

5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



1

CATCH-UP WITH OTHERS OVER A CUPPA

It can be easy to get into a rut and not make time for your relationships. Try to check in with friends and family by picking up the phone or schedule regular catch ups over video calls.



2

LIMIT HOW MUCH NEWS YOU CONSUME

There's a lot of gloomy news at the moment and listening or reading too much of it can increase anxiety. Setting yourself a daily limit can help protect your mental health.



3

STAY ACTIVE, MENTALLY AND PHYSICALLY

Keep yourself active with a daily walk, a workout, reading a book, or doing a jigsaw. (or all of them!).



4

DON'T BE AFRAID TO ASK FOR HELP

During challenging times, it's perfectly natural to struggle mentally. Try not to bottle up your feelings and speak to a friend or seek professional help.



5

CURB YOUR ALCOHOL INTAKE

Contrary to popular belief, drinking too much alcohol can exacerbate negative feelings, anxiety and worry. If you're struggling with your mental health try to ensure you're not drinking too much.

Mental Health Tips Update Returns

Brendan G. Carr

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Mental Health Tips Update Returns:

Returning Wars' Wounded, Injured, and Ill Nathan D. Ainspan Ph.D., Walter E. Penk, 2008-09-30 Thousands of American service members are returning from their tours of duty with physical and or psychological disabilities Many if not most of these service members will need at least some assistance to adapt to their disabilities and learn how to reintegrate back into civilian life Also impacted will be the spouse friends employers family members counselors and community members of each veteran with a disability The veterans may not be aware of the ways in which their disabilities are impacting them nor knowledgeable about the resources available to help them cope In addition many such individuals feel isolated and reluctant to acknowledge their difficulties or ask for assistance The volume compiles and summarizes the information disabled veterans and those with whom they interact will be interested in knowing and using It describes how disabilities can impact an individual physically psychologically and spiritually It also provides a context of these disabilities to reassure the readers that they are not alone in the thoughts feelings and pain and that others have experienced the same problems and found solutions The work provides guidance on different forms of treatment that may help the veteran and includes a list of contact information for local VA centers peer to peer counseling services and other programs services and individuals available frequently for free for veterans and their families Brief biographies of disabled veterans and case studies of the ways they reintegrated back into civilian society provide support and perspective In addition to aiding veterans the book will serve as a useful reference source for librarians and other information providers *DOD/VA collaboration and cooperation to meet the*

needs of returning servicemembers : hearing , **DOD/VA Collaboration and Cooperation to Meet the Needs of Returning Servicemembers** United States. Congress. Senate. Committee on Veterans' Affairs, 2007 Oxford Textbook of Migrant Psychiatry Dinesh Bhugra, 2021 The Oxford Textbook of Migrant Psychiatry brings together the theoretical and practical aspects of the mental health needs of migrants refugees and asylum seekers into one comprehensive resource for researchers and professionals **The Journal of Mental Science** , 1887 Vol 77 includes Yearbook of the Association 1931

Return from Madness Kathleen Degen, Ellen Nasper, 1996-07 Shedding the lifelong identity of a mental patient they no longer need case management but require help adjusting to major changes in their thinking and functioning Kathleen Degen and Ellen Nasper describe group therapy that helps patients identify and cope with unexpected intense feelings such as sadness or painful memories of childhood trauma increase their interpersonal skills and advance their sense of self beyond that of their label as mental patients **American Recreation Journal** , 1961 **Dementia Praecox Studies** , 1918

The Lancet , 1904 **New York Court of Appeals. Records and Briefs.** New York (State)., **UNIFEM News** , 1993 Journal of the American Medical Association American Medical Association, 1891 Includes proceedings of the Association papers read at the annual sessions and list of current medical literature *State Register* , 2002 **Journal and News Bulletin of the American Vocational Association** , 1929 *The Journal of the American Scientific Affiliation* American

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 Proceedings of the American Medico-Psychological Association ... Annual Meeting American Psychiatric
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