

WELLBEING  
TIP 6



# Eat well

A balanced diet rich in nutrients and regular water intake is important for our physical and mental health, and helps us recharge our batteries. Why not try a new energy-boosting recipe today?



MHFA England

An illustration of two hands holding hearts. The top hand is brown with a green sleeve and a white and green striped wristband, holding two pink hearts. The bottom hand is white with a green sleeve and a green wristband, holding a red heart. The background is a light green circle.

WELLBEING  
TIP 5

# Give back

Caring for others and giving some of our time back to help can make us feel valued and give us a sense of purpose. Research shows that just one act of kindness a week can increase our sense of wellbeing.



MHFA England

WELLBEING  
TIP 7



# Take a break

In our busy lives it can be hard to stop, but taking regular breaks, including breaks at work, and time off, reduces stress and re-energises the body and mind.



MHFA England

# SOURCES OF STRESS

#ADDRESS YOUR STRESS

Even happy events can cause stress in our lives. When it goes unaddressed for too long, stress can trigger mental and physical health issues.

Some common sources of stress include:

## Life changes

Leaving home, getting married or having children

Divorce or relationship breakdown

Health scares or physical illness

Accidents or bereavement

Legal issues, arrest or imprisonment

## Emotional

Peer pressure

Conflicting cultural values and beliefs

Coping with uncertainty



## Physical

Late nights or lack of routine

Poor diet

Misuse of alcohol or drugs



## Environmental

Poor housing or accommodation problems

Social isolation

Unemployment

Adjusting to new environments such as moving house or travel

Financial pressures



## Changes at work

Starting a new job

Coping with an increased workload or a promotion

Poor relationships with colleagues or managers

Redundancy, or the fear of it



There are simple steps you can take to #AddressYourStress. Check out our resources at [mhfaengland.org](http://mhfaengland.org)





# Military Veterans' Service



Pennine Care  
NHS Foundation Trust

News of the withdrawal of both UK and US military forces from Afghanistan has significantly impacted many in our Armed Forces & Veterans Community. Strong emotional reactions are normal and there is no right or wrong way to feel about the emerging situation. This news may evoke distress, memories and dreams

## Things that can help:



Have a plan of things to do that you enjoy, bring you comfort or relaxation or occupy your mind

Check in with others who may be struggling but make sure you still take care of yourself



Think about how much time you spend watching the news or on social media, switch them off if it isn't helping

Get exercise and eat well



Take off any unnecessary pressures



Take time to reflect in your own way – everyone deals with things differently



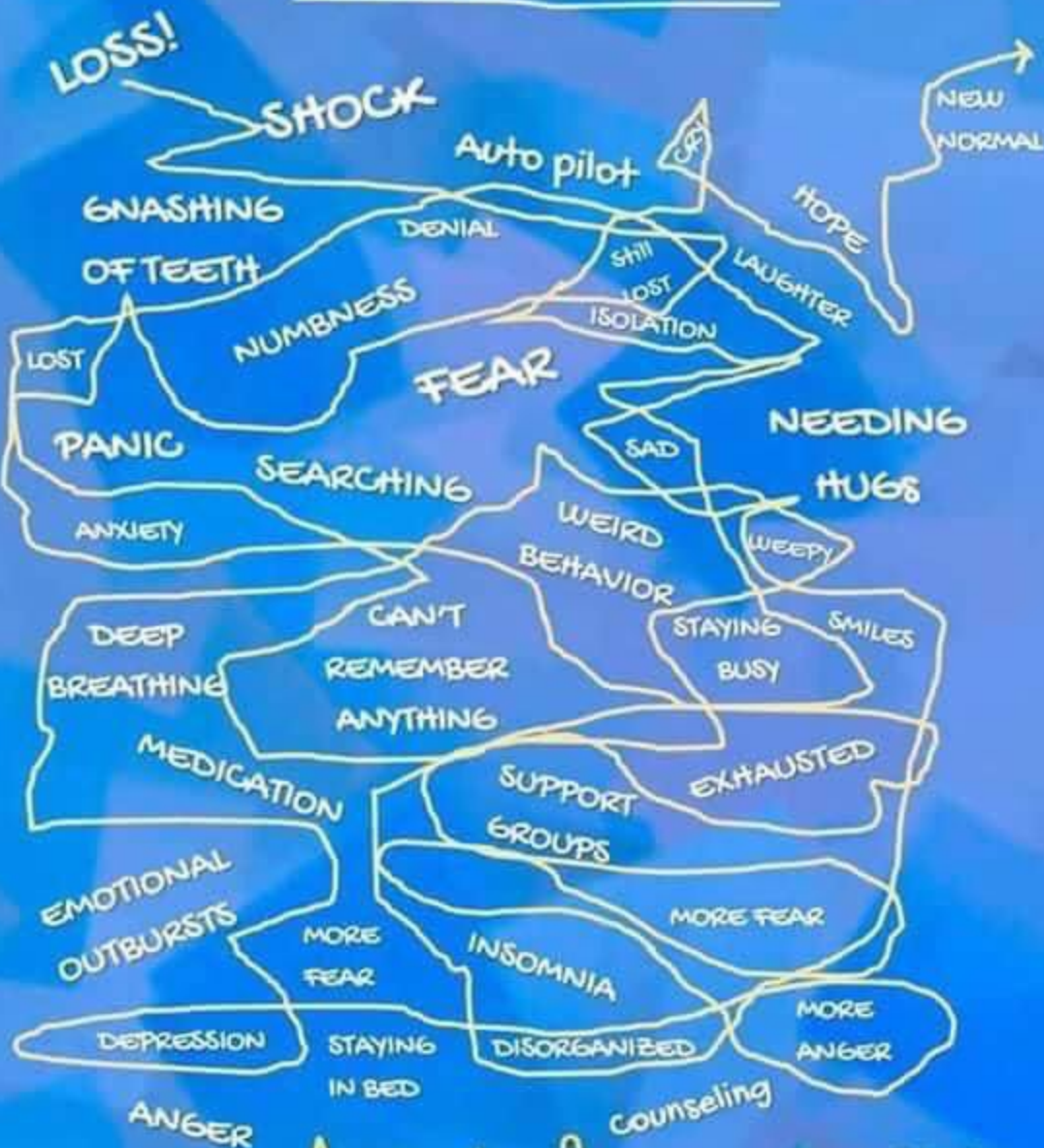
Ground yourself – Use your sight, hearing, touch, taste and smell to ground yourself.

