

Mental Health and Wellbeing Newsletter **November 2022**



New Way November

New Ways November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	
7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax 
14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before
21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it
28 Discover your artistic side. Design a friendly greeting card 	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times 				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Stress Awareness / Spotting the signs of stress

Stress is a part of everyday life however if you feel stress is impacting you negatively there are things we can do to help

- Talk to a family member or friend
- Ask for help
- Speak to a doctor
- Speak to a colleague
- Speak to your line manager
- There are systems in place, such as risk assessments
- Talk to someone at Thinkwelll referral paperwork can be found on our website



Changes in sleeping or eating patterns



Difficulties sleeping



Worsening of chronic health issues



Worsening of mental health conditions



Increased use of tobacco, alcohol or other substances



Let your feelings out (talk, cry, laugh)



Medications focus on the present



Write things down that are bothering you



Learn what triggers your anxiety or stress



Do something you enjoy

Stress Awareness Month

Ways to Manage Stress



Get enough sleep



Practice breathing exercises



Eat well-balanced meals



Exercise



Don't suffer in silence.
It's ok, not to be ok.
We are here to help.