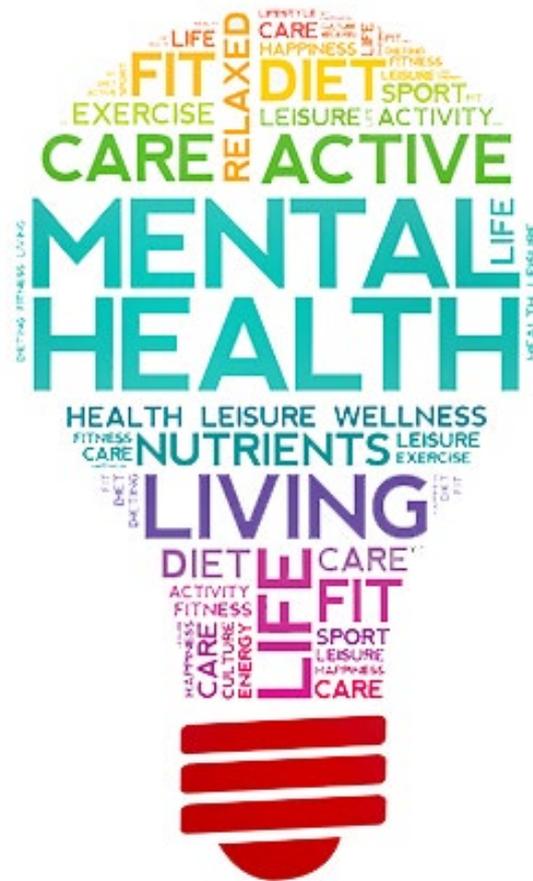


Mental Health

ccl
Condover College
centred on you

Supporting your mental health throughout the COVID-19 crisis and thereafter: CCL's Guide



A year on...

It has been a year since the first lockdown began and disruption to our lives started. COVID-19 has been a shock to us all, but each and every one of our team have done a phenomenal job at rising to the challenge and helping us to prevent COVID. With the changes to daily life in mind, we want to ensure that our team have accessibility to resources they may need to support their mental health. According to Mind, a UK based charity who offer advice and support to those experiencing mental health issues, 1 in 4 people will experience a mental health problem of some kind each year in England. This is one of the many reasons we offer a free counselling service at CCL. We have also listed some other resources we recommend and hope they can provide support for our team.

Top Tips for Looking after your Mental Health...

Stay connected

Talk to people. Whether you are at home with family or house mates, working with colleagues in person or remotely, or staying home alone, it is important to stay in touch with others. There are various communication techniques you can use to stay in touch with others, including:

- Face-to-face chat (if restrictions allow)
- Video calls – FaceTime, Zoom, MS Teams, etc
- Telephone – pick up your phone and dial
- Message – text, Messenger, WhatsApp, Social Media platforms
- Write an old-fashioned letter or send a card

Keep healthy

Staying healthy is so important for your body and mind. Here are a few ways you can maintain healthy throughout lockdown:

- **Exercise** – it is proven to help your self-esteem and well-being. It is recommended that adults in the UK should complete 75 – 150 minutes of exercise per week. This can include walking, running, cycling, sport, swimming and so on. It is important to stay active, but also realistic – exercise needs to be built up over time.
- **Try to eat healthy**, avoiding comfort eating. Sugary and salty treats are tempting, so try to buy healthier snacks like fruit and nuts. Meal planning can also help keep track of what you are eating.
- **Drink plenty of water** and reduce caffeine and alcohol intake. In the UK, it is recommended that adults drink 1.2–1.5 litres of water per day, which is 6-8 glasses. Too much caffeine can add to anxiety and disrupt sleep. Alcohol can be a depressant, so it is important to keep an eye on how much you are drinking.

Keep track of your finances

Money worries can add to stress substantially. Therefore, it is important to monitor your outgoings and obtain advice if needed. A budget and plan can help you manage your spending.

Distract yourself

If you are experiencing anxiety or tension, it is important to occupy your mind with something else. For example, you could start a new hobby, watch a new TV series, enjoy gardening, start baking, listen to a podcast and so on. There are also various games you can access on your smart phone. Sometimes, writing down how you are feeling can help.

Make time for yourself

Set some time aside each day to spend on yourself. This could include quiet time to read a book, take a long bath or meditate. It is important to relax so that your mind can recuperate.

Take time to support others

Thinking of others is important – whether it is waving to a neighbour, checking in on a friend or helping someone with their shopping – acts of kindness help others and ourselves feel better.

Useful Links..

Click on the links to be directed.

- Mind offers free online mental health tips: <https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/> and support for those caring for others: <https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/am-i-a-carer/>
- NHS's Every Mind Matters website provides practical advice and help on looking after your mental health: <https://www.nhs.uk/oneyou/every-mind-matters/>
- Kooth PLC is a digital mental health and wellbeing company working to provide a welcoming space for digital mental health care, available to all: <https://www.kooth.com>
- Money Saving Expert has guides to finances impacted by COVID-19 and how to manage your finances in general: <https://www.moneysavingexpert.com>
- The NHS offer free online exercise classes: <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- The Free Mindfulness project provides links to various videos and resources: <http://www.freemindfulness.org/download>
- The Mental Health Foundation offer free podcasts and videos: <https://www.mentalhealth.org.uk/podcasts-and-videos/listing>
- If you are signed up to a podcast app, there are various podcasts that help with mental health, including Fearne Cotton's Happy Place: <https://www.officialfearnecotton.com/happy-place>
- There are various free exercise videos on YouTube for beginners to experienced.
- Talk to Tom in Shrewsbury is for anyone who suffers with mental health and wants to meet up and have a coffee and chat. Tom aims to give support to anyone who suffers from mental health as it's good help one another from time to time: <https://www.facebook.com/chatwithTom/>
- A list of mental health helplines: <http://www.nhs.uk/mental-health/nhs-voluntary-charity-services/charity-and-voluntary-services/get-help-from-mental-health-helplines/>

Here to support NHS and social care workers in England



**Samaritans has
launched a new
confidential support
line for NHS and
social care workers.**

Our volunteers are here to support you when you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind and need to talk it through.

Call our free confidential support line

0800 069 6222

7am to 11pm, 7 days a week

Samaritans is a registered charity

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