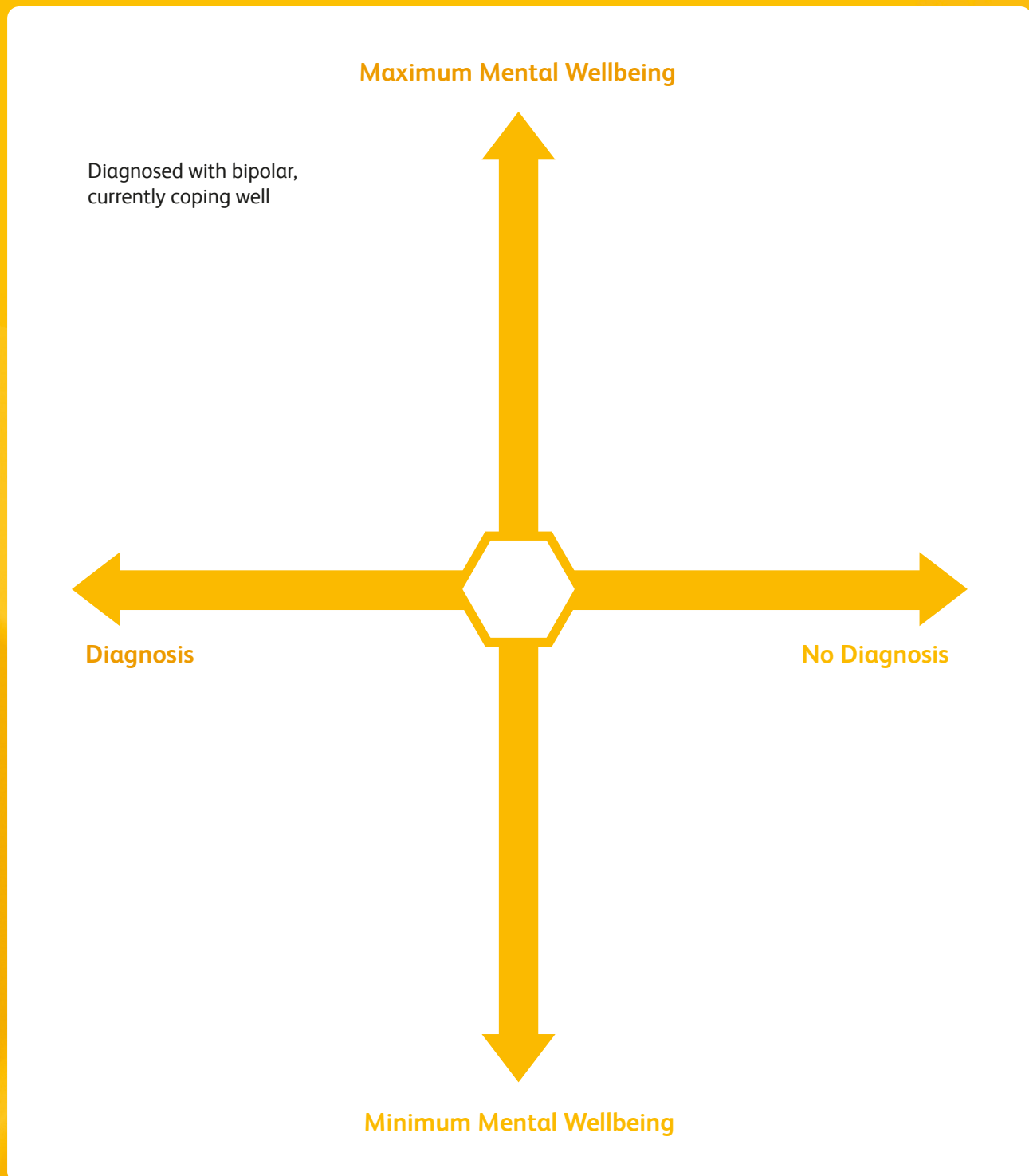
We have created this evidence-based resource alongside the Head 4 Health team and a small group of participants at Wolverhampton Wanderers Foundation.

The Mental Health Foundation is proud to support this important project and we hope it enables members of the Foundation's community to better support people's mental health and wellbeing.

How are you feeling?

It is thought that mental health lies on a continuum, and our place on the scale changes all the time.

Use the scale to plot where you think you may be at different times.



Top Tips:

Here are some evidence-based top tips for how to help yourself be mentally well. We've picked six of the Foundation's evidence-based tips and created an acronym **HEALTH** to make them easier to remember:

- **Head into nature**

There is lots of evidence highlighting how being outdoors amongst nature helps reduce feelings of anger, tiredness and sadness. Nature can be anything from a garden or a local park to a beach or the open countryside. The places that are best for us are often described as 'green' and 'blue' – the colours of trees, other plants and water, so that's a good guide too. Being in the company of animals has been shown to be very good for our mental health as well.

"I am lucky, I have a park opposite where I live, and it's where I go if I am feeling down. Not necessarily talking to someone but just being there to exercise. It's a nice park with trees and birds."

- **Eat well**

The way we feel physically, affects how we feel emotionally. Research suggests that a diet rich in fruits, vegetables, fish and whole grains can play a critical role in supporting good mental health.

- **Active**

Being active means doing anything that gets your heart rate up and makes you breathe faster – it doesn't have to mean doing sport or going to the gym. Try to think of how you can bring in more activity to your daily life, in ways that you value and enjoy.

"Exercise (helps my mental health and wellbeing). I like riding my bike and going to the gym, football, anything active."

- **Learn**

Stay curious and open to new experiences. There is plenty of evidence that says remaining curious about the world around us and continuing to learn throughout our lives are good for our mental health. Staying curious doesn't need to cost a thing, it could be something as simple as taking a different route home or visiting a new part of your town or city.

- **Talk**

Speak to someone you trust for support. None of us are superhuman. We all get tired or overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help. Family and friends can be a vital source of support and empathy, which can make any problem seem more manageable.

- **Help others**

We all know that helping others is a great thing to do. But did you know that it also benefits our own mental health? It can help reduce stress, improve our emotional wellbeing, and even benefit our physical health. Helping others also creates a sense of belonging within our communities and reduces isolation.

"I am marshalling at walking events and helping at half marathon events... it's getting me out and about and building my confidence."

What is Mental Ill Health?

Most people know someone who has experienced a mental health problem. As a common human experience, they happen to all types of people, from all walks of life. Any one of us could encounter a mental health problem in our lives.

When people first struggle with their mental health, they can sometimes feel that it's a sign of weakness.

But it isn't.

It is certainly, however, an upsetting, confusing and frightening time.

