Looking after your Emotional Wellbeing

One-in-four adults and one-in-ten children experience mental illness during their lifetime, and many more of us know and care for people who do.

Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds, including improved physical health and life expectancy (NHS)

How to Deal with Stress

Visit the NHS website to find out about:

1. Symptoms of stress
2. How to tackle stress
3. What causes stress?
4. When to get help for stress
5. Video: Stress

Breathing Exercises for Stress

The NHS website also has handy tips and advice on breathing exercises you can do to help alleviate stress.

Coping with Money Worries

Advice on how to cope with financial pressure

How to Feel Happier

Audio Guide to build confidence and develop assertiveness

Depression and Low Mood

An online video, where an expert describes the various levels of depression, the early warning signs and the treatments available.
Websites with information and support if you’re living with or supporting someone with mental health problems

https://www.mind.org.uk/information-support/
https://www.solentmind.org.uk/

The links above are for general information (and action!)

Please contact your GP if you’re worried about your health or wanting to start a new health regime.

To invest in the health and wellbeing of your staff, please contact Lynn.Murphy@southampton.gov.uk

www.southampton.gov.uk/wellbeingatwork