Looking after your mental health—Every Mind Matters

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

The Every Mind Matters website (https://www.nhs.uk/oneyou/every-mind-matters/) has a wealth of information about:

- Looking after your mental health
- Anxiety
- Stress
- Urgent support

- Coronavirus and your wellbeing
- Low Mood
- Sleep
- Helping others

Local services:

VitaMinds is your local NHS talking therapies service and is a free service that you can self refer to. For more Information please see: https://www.vitahealthgroup.co.uk/

Bristol Wellbeing College - online 'Maintaining Wellness' sessions and advice https://www.second-step.co.uk/bristol-wellbeing-college/

Mental health advice from GOV.UK : https://www.nhs.uk/oneyou/every-mind-matters/

A listening chaplaincy phone line is available to those of all faiths and none living in Bristol, Somerset and South Gloucestershire. Lines are open 8am-11pm, 7 days a week and is confidential and anonymous. The number is **0330 229 1700.**

Local services

The Fitness Hub
T: 01275 217003
W: https://www.hubgyms.com/portishead-facilities/

EPiC Gym Portishead
T: : 07802 666239
W: https://epicmartialarts.co.uk/

Crossfit Portishead
T: 01275 217003
W: https://crossfitportishead.com/

Portishead Bowling Club
T: 01275 848451
W: http://www.portisheadbowlingclub.org.uk/

Pure Results Fitness
T: 01275 390499
W: http://www.pureresultsfitness.co.uk/

The Ramblers
W: https://www.ramblers.org.uk/

Walking for Health— Portishead Strollers
Portishead Health Walks
W: https://www.walkingforhealth.org.uk/content

Gordano Valley Footpath Group
W: https://www.gordano-footpath-group.org.uk/

Parish Wharf Leisure Centre
T: 01275 848494
https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

CQC Rating: GOOD

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Kickstart your health

Now, more than ever, it is so important to eat healthy, exercise and look after your mental health to reduce your risk of serious illness, including COVID-19.

Better Health is a new national campaign by the NHS to help and encourage millions of adults to kick start their health.

We thought it would be helpful to create a special newsletter focusing on the need to kickstart our health and we will be listing all the services, websites and apps that can help us do this.

This will be followed by a winter newsletter special focusing on self care and services and apps that can help you manage your symptoms at home where possible during the winter and beyond.

Why is now a good time to make healthier choices?

- Adults across the country are being encouraged to eat better, drink less alcohol and get active

- Data shows that those who are obese are significantly more likely to become seriously ill and be admitted to intensive care with COVID-19 compared to those with a healthy BMI

- Extra weight puts pressure on our bodies and reduces our strength to fight off serious diseases
Source: www.gov.uk

- Physical activity and mental health—there are many studies that have shown that doing physical activity can improve mental health, for example it can help with: Better sleep, Happier moods and Managing stress and anxiety
Source: www.mind.org.uk

Useful links and apps

Websites
How are you? Quiz - https://www.nhs.uk/oneyou/how-are-you-quiz/

BMI calculator - https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/

Change4Life -Easy ways to eat well and move more

5 a day what counts - https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/

Calorie checker - https://www.nhs.uk/live-well/healthy-weight/calorie-checker/

Better health - https://www.nhs.uk/better-health/

Apps
Free NHS weight loss plan
Easy Meals app (Meal ideas, recipes, cooking tips)
Active 10 (track and build up your daily walks—start with 10 minutes every day)
Food scanner (find out what's really in your food and drink)
Couch to 5k—running app for absolute beginners
Smart recipes—put together by the Change4Life programme with over 150 quick, easy and tasty recipes

Exercise and physical activity

Being physically active is one of the most important factors in ensuring good health and remaining positive. Physical activity can range from sport, gentle exercise and stretching to housework and gardening.

Physical activity has many benefits:
- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

It can also reduce your chances of:
- Type II Diabetes by up to 40%
- Cardiovascular disease by up to 35%
- Falls, depression, etc by up to 30%
- Joint and back pain by up to 25%
- Cancers (colon and breast) by up to 20%

For more information on physical activity guidelines for different groups of people please see the 'Looking after yourself' section of our website.

The likelihood is that in the last few weeks and months you will have seen a drop in activity levels due to social distancing and home working. Therefore, doing some activity each day is really good for your mental and physical wellbeing for many different reasons. There are lots of ways to incorporate exercise into your day:

Top tips to help you keep active:

- Set yourself a daily target to move around – e.g. 30 minutes
- Build in regular breaks to your day
- Have walk and talk meetings
- If you are going out could you cycle or walk part of the journey?
- Move your body position every 60 minutes – you can set up little reminders in your Outlook to prompt you to get up and move
- Join a gym/class/walking group for support – lots of these are running virtually at the moment
- Find an exercise buddy – go for a walk and talk with a friend on the phone (or in person when we're allowed to) to get the blood pumping
- Involve family in the activities

Ways to get active:
Couch to Fitness—a free 9 week programme of online exercise classes for beginners (brought to you by Our Parks)
NHS Fitness Studio—free online fitness videos—take your pick from aerobic exercise, strength and resistance, Pilates and yoga
Join the movement—a handy timetable of online classes to suit all ability levels. The selection includes both free and paid for classes

Healthy eating

Eating a healthy, balanced diet is an important part of maintaining a healthy weight, good health and can help you feel better.

Healthy eating means eating a wide variety of foods in the right proportions.

People with special dietary needs or a medical condition should ask their GP or a registered dietician for advice before starting any diet.

The NHS Eat Well Guide suggests the following for a healthy diet:
- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least 6 to 8 glasses a day)

Smoking and drinking

Quitting smoking
It is well known that smoking is bad for your health but how could stopping smoking improve your health?
1) Lets you breathe more easily 2) Gives you more energy 3) You feel less stressed 4) Improves fertility
5) Improves taste and smell 6) Younger looking skin 7) Whiter teeth and sweeter breath 8) Live longer
9) A smoke free home protects your loved ones
It's a common belief that smoking helps you relax, but smoking actually increases anxiety and tension and smokers are more likely than non-smokers to develop depression over time
For help to stop smoking:
Visit www.nhs.uk/smokefree for advice and support on how to stop smoking, alternatively you can call the Smokefree national helpline on: 0300 123 1044

Alcohol consumption

Regularly drinking more than 14 units of alcohol a week risks damaging your health.
The recommended weekly limit of 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of low-strength wine.

The type of illnesses you can develop after 10 to 20 years of regularly drinking more than 14 units a week include: cancers of the mouth, throat and breast, stroke, heart disease, liver disease, brain damage and damage to the nervous system.
There's also evidence that regular drinking at high-risk levels can make your mental health worse.

Reduce the amount you drink. You may need help if:
1) you often feel the need to have a drink, 2) you get into trouble because of your drinking 3) other people warn you about how much you're drinking 4) you think your drinking is causing you problems.

If you need help with the amount you drink a good place to start is with your GP, you can also find help at https://www.nhs.uk/live-well/alcohol-support/.