The signs and indicators of mental health problems can be highly individual. And this makes it hard to tell if someone is struggling with their mental health, because they may still seem OK. It's not the job of non-professionals to diagnose mental health problems; however, it is helpful to be aware of certain recognisable signs of mental health problems, and possible "side effects" of treatments people may be prescribed, such as:

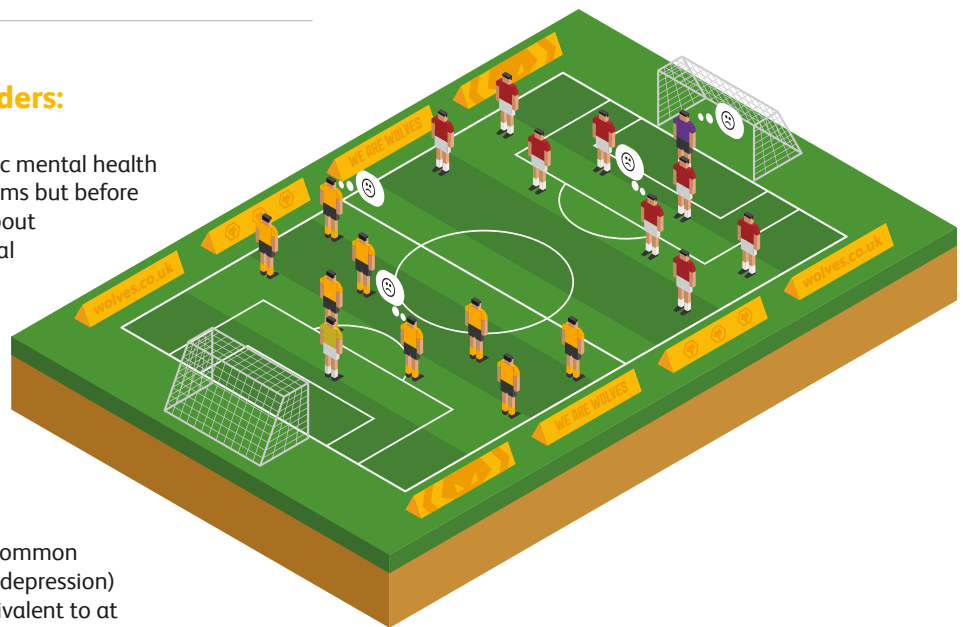


If you recognise some of these signs – or are concerned about yourself or someone for other reasons, then try and have a conversation, even simply dropping a message to begin with. By taking the time to check in and listen to each other, it can be extremely valuable in understanding how our mental health is. Offering to go for a walk, getting a coffee or some food, or by doing whatever activity feels most comfortable and can encourage people to talk. Further in the resource we will look more in depth and practically at having conversations about mental health.

Common mental health disorders:

In this section, we are going to look at specific mental health disorders and how to identify their symptoms but before we do, we'd like to share some statistics about the impact of mental ill health on individual people and on society in general:

- Depression is very common. In any given week in England, three in every 100 people will experience depression. Even more people – eight in every 100 – will experience a mix of depression and anxiety, that's 2,560 people in a full Molineux Stadium.
- One in six people report experiencing a common mental health problem (like anxiety and depression) in any given **week** in England, that's equivalent to at least two players in a 11 a side match day squad. ⁱ
- Between 2019 and 2020: stress, depression or anxiety accounted for 51% of all work-related ill health cases. ⁱⁱⁱ



We know too, that the Covid-19 pandemic has had a negative impact on people's mental health. Factors include isolation, less access to some mental health provisions, worries about employment and coping with stress.

53% of Britons say that the situation caused by the coronavirus pandemic in the UK has harmed their mental health. ^{iv} These statistics indicate the true cost of mental ill health on our individual lives.

The signs and indicators of mental health problems can be highly individual. And this makes it hard to tell if someone is struggling with their mental health, because they may still seem OK.

It is not your job or any non-professional to diagnose mental health problems; however, it is helpful to be aware of certain recognisable signs of mental health problems.

We have shared some signs and indicators and some evidenced based ideas and strategies to support.

Below are some staff tips on how they look after their mental wellbeing:



Do things to help others!

Georgina

Health Engagement Officer

Any act of giving or kindness, whether it be a small or large act, can help you improve your mental wellbeing by:

- Building new connections with people
- An increased boost in positivity and sense of reward
- Feeling a sense of purpose and self-worth

Over the next week, why not try:

- reaching out to your friends, family or colleagues to ask how they are
- spending more time with friends or family who may need some support or company
- offering your time by volunteering in the community with local charities, school, hospitals, or care homes

Remember to take care of yourself too and have some time that's yours to clear your head, rest and do things that you enjoy.



Make sure you're eating as regularly & healthy as possible.

Ollie

Food Poverty Project Manager

As well as affecting your physical health, what we eat may also affect the way we feel.

Eating regularly and choosing healthy foods that release energy slowly will help to keep your sugar levels steady. Slow-release energy foods include pasta, rice, oats, wholegrain bread and cereals, nuts and seeds.

By eating healthier and improving your diet it may help to:

- Improve your mood
- Give you more energy
- Help you think more clearly



Take the time
to discover
something new.

Matt

Health Activator

This could be anything from discovering a new TV programme to trying a new sport.

Personally, I have taken an interest in Nordic history. This allows me to discover new things and explore places I had never been.



Make time for
things you enjoy.

Megan

Health Officer

Life can be very busy, but it is so important to take some time to do the things you love. Spending time doing things you enjoy can help put you in a better mood.

For me I always like to make time to see friends and socialise. Even when I have lots of other things on, I will make the time to do this as it makes me feel good and lets me relax and unwind. Seeing friends also gives me a chance to talk about things which are bothering me and helps me feel better about them.

My advice would be to put a little bit of time aside each day and spend it doing something you enjoy, something that makes you feel good!!

This doesn't have to be extreme, simple things such as reading and watching TV are great things to enjoy.



Try taking a step back,
taking the time to
remember things that
made you happy.

Steve

Health Officer

These things could include listening to music, reading, travel and being active.

Depression

Of course, we all have days when we feel down – but depression is different. It's more than feeling sad or fed up, for a few days. Depression causes a low mood that lasts a long time and affects one's daily life.

Symptoms

Depression can affect your mind, body and behaviour. But people can be affected in different ways. Most people experiencing depression will feel extended periods of sadness or hopelessness – yet there are various other symptoms too.

You might feel:

**SAD, UPSET
OR TEARFUL**

**UNABLE TO ENJOY
THINGS THAT USUALLY
BRING YOU PLEASURE**

**SUICIDAL
OR WANTING TO
HURT YOURSELF**

Physical symptoms can indicate depression as well, such as:

**TIREDFNESS
OR A LACK OF
ENERGY**

**CHANGES
IN YOUR WEIGHT
OR APPETITE**

**SLEEPING PROBLEMS: FINDING
IT HARDER TO GET TO SLEEP OR
WAKING UP VERY EARLY**

Some people might also behave differently, by:

**AVOIDING
OTHER PEOPLE, EVEN
CLOSE FRIENDS**

**FINDING IT DIFFICULT
TO MAKE DECISIONS/
THINK CLEARLY**

**BEING UNABLE
TO CONCENTRATE OR
REMEMBER THINGS**

Tips

Be grateful

It can be difficult sometimes to stop and think of the things we are thankful for, especially when things are going wrong, or when life is particularly stressful. However, stopping to take notice of things in our lives that we are grateful for can increase positive feelings and improve our overall wellbeing.

"I was constantly focussing on the negatives, rather than thinking, well, they're there, but there's also this and this to do, and keeping yourself occupied. Not dwelling on the negatives but focus on the positives and potential."

Keep in touch

Having strong and supportive relationships with those around us is important for our mental health. But healthy relationships are a two-way street. It is important to be an active and non-judgemental listener to those we care about, just as it is important to surround ourselves with those who listen and support us. Doing activities with others, that get you out of the house, is a great place to start.

When talking about the group one participant said:

"It's the confidence, meeting these guys, chatting and reinforcing my original personality, rather than letting me just be depressed."



Head 4 Health: My Safety Plan

The below boxes are to help you break down your current problems into smaller chunks with the aim of overcoming these and lifting/ calming your mood when overwhelmed. Write down your best, useful coping strategies below to refer to and use when you're having a bad day and who you can contact to talk to.

