

running out of time

busyness

overwhelm

stress

paranoid

exhausted

anxiety

depression

PAUSE

Your mental health matters

**"IN THE EVENT OXYGEN IS REQUIRED,
FIRST PLACE AND SECURE THE MASK
OVER YOUR HEAD AND MOUTH, THEN
HELP OTHERS."**

awareness

**An estimated 9.5 million working days
were lost due to WRMSDs
(Work-related Musculoskeletal
Disorders)
Lifting/ carrying
Driving
Keyboard/ admin (Upper limb)**

**1 in 4 individuals will experience
depression**

**In the UK Mental Health problems account for
28% largest burden of disease, compared to
16%
each for cancer and heart disease.**

prevention

**In the UK, 70 million days are lost from
work each year due to mental ill health
(i.e. anxiety, depression and stress related
conditions), making it the leading cause of
sickness absence.**

self care

**Listen to your body
Take action
Learn what your body and mind need
Find your own balance for your mental, physical and
emotional wellbeing
Repeat**

**A combination of manual and talking therapies and physical
exercise are advised to help reduce back pain and reduce
anxiety to support long term care.**

Self Care 4 You - Every BODY Matters

Safe sense of touch

Touch therapy supports the main systems in the body including the circulatory system and nervous system. The manual touch stimulates the removal of waste toxins to make sure you're body is working at it's best. The sense of relaxation during the session activates your parasympathetic system, allowing your mind and body to relax and get back in sync together.

Massage is a manual therapy that helps relax overworked, tight and tense muscles, caused from over use, over exercise and through emotional stress.

Reiki connects with a universal healing energy. The energy produced from a reiki therapist's hands during a treatment has been noted to be significant enough to physically stimulate the repair of our cells. The treatment, as with massage, allows the mind, body and emotional self to slow down and work together, supporting the natural healing and repair of our mind and body.

Talking To Someone

Talking helps us ease anxiety, reduce stress and helps us recover and manage through changing times in our life, like a new job, moving home, bereavement or becoming a parent. By talking you are able to gain perspective on a problem in your life and work through it with experienced and professional support.

Benefits:

- Physically relaxed
- Improved mental & physical energy
- Improved sleep
- Improved self confidence
- Sense of calm
- Reduces stress and anxiety

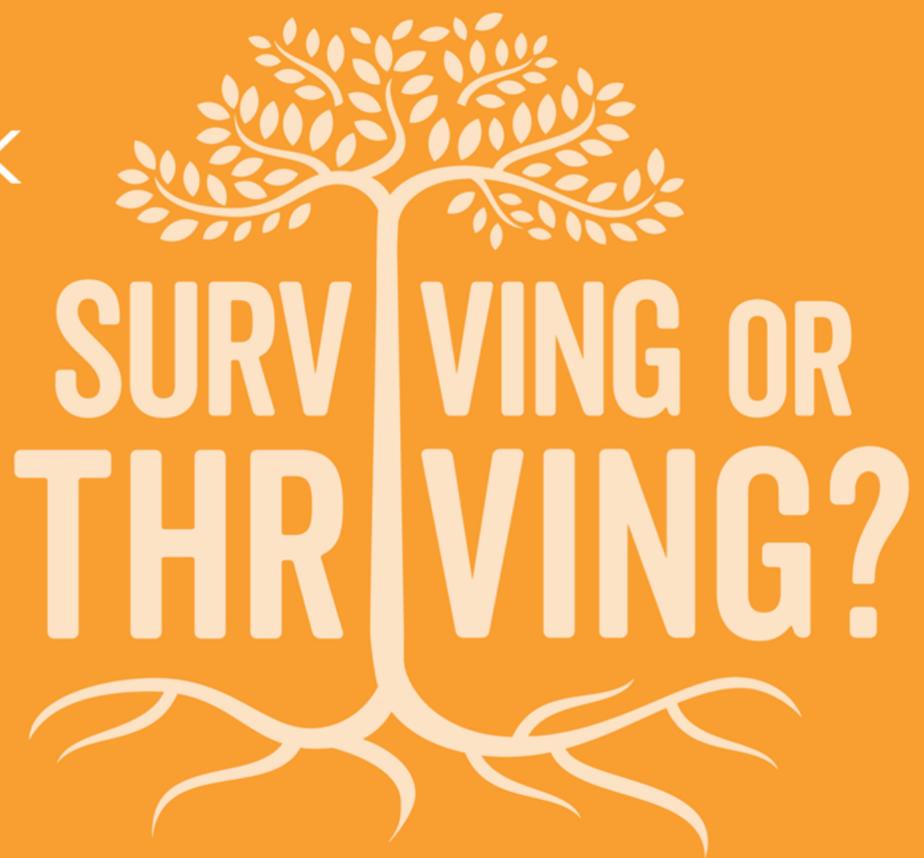
MENTAL HEALTH
AWARENESS WEEK

8-14 MAY 2017

#MHAW17



Mental Health
Foundation



The difference between surviving and thriving by Emma Lannigan

Recognising we all have mental health is the first step to thriving. Raising our self awareness about our physical, mental and emotional wellbeing helps us individually retain control of how we feel.

With more preventative self care awareness we can make informed choices about how we are:

breathing

thinking and what we are saying to ourselves (our self talk)

eating and drinking

exercising and check in on our general daily movement

making time for relaxation

sleeping (or getting help when we can't sleep)

Noticing these things in yourself, means you are more likely to notice these things, and any changes of behaviour in your family, friends and colleagues.

Ask: Are you OK? and simply listen.

Need more help?

Mental Health Foundation | www.mentalhealth.org.uk

MindSpace Stamford | www.mindspacestamford.com

Cambridgeshire, Peterborough & South Lincolnshire | www.cpslmind.org.uk

www.emmalannigan.com

Wellbeing at work

Listen to your colleagues

Ask them whether they are OK? Would they like to talk?

Stretch your arms and upper body during the day

Get some fresh air, breathe it in and move your whole body

Give yourself time away from the screen at lunch and at home

Under pressure? Take a step back, breathe and write down what is troubling you. It will give you perspective and help your mind and body calm down

You don't have to be someone else's stress. Offer to help a friend or colleague who is stressed. Sometimes just listening is enough.

About Emma Lannigan

Emma Lannigan originally trained with a degree and post graduate diploma in business and marketing, spending the first part of her career within a large consumer media group, specialising in communications, events and pr. During her career Emma was diagnosed with acute depression and anxiety. After great peer and family support Emma continued with her career until her early 30's when she experienced a sudden family bereavement. This inspired Emma to find inner happiness that lasts a lifetime and developed the **belifehappy** philosophy using these simple steps: give.play.love.learn.

Emma is a self help author of *belifehappy: give. play. love. learn*, Reiki Master, Holistic Massage Therapist and NLP & Hypnotherapy Practitioner and Coach and is a Mental Health First Aider and supporter/ fundraiser of the Mental Health Foundation.

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