

what's up?

It can feel like the odds are stacked against you and that no one really understands.

It's often hard to live with other people who have problems of their own.

But there are some things that can help you feel better, less stressed and more in control.

looking after number ①

tips for looking after number 1

Every day, many of us will feel anxious, stressed or depressed enough to need help.

These cards are designed to help us find that help - and to remind us of the things that can improve the way we feel.

Some useful websites...

The Samaritans
www.samaritans.org

Mind
www.mind.org.uk

reThink
www.rethink.org

Time to Change
www.time-to-change.org.uk

looking after number 1

talk.

It can be hard to talk about things that are personal, or that have hurt us badly.

But it does help.

Even if we don't want to talk about our own difficulties, it's good just to be with other people.

We can feel less alone, less "on our own".

looking after number ①

tips for talking.

Talk to your keyworker. If they can't help you directly, they should be able to put you in touch with someone who can.

Join a group. Local self-help groups and online forums can put you in touch with people who need to talk about similar issues.

Ask for confidential advice from your GP.

Phone the Samaritans.
They're available 24/7 on

08457 90 90 90

looking after number **1**

eat.

The food we eat has a big impact on how we feel.

Cheap food with lots of sugar can stop us feeling our best. A balanced diet can help us to feel more alert and less irritable.

Ask for some information from your keyworker or GP as it can mean some tricky budgeting decisions.

looking after number 1

tips for eating.

Remember to try and eat 5 portions of fruit and veg a day. As a rough guide, one portion should fit in the palm of your hand.

Choose healthier options to avoid too much fat. If you eat takeaways, swap your doner kebab for chicken shish and pita.

There's plenty of information on eating well on a budget at

www.nhs.uk/livewell

Click 'healthy eating'.

looking after number 1

breathe.

Breathing exercises can help us stay calm, especially when we're finding it hard to cope.

They can be done any time and they do help.

Try the exercise on the back of this card when things get tough.

looking after number 1

tips for breathing.

If you're feeling anxious, try the exercise on the right. You'll be surprised how much it can help.

You'll find more ideas at

www.nhs.uk/livewell

Click 'stress management'.

1. Breathe in slowly through your nose
2. Count to 5
3. Breath out slowly through your mouth, counting in your head to 5
4. Take a moment to clear your thoughts

looking after number 1

move.

Physical activity isn't just about keeping fit. It can help us to sleep well, feel calmer and feel better about ourselves.

Walking. Swimming. Jogging. Gardening. Dancing. Anything.

The important thing is that we're doing something.

looking after number 1

tips for moving.

Physical activity can help improve mood and reduce anxiety.

Even gardening and cleaning are a good way to exercise - and get things done at the same time!

Whatever you do, just remember to do something, at any level.

Walking, jogging, cycling, swimming and dance can all help us to feel better about ourselves.

Find out from your keyworker or GP if free gym passes might be available in your area.

looking after number 1

quit.

Alcohol and drugs affect how we sleep, how we feel about ourselves and how other people feel about us.

“Quit” is easy to say.

It isn’t as easy to do.

Ask for help. Treatment does work. You can turn your life around.

looking after number 1

tips for quitting.

If you're worried about your drug and alcohol intake, ask for help from your GP, your drug worker or your local Community Drug and Alcohol Action Team.

To find out more about services that could help visit

www.drugscope.org.uk

Click 'resources'.

To find out about different substances and their effects on your physical and emotional wellbeing visit

www.nhs.uk/livewell

Click 'alcohol' or 'drugs'.

looking after number 1

sleep.

We all need to sleep. It's when we recharge - and when our bodies and minds repair.

Living in shared accommodation often stops us getting the right sort of sleep when we need it. Caffeine and alcohol can disrupt sleep too.

But a good night's sleep helps us cope - so ask for help if you aren't getting enough.

looking after number 1

tips for sleeping.

Remember that getting enough sleep is one of the most important things you can do to improve the way you feel.

Ear plugs and eye masks can help to block out noise and light which might be preventing you from sleeping.

Think about the impact of drugs and alcohol on your sleep. Substances that seem to help can often cause unsettled sleep.

For top tips on insomnia visit

www.nhs.uk/livewell

Click 'insomnia'.

looking after number 1

learn.

Learning isn't just school. It's all sorts of things.

Computers. Art. Cookery. DIY. Gardening. Anything.

Whatever you choose, it can boost your confidence, help you to meet people and help you to find employment.

Ask your keyworker what's available.

looking after number 1

tips for learning.

Remember there is always something to gain from a new experience.

Skill sharing can be a way to learn and help others at the same time. Can you swap your spaghetti bolognaise recipe for a lesson on how to use the internet?

Short courses are often very inexpensive or even free.

Ask your keyworker or look in your local library for information about courses that might interest you.

looking after number 1

join.

It helps to feel part of something.

Your confidence grows.
You can feel better about yourself.

Residents' meetings, local groups – it's worth finding out what's going on nearby.

looking after number 1

tips for joining.

Use your local library to find out about groups near you.

Think about how much time you want to spend on this activity. An evening a week? Every day? Or just every so often.

Do you know anyone with similar interests who could go along with you?

If you can't find any groups out there that interest you, speak to your keyworker about setting up your own group.

looking after number 1

help.

Helping others really can help how we feel.

Volunteering can boost self esteem and reduce depression.

And think about this – considering what you've been through, you might have a thing or two to pass on to the people you help.

looking after number 1

tips for helping.

Your local Volunteer Centre should be able to help you find opportunities near you

www.volunteering.org.uk

Or you can search further afield on the Do It website

www.do-it.org.uk

Remember that many volunteering projects may expect you to commit to a regular hours. Make sure that any hours you agree to fit in with the rest of your life.

To get started, you could just offer to help out around your accommodation.

looking after number 1

take control.

The feeling that we aren't in control of our lives is stressful.

It can make us depressed and anxious. Sometimes all we need is a little bit of help and we can get back on top of things.

We just have to remember to ask for it.

looking after number ①

tips for taking control.

Try using a diary or a calendar to keep track of things.

Find out about assertiveness and confidence building classes.

Ask your keyworker for help to keep your finances in check.

Always remember you can say 'no' to other people.