Getting through right now

Making your situation safer

Things to lift or calm your mood

Things to distract you

People to support you

List of who you can talk to if you are distressed or thinking about self-harm or suicide

Emergency professional support

Anxiety

It's normal to feel anxious sometimes. It's how we respond to feeling threatened, being under pressure or stressed: we might feel a degree of anxiety before an exam, for example, or a job interview or a doctor's appointment. Anxiety isn't necessarily a bad thing. It can spur us on, help us stay alert, make us aware of risks and motivate us to solve problems.

It becomes a problem, however, when it affects our ability to live our lives. If our anxiety is ongoing, intense, hard to control or out of proportion to the situation, it is a sign of having a mental health problem.

Symptoms:

Like depression, anxiety affects the mind and the body.

It could be:



Physical indicators of anxiety include:



Anxiety can also affect our behaviour. It may cause us to withdraw from friends and family, feel unable to go to work, or to want to avoid certain places. As with many other mental health disorders, people with anxiety often develop ways of hiding it and can appear fine on the outside.

One in 20 people in the UK has an anxiety disorder of some form. ^v

How do I get help?

- **Talking therapies** – Like counselling or Cognitive Behavioural Therapy, are very effective for people with anxiety problems, visit your GP to find out more. You can also self-refer to a talking therapy service (IAPT). See the signposting section for further information.
- **Medication, prescribed by a clinician** – Drug treatments are used to provide short-term help, rather than looking at the root of the anxiety problems. Drugs may be most useful when they are combined with other treatments or support.
- **Support groups** – You can learn a lot about managing anxiety from asking other people who have experienced it. Your doctor, library or local Citizens Advice bureau will have details of support groups near you.

Tips:

Face your fear if you can

If you always avoid situations that scare you, you might stop doing things that you want or need to do. You won't be able to test out whether the situation is always as bad as you expect, so you miss chances to work out how to manage your fears and reduce your anxiety. Anxiety problems tend to increase if you get into this pattern. Exposing yourself to your fears can be an effective way to overcoming this anxiety. ^{vi}

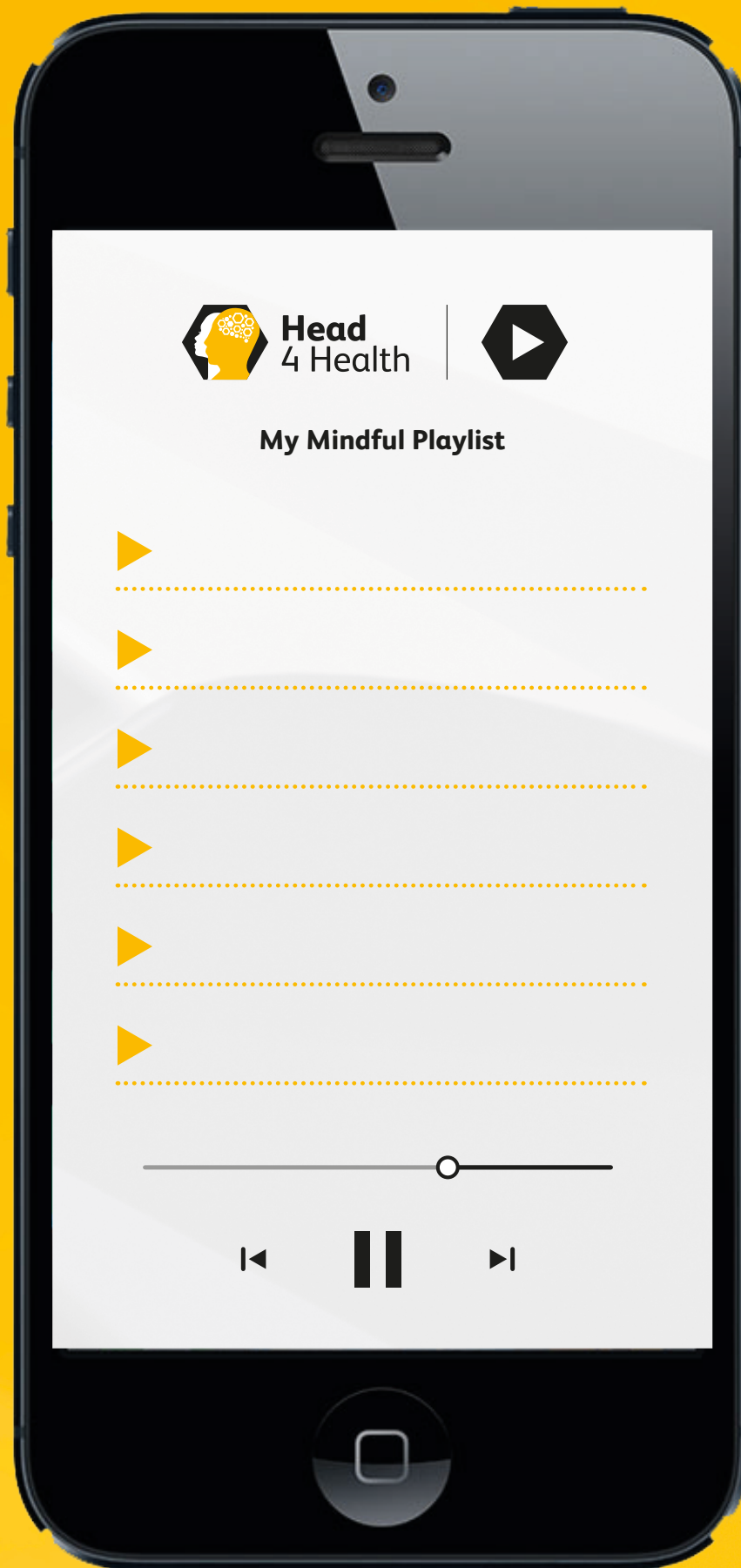
Know yourself

Try to learn more about your fear or anxiety. Keep an anxiety diary or thought record to note down when it happens and what happens. ^{vii} You can try setting yourself small, achievable goals or facing your fears. You could carry with you a list of things that help at times when you are likely to become frightened or anxious. This can be an effective way of addressing the underlying beliefs that are behind your anxiety.

Relaxing

Learning relaxation techniques can help you with the mental and physical feelings of fear. It can help just to drop your shoulders and breathe deeply. Or imagine yourself in a relaxing place. You could also try learning things like yoga, medication or massage.

Avoid alcohol, or drink in moderation – it's very common for people to drink when they feel nervous, but the after-effects of alcohol can make you feel even more afraid or anxious.



5 4 3 2 1

The Grounding Technique

Use the grounding technique to ease your mind in states of heightened anxiety.

The goal of the exercise is to use your five senses to focus on the moment, helping you to avoid anxious thoughts.

5

List **5** things you can **SEE**



4

List **4** things you can **FEEL**



3

List **3** things you can **HEAR**



2

List **2** things you can **SMELL**



1

List something you like to **TASTE**



Stress

Stress is our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new, unexpected or that threatens our sense of self, or when we feel we have little control over a situation.

We all deal with stress differently. Our ability to cope can depend on our genetics, early life events, personality and social and economic circumstances.

When we encounter stress, our body produces stress hormones that trigger a fight or flight response and activate our immune system. This helps us respond quickly to dangerous situations.

