

# 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.



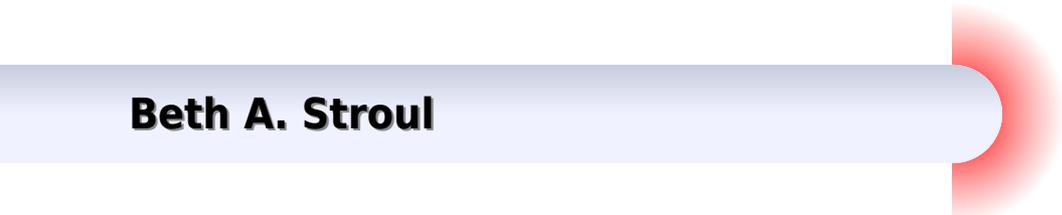
5

## 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 Early Access Deals Latest

**Beth A. Stroul**



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S.C.A.A. News ,1923     *Mental Health in Illinois* ,1963     **Single Homelessness** Suzanne Fitzpatrick,Peter Kemp,Susanne Klinker,2000 This is a timely book on economic policy making and commitment to making that policy work It

is important reading for students and academics concerned with public economic and social policy and government economists

**Comprehensive Group Psychotherapy** Harold I. Kaplan, Benjamin J. Sadock, 1983 A textbook providing a comprehensive survey of the therapeutic techniques that dominate contemporary group practice and the theories and hypotheses on which they are based The volume is divided into six major sections basic principles specialized group psychotherapy techniques special practices in group psychotherapy group psychotherapy with special populations group psychotherapy in special settings and training research and special areas The first edition was published in 1971 the second in 1983 Annotation copyright by Book News Inc Portland OR

**Britain** ,2001

**Children's Mental Health** Beth A. Stroul, 1996 This volume presents along overdue road map for providing affordable and comprehensive mental health services to children and youth of all races cultures and socioeconomic backgrounds Incorporating the diverse perspectives of parents policy makers practitioners administrators and researchers this groundbreaking work discusses conceptual framework a new paradigm for comprehensive individualized family focused and culturally competent mental health services for young children and adolescents system development at federal state and local levels the planning financing and structure of various government and community based initiatives including the Ventura County CA the Robert Wood Johnson Foundation Mental Health Services Program for Youth and the Annie E Casey Foundation systems of care management issues case management human resource development financing service coordination mechanisms and outcome assessment techniques family involvement a historical framework and practical guidelines for promoting family involvement and collaboration at the system and service delivery levels and service delivery new service delivery approaches for children and youth with serious challenges and multiple needs Children s Mental Health provides articulate guidance and critical support for planning administering and implementing improved systems of mental health care for children Policy makers professionals and parents will welcome the long awaited insight and information that this volume delivers

**New Zealand Medical Journal** ,1982

**Encyclopedia of Adolescence** Roger J.R. Levesque, 2011-09-05 The Encyclopedia of Adolescence breaks new ground as an important central resource for the study of adolescence Comprehensive in breath and textbook in depth the Encyclopedia of Adolescence with entries presented in easy to access A to Z format serves as a reference repository of knowledge in the field as well as a frequently updated conduit of new knowledge long before such information trickles down from research to standard textbooks By making full use of Springer s print and online flexibility the Encyclopedia is at the forefront of efforts to advance the field by pushing and creating new boundaries and areas of study that further our understanding of adolescents and their place in society Substantively the Encyclopedia draws from four major areas of research relating to adolescence The first broad area includes research relating to Self Identity and Development in Adolescence This area covers research relating to identity from early adolescence through emerging adulthood basic aspects of development e g biological cognitive social and foundational developmental theories In addition

this area focuses on various types of identity gender sexual civic moral political racial spiritual religious and so forth The second broad area centers on Adolescents Social and Personal Relationships This area of research examines the nature and influence of a variety of important relationships including family peer friends sexual and romantic as well as significant nonparental adults The third area examines Adolescents in Social Institutions This area of research centers on the influence and nature of important institutions that serve as the socializing contexts for adolescents These major institutions include schools religious groups justice systems medical fields cultural contexts media legal systems economic structures and youth organizations Adolescent Mental Health constitutes the last major area of research This broad area of research focuses on the wide variety of human thoughts actions and behaviors relating to mental health from psychopathology to thriving Major topic examples include deviance violence crime pathology DSM normalcy risk victimization disabilities flow and positive youth development

**California. Court of Appeal (2nd Appellate District). Records and Briefs** California (State)., **THE ENCYCLOPEDIA AMERICANA** ,1919 **France** ,1919 **Quality of Care** ,1991 **The Americana** ,1923 **Bright Futures in Practice: Practice guide** Michael S. Jellinek,Bina P. Patel,Mary C. Froehle,2002 Library + Information Update ,2008

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