

# Mental Health and Wellbeing Newsletter May 2023



15 to 21 May 2023

**Mental Health  
Awareness Week**

Mental Health  
Foundation #ToHelpMyAnxiety

**Mental Health Awareness Week**

Anxiety is one of the most common mental health problems we can face. Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Anxiety is something we can all experience from time-to-time. There are lots of reasons why we get this feeling. It can be connected to a job, school, a relationship, social situations, how we feel about ourselves, or a change in our life. If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do. The more often and the longer we feel anxious, the more it can become a problem.

## TIPS FOR MANAGING ANXIETY

Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings. Have a read through the following suggestions and find out what might work for you.

### 1. Focus on your breathing

When you're having anxious thoughts try focusing on your breathing, concentrating on the feeling of your body as you breathe in and out. It can help you control the thought.

#### 4-7-8 breathing technique

Close your mouth and quietly breath in through your nose, counting to four in your head. Hold your breath and count to seven. Breathe out through your mouth, making a whoosh sound while counting to eight. Repeat three more times for a total of four breath cycles.

Some people find relaxation exercises work too, while others find mindfulness useful.

### 2. Get moving

Exercise is a good way of dealing with anxiety.

Remember, activity doesn't have to be vigorous; try some gentle stretches, yoga, or seated exercises. Or just go for a walk. Going for a run, swimming, or taking part in a fitness class can give you something else to think about. It needs a bit of concentration, so takes your mind of the anxious thoughts. Any amount of exercise will help.

### 3. Keep a diary

It's important that we don't try to ignore our worries. Taking the time to keep a record of what's happening in your life and how it's affecting you can help you understand what is triggering your feelings of anxiety. Knowing this can help you better prepare for and manage situations that may cause anxiety.

Sometimes it helps to give yourself a certain time of day to be your 'worry time'. It could be half an hour first thing in the morning for to sit with your worries and write them down in your diary. When that's out of the way, you can move on with the rest of your day. This can help you take control and stop anxiety getting in the way of what you want to do.

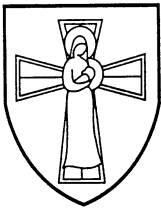
### 4. Challenge your thoughts

Anxiety can lead us to think about things over and over again in our brain. This is called 'rumination' and it's not helpful. When you catch yourself ruminating try to write down the thought and to challenge it. Is what you're worrying about likely to happen? Are you being realistic? Have you had similar thoughts which have not turned into reality? This can make it easier to challenge the thoughts and stop them from overwhelming you.

### 5. Get support for money worries

A common cause of anxiety is money. If you're worried about not being able to pay bills, are struggling to repay debt, or aren't sure if you can cover your family's living costs, seek help. Make sure you are claiming all the government supports that you're entitled to. You can also speak to an organisation such as Citizens Advice or StepChange.





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## 6. Spend time in nature

We know that spending time in nature has a positive impact on our mental health. It can help us feel calmer and less stressed. This can be as simple as tending some flowers in a window box or going for a walk in the woods. Any amount of time doing this is good for us, but to really get the benefit, try to spend a significant period of time – maybe an hour or longer – when you can really connect with nature and immerse yourself. Find out more about the benefits of nature.

## 7. Connect with people and talk about how you feel

Anxiety can feel very lonely. Connecting with other people can help a lot. Spend time with friends or meet other people through activities such as volunteering, sport or social clubs, or peer support groups. If you're able to talk to people about how you feel, it can help to reduce your anxiety. Sometimes saying what's worrying you out loud can take away its power over you.

## 8. Try to get some quality sleep or rest

Resting and having a good night's sleep is hard when your head is full of worries but there are some things that can help.

If anxious thoughts keep you awake, write them down in your diary. If sleep is still not coming, get up and have a drink (nothing with caffeine!) and wait until you're feeling more tired before going back to bed.

Keeping a note in your diary of your sleep patterns, what time you went to bed, what you ate, how often you woke up etc can help you work out a routine that will help you get better quality sleep.

## 9. Try to eat a healthy diet

For many of us, feeling anxious might cause us to reach for sugary snacks, junk food or alcohol.

It's important that we don't turn to unhealthy foods or drinks as a way to cope as they will do more damage in the longer term. Similarly, we should avoid smoking or taking recreational drugs.

Eating healthy food regularly helps us to regulate our blood sugar and gives us the energy we need to live well. Remember caffeine in coffee, tea and fizzy drinks can affect your mood and cause sleep problems so it's best to have these in moderation and not too close to bedtime.

## Further information and support

If your feelings of anxiety are not going away, are having a negative impact on your life, or often prevent you from doing things you need or want to do, seek support. **Speak to your GP or healthcare professional** about the support available in your area or **contact a helpline service**.