Sometimes, this stress response can be useful, it can help us push through fear or pain so we can run a marathon, take some penalties or deliver a speech, for example. Our stress hormones will usually get back to normal quickly once the stressful event is over, and there won't be any lasting effects.

However, too much stress can cause negative effects. It can leave us in a permanent stage of fight or flight, leaving us overwhelmed or unable to cope. Long term, this can affect our physical and mental health.

There are many things that can lead to stress:

- bereavement
- divorce or separation
- losing a job
- unexpected money problems
- work related stress

Even positive life changes, such as moving to a bigger house, gaining a job promotion or going on holiday can be sources of stress. If you feel stressed in these situations you may struggle to understand why or be unwilling to share your feelings with others.

Symptoms:

You may feel:

FRUSTRATED

ANGRY OR
AGGRESSIVE

DEPRESSED

SAD

ANXIOUS

AFRAID

IRRITABLE

These feelings can sometimes produce physical symptoms, making you feel even worse.

If you're stressed, you may experience:

HEADACHES

NAUSEA

INDIGESTION

ACHES
& PAINS

SHALLOW
BREATHING OR
HYPER-
VENTILATING

HEART
PALPITATIONS

SWEATING

DIGESTIVE PROBLEMS SUCH AS CONSTIPATION,
BLOATING OR DIARRHOEA

You may behave differently if you're stressed.
You may:

BE
TEARFUL

EXPERIENCE
SEXUAL
PROBLEMS

BE
INDECISIVE OR
INFLEXIBLE

HAVE PROBLEMS GETTING TO SLEEP
OR STAYING ASLEEP

WITHDRAW
FROM OTHER
PEOPLE OR SNAP
AT THEM

SMOKE, DRINK
ALCOHOL OR TAKE
DRUGS MORE THAN
USUAL



Tips:

Recognise when stress is a problem

It is important to connect the physical and emotional signs you're experiencing to the pressures you are faced with. Don't ignore physical warning signs such as tense muscles, tiredness, headaches or migraines.

Think about what's causing your stress

Sort them into issues with a practical solution, things that will get better with time and things you can't do anything about. Take control by taking small steps towards the things you can improve.

Make a plan to address the things that you can

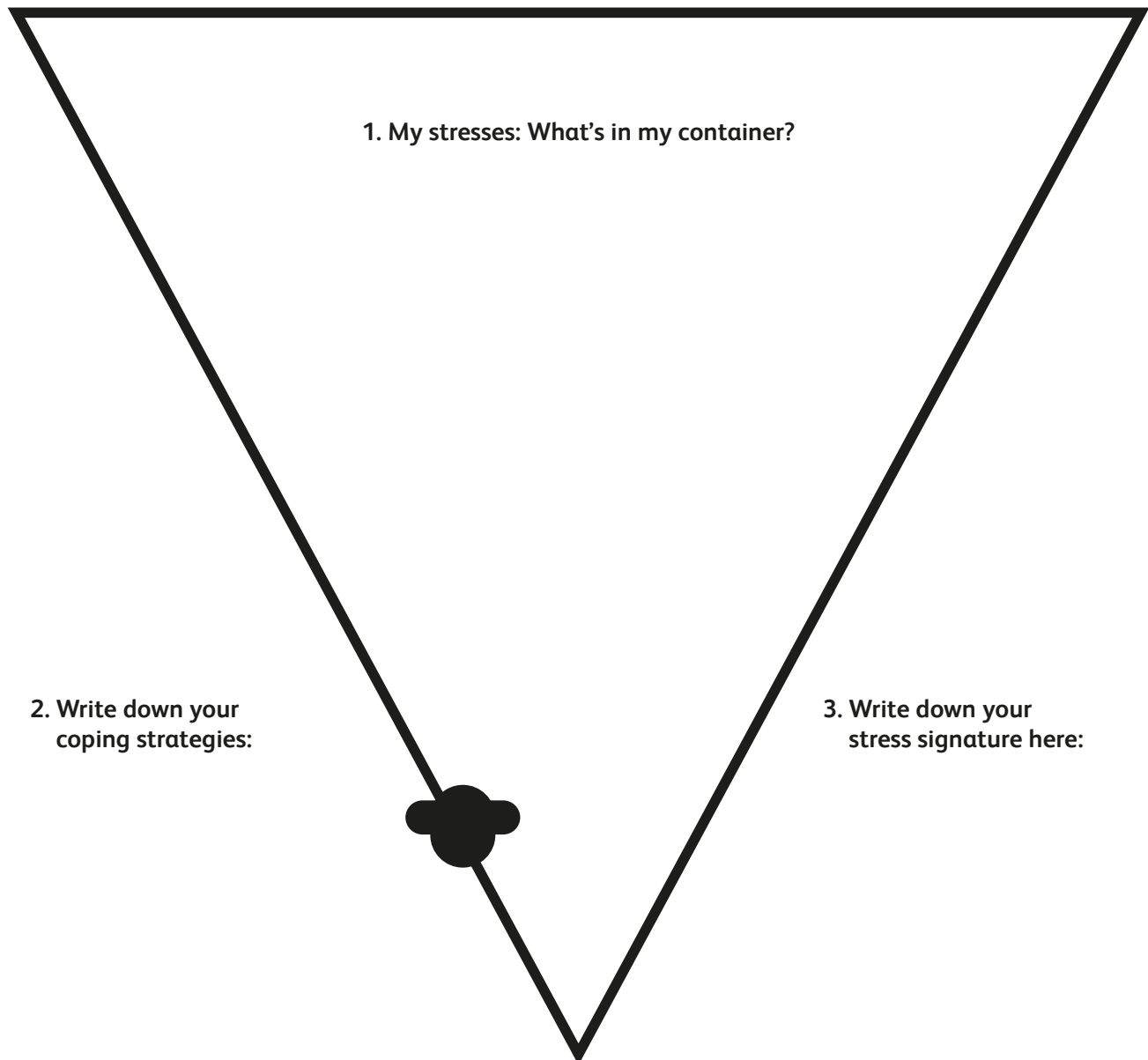
This might involve setting yourself realistic expectations and prioritising essential commitments. If you feel overwhelmed, ask for help and say no to things you can't take on.

Be kind to yourself

Try to keep things in perspective and don't be too hard on yourself. Look for things in your life that are positive and write down things that make you feel grateful.

Stress Container: What's in yours?

Empty everything that is in your head concerning work and home into your Stress Container, and then answer the questions in order.



Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder (PTSD) is a condition that can develop after exposure to an extremely stressful and traumatising event, or to an exceptionally threatening situation. Examples include rape, violent attack, severe accidents, sudden destruction of a home or community, or harm coming to close relatives or friends.

PTSD can also occur as a result of repeated exposure to trauma over a long period of time – this may be as a result of people's jobs (for example paramedics or police officers) or their social situation (experiencing bullying or domestic abuse).

