



# Mental Health Awareness

July 2020

## Anyone can feel down and if you do, what can you do?

### Do any of these feel familiar to you?

- Feeling worried but don't know why?
- Feeling grumpy/tearful?
- Something bothering you that you can't fix?
- Mind working overtime?
- Lost your 'mojo' and don't want to do anything – everything is a chore?
- Palpitations; shallow breathing; fidgeting/restlessness?
- Difficulty sleeping or being constantly tired?

### Maybe one or two of these tips could help?

1. Talk to somebody.
2. Get a good night's sleep.
3. Have a good balanced diet.
4. Reduce any alcohol intake.
5. Watch your favourite comedy show.
6. Go for a walk.
7. Play bowls!
8. Book a bowls session so you have something to look forward to.
9. Don't watch the news all day.
10. Do something to occupy your mind.

**Try a couple of these, or all of them.**

**If they don't help, maybe think about talking to your doctor.**

**It's not a sign of weakness**



## “It's OK to not be OK”

### For more information go to:

[www.mind.org](http://www.mind.org)

[www.mhfaengland.org](http://www.mhfaengland.org)

[www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing](http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing)

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