## Anxiety UK

Anxiety UK was established in 1970 and is run by and for those with anxiety, offering an extensive range of support services designed to help support those affected by anxiety disorders, anxiety and anxiety-based depression.

## Services available include:

Helpline services - 03444 775 774, open from 9:30am to 17:30pm Mon to Friday, along with a text service 07537 416905 and 'Ask Anxia' chatbot service, available 24/7 for all anxiety queries at [anxietyuk.org.uk](https://www.anxietyuk.org.uk).

See [Helpline services](#) for more information.

Anxiety UK also offer fast access to a range of psychological therapy services, including counselling, Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy (CFT), clinical hypnotherapy & Eye Movement Desensitisation and Reprocessing (EMDR) therapy, with appointments available in person, online and by telephone. See [Therapy services](#) for more information.

## St Mary's Wellbeing Team



The wellbeing champions and Mrs Cox met to talk about wellbeing at St Mary's. We had a great meeting with lots of brilliant input.

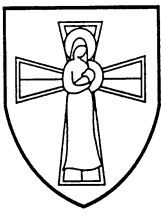
We welcomed some new members to the team and we talked about our vision and values. We have 5 values that the wellbeing champions will be promoting and modelling.



Wellbeing Champions



- 1) To spread happiness and peace throughout the school.
- 2) To promote and support the wellbeing and mental health of their class
- 3) To welcome new children and staff to the school.
- 4) To be kind, caring and helpful towards others.
- 5) To always treat others as you would like to be treated yourself.



# Support for Mental Health And Wellbeing links



## CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

## Cornwall Mind

Cornwall Mind is based in Bodmin and provides support and advice for those experiencing mental health difficulties.

Cornwall Mind  
2A Hamley Court  
Dennison Road  
Bodmin  
PL31 2 LL



01208 892 855

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

Download this image onto your phone for **when you might need help**

**Samaritans:** Emotional support to anyone in distress, struggling to cope, or at risk of suicide.

**116 123**

**Shout:** Text service, free on all major networks, for anyone in crisis anytime, anywhere.

- If you're over 18, text the word **SHOUT**
- Under 18s, text **YM**

**Text: 85258**

**Cornwall's 24/7 NHS mental health support**

Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help.

**0800 038 5300**

If you, or someone else, is in immediate danger call **999**

[www.cornwall.gov.uk/mentalhealth](http://www.cornwall.gov.uk/mentalhealth)

## Cornwall Partnership NHS Foundation Trust

Cornwall Partnership NHS Foundation Trust provides a range of mental health and physical health services across Cornwall and the Isles of Scilly.  
email:<http://www.cornwallft.nhs.uk/>

**Free to call**

**24/7**

**It's okay not to be okay**

If you need help with your own or someone else's mental health, call us for help and support.

**Call 0800 038 5300**

[cornwallft.nhs.uk/mental-health-crisis-cornwall](http://cornwallft.nhs.uk/mental-health-crisis-cornwall)

### Daytime Mental Health Services

Integrated Cornwall Community Mental Health Teams (ICMHTs) are available Monday to Friday from 8.45am – 5.15pm for advice and signposting. A referral to these teams can be made by: Tel: 0845 207 7711 (calls cost 2p plus your phone company's access charge) or e-mail [cft.westreferralteam@nhs.net](mailto:cft.westreferralteam@nhs.net) Out-of-Hours Mental Health Act Assessments

The **Home Treatment Team** are the team who will consider if out of hours mental health assessments are indicated. The Home Treatment Team also provides care and support to people on their caseload. Call: 0845 230 39001 or 0845 230 3902. Calls to these numbers cost 7p per minute plus your phone company's access charge.

### Out-of-Hours GP Service

Use the normal telephone number for the person's GP practice. This will either re-direct you automatically to the out-of-hours GP service or give you another number to call. The out-of-hours GP service operates from 6.30pm to 8.00am, Monday to Friday and 24 hours a day at weekends and Bank Holidays.

### Outlook:) SOUTH WEST

Psychological therapy services for people aged 16 and above in Cornwall and the Isles of Scilly. If you are registered with a GP practice in Cornwall, you can access the NHS-funded therapies for mild-to-moderate anxiety and depression. outlook:) SOUTH WEST can help with difficulties such as: stress, low mood, worry, anger, panic attacks, obsessive compulsive disorder (OCD), phobias, post-traumatic stress disorder (PTSD).

Telephone: 01208 871414

E-mail: [enq@outlooksw.co.uk](mailto:enq@outlooksw.co.uk)

<http://www.outlooksw.co.uk/>

### Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

<http://www.youngminds.org.uk/>

### ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

Helpline: 0800 1111

<https://www.childline.org.uk/>

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111