Symptoms:

People experiencing PTSD may have symptoms such as:



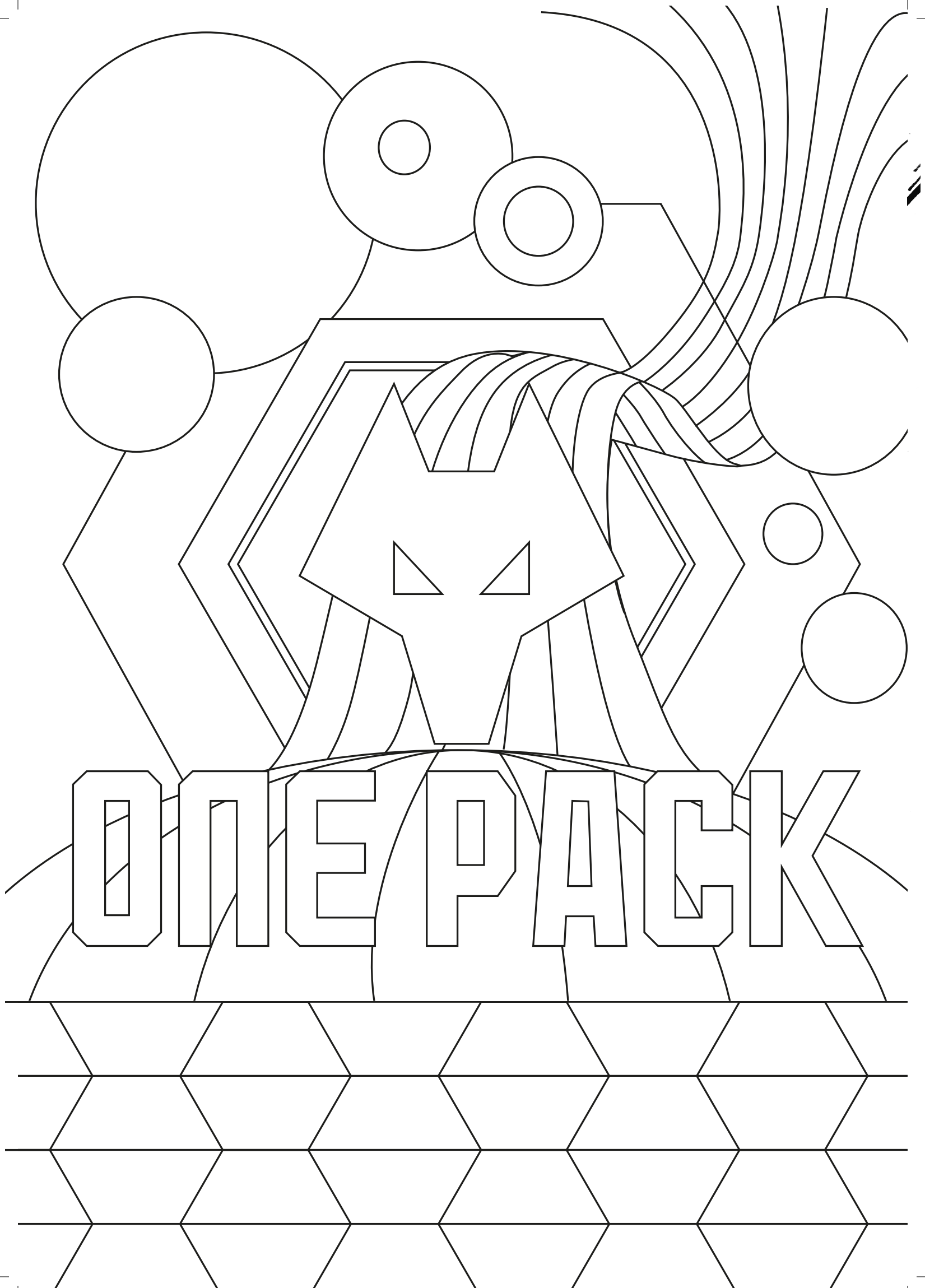
Symptoms such as nightmares, or difficulty sleeping, can be a common reaction to experiencing a traumatic event. If these difficulties are severe and enduring, and impact negatively on someone's ability to live life to the fullest, then this may be indicative of PTSD.

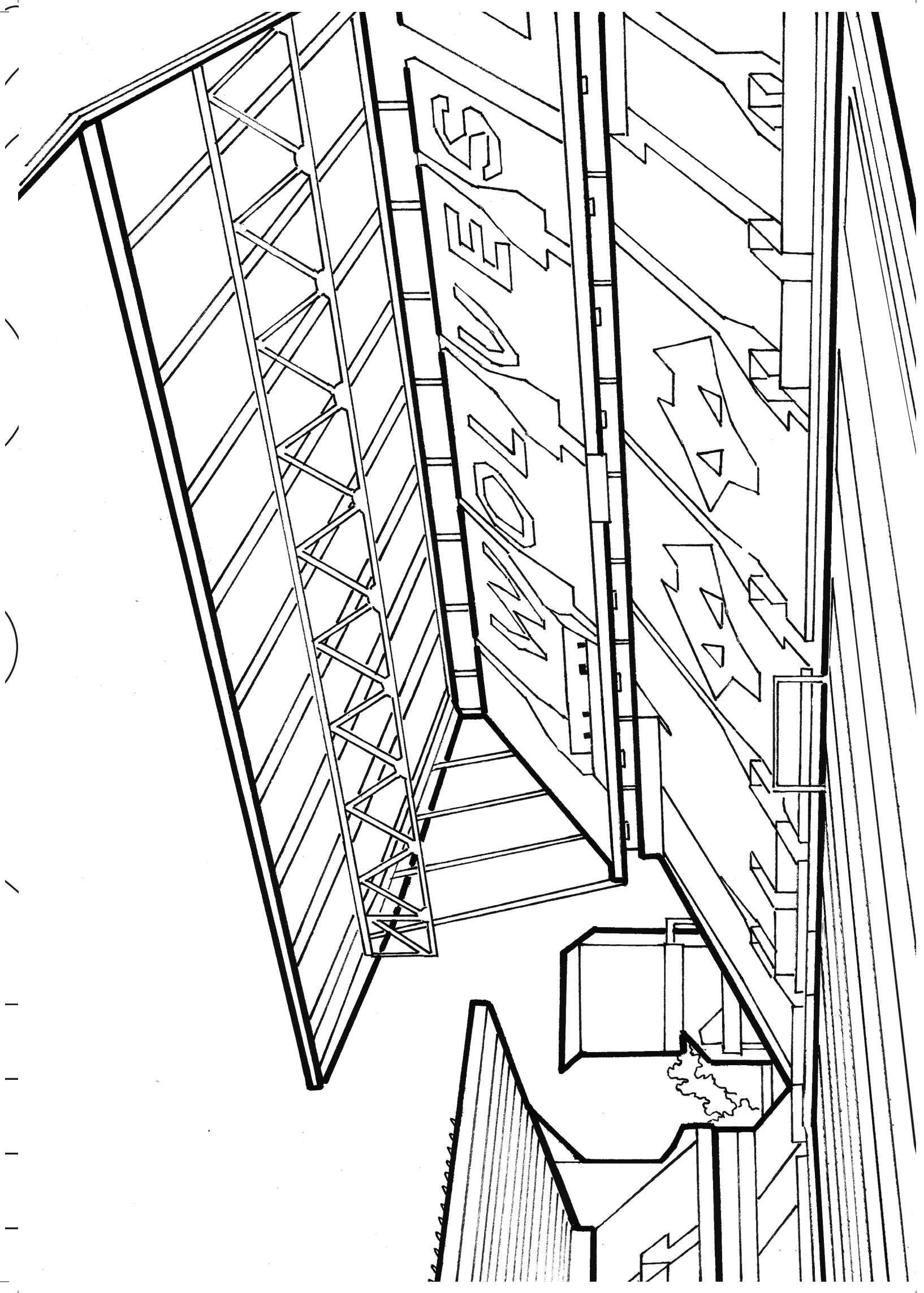
Tips:

The symptoms of PTSD can feel overwhelming. While it's important to get professional help, there are things you can try for yourself too.

Flashbacks can be very distressing. Grounding techniques can help bring you back to the present and feel more aware of your own body. For example, focus on breathing slowly and deeply, carry a small object to touch to comfort you, or describe what you're doing right now in great detail (out loud if you can). Tell yourself you're having a flashback and that you're safe now. 'Get Self Help' detailed in the signposting section, has more ways to cope with flashbacks.

- Learn ways to relax such as meditating or listening to music.
- Talk to someone you trust. You don't have to talk about the trauma if you don't want to, but you could share how you're feeling right now. PTSD can make it hard to trust and open up to people, so take your time.
- Understand what triggers your flashbacks or other symptoms. This could be places, people, sounds, phrases or smells, for example. Being prepared can help you use self-care tips to look after yourself. This is often worked on under clinical supervision, to ensure safety and also not developing avoidance behaviours.
- Look after your physical health. For example, try to eat well, keep physically active and get help with any sleep problems. PTSD can be exhausting so take care of yourself but feeling better physically will help you feel better emotionally.





Eating Disorders:

Having an eating disorder means having a difficult relationship with food. This can include eating too little or too much or becoming fixated with your weight or shape. You may use food as a coping mechanism or a way to feel in control.

The eating disorder charity BEAT estimates that around 1.25 million people in the UK have an eating disorder ^{viii}. Anyone can develop an eating disorder, no matter their age, gender, race or cultural background. For example, around 25% of people with an eating disorder are male ^{ix}. And not everyone with an eating disorder is underweight, most people stay within a normal weight range or are overweight.

Symptoms:

If you or the people around you are worried you have an unhealthy relationship with food, you could have an eating disorder. Some common symptoms of eating disorders include:

- Eating very little food, or eating large amounts of food in a short time in an uncontrolled way
- Having strict habits, rituals, or routines around food
- Spending a lot of time worrying about your body weight and shape
- Changes in mood such as being anxious, depressed or withdrawn
- Making yourself sick or taking laxatives after eating
- Avoiding socialising when food may be involved
- Withdrawing from social groups, hobbies you used to enjoy or from family life
- Physical signs such as feeling cold, tired or dizzy; digestive problems; or your weight being very high or very low for someone of your age and height.

What causes eating disorders?

There is no single cause of eating disorders. Many specialists believe they develop because of a mixture of factors. These include:

- Biological factors – such as a family history of eating disorders or changes in your brain or hormone levels
- Psychological factors – such as a lack of confidence or self-esteem or being a perfectionist
- Social factors – such as bullying, difficulties with school or work, or abuse.

There are several types of eating disorders, including:

- Anorexia nervosa – is when someone tries to keep their weight as low as possible by not eating enough or by over-exercising. People experiencing this type of eating disorder may have a distorted view of their body, thinking they are larger than they are.
- Bulimia nervosa – is when someone has an unhealthy cycle of eating a lot of food and then doing something to try and stop weight gain, such as vomiting or taking laxatives.
- Binge eating – where someone eats a lot of food in a short period of time on a regular basis. As with bulimia, people don't feel in control of their eating.

If your symptoms don't exactly fit the symptoms for any of these three eating disorders, you may be diagnosed with an 'other specified feeding or eating disorder' (OSFED). OSFED is the most common eating disorder.

Tips:

If you're worried you may have an eating disorder, contact your GP. Your GP may not be an expert in treating eating disorders, but they will be able to assess any physical symptoms and then refer you to specialist eating disorder services.

What help is available?

There are lots of different ways that eating disorders are treated. The most appropriate for you will depend on the type of eating disorder you have, how severe it is, and your personal circumstances and preferences.

Helping someone with an eating disorder

If someone you care about has an eating disorder, or is starting to show some of the symptoms, encourage them to see their GP and perhaps offer to go along with them. Letting them know they are valued, that you support them and are willing to listen to them without judgement or criticism can be helpful. BEAT which is referenced in the resources section, has further information on supporting a loved one with an eating disorder.

**I AM
GRATEFUL
FOR...**

JOURNAL PAGE



**Head
4 Health**

Wordsearch

S	Q	R	E	L	A	X	A	M	G	Z	K	E	T	I	B	O	O	K	T	J	R	S	H	C	E	K
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YOGA



MINDFULNESS



RELAX



EMOTION



SELF CARE



LEARN



EXERCISE



SOCIAL SUPPORT



FUN



NATURE



HOBBIES



WELLBEING

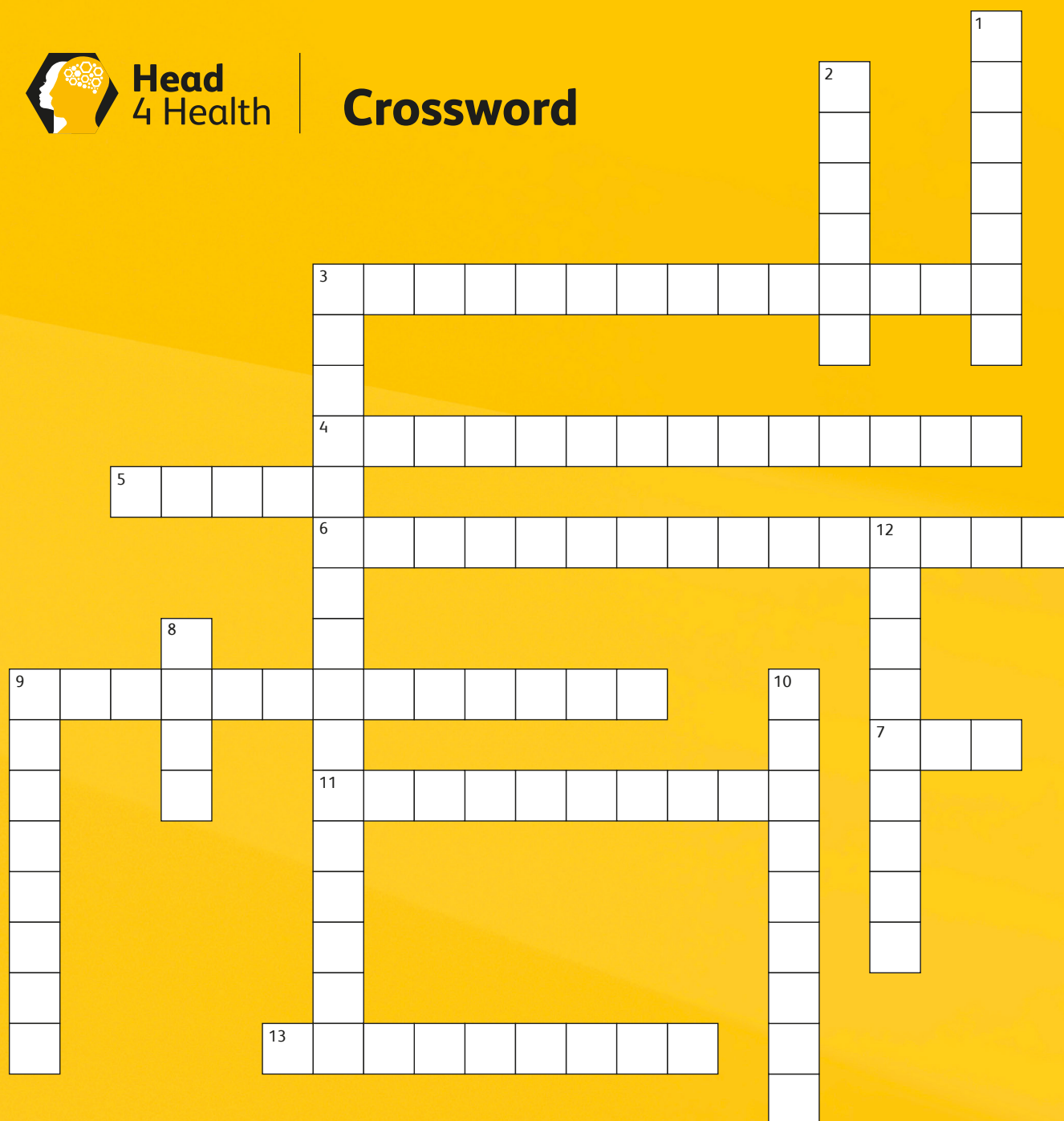


NUTRITION



**Head
4 Health**

Crossword



Across

- 3 Which National Trust site is in Wolverhampton?
- 4 Which famous composer was a Wolves fan?
- 5 Finish the Wolverhampton motto; 'Out of darkness, cometh _____.'
- 6 Which colours do Wolves play in?
- 7 What is a baby wolf called?
- 9 What does MOTH stand for (a famous Wolverhampton landmark)?
- 11 What word is used to describe the capacity to recover quickly from difficulty?
- 13 What is the biggest animal in the world?

Down

- 1 Which planet is closest to the sun?
- 2 Which country's Prime Minister was re-elected in 2001 after publicly taking time off for depression?
- 3 Which UK Prime Minister suffered with mental health problems?
- 8 Which element has the symbol AU on the periodic table?
- 9 What is the name of Wolverhampton Wanderers' stadium?
- 10 Who is Wolves all time top goalscorer?
- 12 Which member of One Direction is from Wolverhampton?



Answers: Across
3 Wrigthwick Manor, 4 Sir Edward Elgar, 5 Light, 6 Old gold and black, 7 Pup, 9 Man on the horse, 11 Resilience, 13 Blue whale
Answers: Down
1 Mercury, 2 Norway, 3 Winston Churchill, 8 Gold, 9 Molineux, 10 Steve Bull, 12 Liam Payne

Sleep

We all need to sleep well to help our bodies recover from the day and to allow healing to take place. But a lot of us struggle to get a good night's sleep. One in three of us suffers from poor sleep, and the consequences can be more serious than feeling grumpy or unfocused. Sleep and mental health are closely related: living with a mental health condition can affect your sleep, and poor sleep can affect your mental health.

We all have nights when it's hard to fall asleep or we find ourselves waking up several times. Most sleep problems sort themselves out within a month, but longer stretches of bad sleep can seriously affect our lives. Self-help techniques can get you back to a more normal sleeping pattern. But sleep problems can be symptoms of other conditions such as depression or thyroid problems, so speak to your GP if they continue.



Symptoms:

Mental health problems can affect your sleep, in different ways:

- Anxiety can cause your thoughts to race, which can make it hard to sleep.
- Depression can lead to oversleeping: either sleeping late or sleeping a lot during the day. It can also cause insomnia if you have troubling thoughts.
- Post-Traumatic Stress Disorder (PTSD) can cause nightmares or night terrors. These may wake you up and/or make you feel anxious about falling asleep.
- Mania can make you feel elated or energetic so you might not feel tired or want to sleep. You may also have racing thoughts that make it hard to sleep.
- Medication can have side effects including insomnia, nightmares or oversleeping. Coming off medication can also cause sleep problems.

Tips:

There are many things you can try to help yourself sleep well:

- Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.
- Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.
- Try to go to sleep and wake up at the same time each day.
- Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.
- Avoid caffeine and alcohol before bed. They can stop you falling asleep and prevent deep sleep.
- Only use your bed for sleep or sex. Unlike most physical activity, sex makes us sleepy.
- Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and make you feel anxious.
- Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.
- If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy.

Thought Sort



EVERYTHING ON MY PLATE

OTHER PEOPLE'S RESPONSIBILITIES

STUFF THAT'S OUT OF MY CONTROL

STUFF THAT DRAINS ME

STUFF THAT DOESN'T NEED TO GET DONE



The Benefits of Physical Activity

Physical activity can improve your mental wellbeing. Being physically active means moving your body and working your muscles: for example, by walking, running, dancing, swimming, doing yoga or gardening. Any amount of physical activity is better than none!

Being active releases chemicals in your brain that make you feel good – boosting your self-esteem and helping you concentrate as well as sleep well and feel better. Not bad for something many of us can do for free!

Finding an activity you enjoy, can give you a goal to aim for and a sense of purpose. It can also be a great way to meet people, and other benefits include:

- less tension, stress and mental fatigue
- a natural energy boost
- a sense of achievement
- more focus and motivation
- feeling less angry or frustrated
- a healthy appetite
- having fun

For some of us it can be hard to be active, perhaps because we have a mental or physical disability or health condition. In our signposting section you will see a link to an NHS webpage about getting active if you have a disability or health condition. Exercising with a disability can be frustrating if you're not able to do the type of activity you want or used to be able to do, but it's important to work with your body.

Think about your current fitness levels, how much time you have to exercise, and what feels realistic to you. Remember that exercise doesn't have to be about losing weight or changing your body shape. If you enjoy it and it makes you feel good, that's important.

You can find further information on the MHF website about things to consider before getting started, especially if you need to consider medication, an eating disorder, a physical or mental health condition.



Foundation



Head 4 Health: Chairobic Exercises

Try these chairobics exercises:

- 30 seconds each
- Aim for 2-3 sets



Seated Marching



Arm Circles (L)



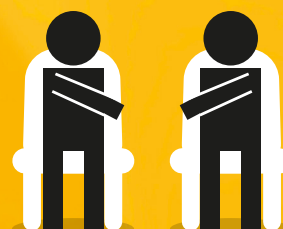
Arm Circles (R)



Air Punches (up)



Air Punches (side)



Arm Punches (across)



Leg Raises

Tips on Talking to Someone about their Mental Health

Opening up the conversation around mental health will show that you care, however, with some mental health issues it may be necessary to get professional help and treatment.

8 tips for talking to someone about their mental health...

1. Listen carefully to what they tell you
2. Don't try to diagnose
3. Don't try to second guess their feelings
4. Set time aside with no distractions
5. Let them share as much or as little as they want to
6. Keep questions open ended
7. Talk about self-care
8. Offer them help in seeking professional support

"If you don't talk, no-one knows. If no-one knows, no-one can help."

Good conversation starters

Asking someone...

"How are you?" Ask twice, maybe "How are you really?"

"How are you sleeping at the moment?"

"How are you feeling? Is everything ok with you?"

"On a scale of 1 to 10, 1 being your very lowest how are you doing?"

Being more thoughtful

Being respectful and thoughtful in our mental health related language could do wonders for the emotions of people around us.

Words can be used inappropriately and may even be offensive and discriminate. If you want to understand more about specific terminology, please take a look at the information about language in the resource section.

- Don't let a concern about using the wrong language become a block to communicating
- Acknowledge that different people have different thoughts and feelings about the words we use
- It is always better to talk than not talk

"Please excuse me if my language is clumsy."

"Let me know what words you're comfortable with."

"Please let me know if anything I say is unhelpful."

"What is not helpful is when we hear people say 'pull yourself together' and 'man up'."

Talking about suicide:

Simple actions can help you be there for someone who is experiencing suicidal thoughts or recovering from an attempt to take their own life.

It's also important to know when to seek professional support, and when to step back to look after yourself.

Evidence shows asking someone if they're suicidal can protect them. By asking someone directly about suicide, you give them permission to tell you how they feel and let them know that they are not a burden. People who have felt suicidal will often say what a huge relief it was to be able to talk about what they were experiencing.

If someone does let you know that they are having suicidal thoughts, always take them seriously. You don't have to be able to solve their problems. But, if you feel you can, offer support and encourage them to talk about how they're feeling.

This section has been reproduced from Samaritans.org with permission from and thanks to Samaritans, and they provide much more information on their website.

In a non-crisis it is important to encourage people to see their GP or contact the phone service 111.

We know that because of the pandemic it may be harder to do this. Supporting someone to continue to persevere alongside utilising the resources and organisations listed below, may be very valuable to them.

Helping someone to think through what they might say to the GP, even writing it down could be helpful in them communicating clearly what they want to explain.

Crisis:

Anyone can experience a mental health crisis, perhaps you have or are. In a crisis, it may feel like the person can't carry on. They may be trying to take their own life. If so, it is important to get help. 'Crisis' can describe many different situations. With mental health, it means a time when they need urgent help. They could be self-harming or seriously thinking of suicide. They may have felt this way before and know where to get help, or it could be the first time they've felt this way.

Crisis care can take many different forms – calling a helpline, going to A&E, making an emergency doctor's appointment. Different things might work for them at different times. The important thing to know is help is always available. They won't be wasting anyone's time if they ask for support.

There is information on the Mental Health Foundation website about planning for a crisis which includes downloading a safety plan and one provided by the project which you can also find in this booklet.



Signposting: National Services



CALM

The Campaign Against Living Miserably
www.thecalmzone.net



MIND

Offers a wide range of services related to mental health
www.mind.org.uk
0300 123 3393 (9am-6pm Monday- Friday)



Rethink Mental Illness

Support and advice for people living with mental illness
0300 5000 927 (10am-2pm Monday- Friday)



Men's Health Forum

24/7 stress support for men through text, chat and email
www.menshealthforum.org.uk



NHS

Dial 111 when you need medical help that is less urgent than 999.



Samaritans

Confidential support for people experiencing feelings of distress or despair.
www.samaritans.org
jo@samaritans.org
116 123 (freephone- 24-hour helpline)



Anxiety UK

Provides support for those diagnosed with an anxiety condition
www.anxietyuk.org.uk
03444 755 744
(9:30am-10pm Monday-Friday,
10am-8pm Saturday-Sunday)



Bipolar UK

Helps young people living with manic depression or bipolar disorder
www.bipolaruk.org



OCD UK

Ran by people with OCD, for people with OCD.
www.ocduk.org
0333 212 7890 (Monday-Friday, 9am-5pm)



Mental Health Foundation

Offers information on mental health, mental health problems, self-help and how to get help.
www.mentalhealth.org.uk



BEAT

Support around eating disorders.
www.beateatingdisorders.org.uk



Papyrus

Supports people under 35 who have thoughts of suicide, and those who are concerned about them.
www.papyrus-uk.org/get-in-touch
pat@papyrus-uk.org
0800 068 41 41



SHOUT

A text line for those in a crisis
Text SHOUT to 85258 for support



Young Minds

Offers mental health information and support to young people and their parents/carers.
www.youngminds.org.uk



Mankind

Support and escape for males from domestic violence.
www.mankind.org.uk
01823 334244 (weekdays 10am-4pm)

Signposting: Local Services

-  **NHS Wolverhampton Healthy Minds**
Psychological therapies service for people experiencing mental health problems
www.wolverhamptonhealthyminds.nhs.uk
bcpft.wolverhamptonhealthyminds@nhs.net
0800 923 0222/ 01902 441856
-  **Wolverhampton Domestic Violence Forum**
wdvf@wolverhampton.gov.uk
01902 555643
-  **P3**
Wolverhampton housing and homeless service
www.p3charity.org
sam.bailey@p3charity.org
01902 427017 / 0800 107 6753
-  **Starfish**
Community based mental health preventative service
www.thesocialhub.org.uk
info@thesocialhub.org.uk
01902 771776/ 07377 417668
-  **The Haven**
Supports women and children who have been subjected to Domestic Abuse.
www.havenrefuge.org.uk
office@havenrefuge.org.uk
08000 194 400 / 01902 904 677
-  **Service User Involvement Team**
Improving the experience of those recovering from substance misuse
www.suiteam.com
ccole@wolverhamptonvsc.org.uk
01902 328983 (9am-5pm Monday to Friday)
-  **Recovery Near You**
Offering information, advice and guidance about drug and alcohol abuse
www.recoverynearyou.org.uk
0300 200 2400 (9am-5pm Monday- Friday)
-  **Serenity Counselling**
Counselling service for those experiencing a difficult time
enquiries@emailserenitycounselling.net
07968 006142

Additional Support

-  **Advice about being active for those with a disability or a health condition**
www.nhs.uk/live-well/exercise/get-active-with-a-disability/
-  **Why the language we use around mental health matters**
<https://www.mentalhealth.org.uk/blog/why-language-we-use-describe-mental-health-matters>
-  **Get Self Help, Coping with Flashbacks**
www.getselfhelp.co.uk
-  **Self-referral Talking Therapies**
There are NHS self-referral talking therapy resources available online in some areas
www.nhs.uk/service-search/find-a-psychological-therapies-service
-  **Sleeping**
Try apps and online programmes designed to help with sleep problems such as Pzizz, Sleepio or Sleepstation.



Useful Apps



Big White Wall

An online community for people who are stressed, anxious or feeling low.



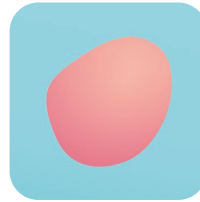
Catch It

Learn how to manage feelings like anxiety and depression, look at problems differently.



Calm

#1 app for sleep, meditation and relaxation. Join millions experiencing Calm.



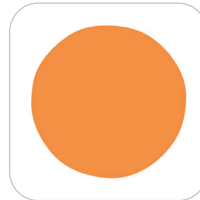
Cove

Create music to capture your mood and express how you feel with the Cove app.



DistrACT

Gives you easy, quick and discreet access to information and advice about self-harm.



Headspace

Live a healthier, happier, more well-rested life in just a few minutes a day with Headspace.



Silvercloud

An online eight-week course to help you manage stress, anxiety and depression.



Thrive

Helps you prevent and manage stress, anxiety and related conditions. Game based app.



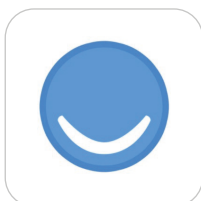
WorryTree

The WorryTree app aims to help you take control of worry wherever you are.



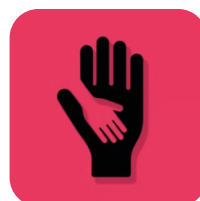
Declutter The Mind

Offers guided meditation for mindfulness, sleep, anxiety, stress, work, and a lot more.



Moodfit

Provides the most comprehensive set of tools for good mental health, and helps you understand what brings your mood up and down.



What's Up?

A fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, and Stress

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IT'S OKAY TO TALK.