Spend time with people you care about Talk to someone you trust if you want to, but don't feel you have to



Keeping in a routine can be helpful

# MY GRIEF JOURNEY



Any questions?

There's a lot going on in the world right now.  
If you feel like you're walking through heavy  
rain, but the sun is shining outside,



talk to someone.

 THE NATIONAL  
COUNSELLING  
SOCIETY



# Anxiety Management Group

- Do you struggle with anxious thoughts and feelings?
- Do you find it a struggle to relax?
- Does anxiety affect your sleep, mood or physical health?



If your answer to any of the above questions is 'YES', then why not join us at Olive Branch on Castle Street, Edgeley, on a Thursday afternoon?

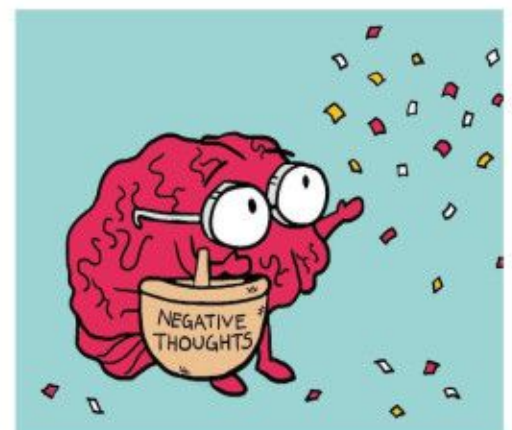
The group will look at tried and tested methods for managing and reducing anxiety, and will give you the chance to try some of them out. Part 1 of the group lasts 4 weeks, followed by Part 2 for another 4 weeks for those who choose to continue.

The group will start on 9th September and sessions run from 2:30-4pm.

If you want to take part, please email Jaine and Sharen on

[olivecommunityproject@gmail.com](mailto:olivecommunityproject@gmail.com)

Look forward to working with you!





# Shop well, Cook well, Eat well

- Would you like to learn some new cooking skills?
- Do you rely too much on convenience foods?
- Would you like to eat more healthy (and tasty) meals?



If your answer to any of the above questions is 'YES', then why not join us at Olive Branch on Castle Street, Edgeley, on a Friday morning?

Shop well, Cook well, Eat well consists of 4 cookery demonstrations using Food Bank ingredients. You then get to 'taste test' the dishes and take the recipes home to try.

Each week will include discussion on shopping, cooking and eating for health.

The group will start on 17th September and sessions run from 10:30-12:30pm.

If you want to take part, please email Sharen on [sharenhealth@gmail.com](mailto:sharenhealth@gmail.com)

Look forward to working with you!



# Optimal Football



**FRI**

**JUNE  
18TH**

**21:00 HRS**

**@Hazel Grove Sports Centre**

Jacksons Lane Hazel Grove SK7 5JX



[FACEBOOK.COM/Optimalsupport](https://www.facebook.com/Optimalsupport)



[TWITTER.COM/Optimalsupport](https://twitter.com/Optimalsupport)

Come along to play, watch or just  
have a chat. A Support group  
tackling goals and mental health  
challenges. Every Fri from 18/06/21

**Optimal  
Support**



Perfectly clear minds



# Perfectly clear minds

Mental health service

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## Page transparency

Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and







## Tweet

**Owls Group** 

@OWLSgroup



Looking for advice or support, feeling isolated or just wanting to meet new friends? Then why not pop in to our coffee morning Wednesdays 10.30am-12.30pm. Free brew and chocolate biscuits await.

## Coffee mornings

Join us for peer support, advice, meet new friends, free use of laptops and free refreshments.

Every Wednesday 10.30-12.30

16:17 · 31 Aug 21 · [Twitter for Android](#)

Tweet your reply





# SignPost

WELLBEING FOR CARERS

**Have you cared for someone that has passed away or has moved into full time care?**

Join us for a chat and an opportunity to treat yourself to tea, coffee and maybe a cake.

For more info, or to express interest  
please contact Natalie on 0161 442 0442.



**Held fortnightly on Tuesdays,  
starting 29th June 2021**

**11-1pm**

**Beretto Lounge**

**Redrock, Bridgefield St,**

**Stockport, SK1 1SA**



**LLOYDS BANK  
FOUNDATION**

England & Wales



# SUICIDE PREVENTION EVENT – COFFEE MORNING

With Pure Innovations Mental  
Health Network and WIN Team!

**THURSDAY 9TH SEPTEMBER**

**10.30AM TILL 1PM.**

**THE SPACE, 26 ST PETERSGATE,  
STOCKPORT**

**SK1 1HD**

**Come along, meet new people, have a chat!  
Contact Lucy Crank- 07925148511**



 Promoted



**The Good Grief Trust ...** · 2h · 

Weekends can be incredibly difficult if you are bereaved. When family & friends are getting together, it can feel a lonely place. Pls join Nicky & Charmaine, every Sunday for a chat on Zoom with others who are grieving. ☕

[#youarenotalone](#) To book:  
[Hello@thegoodgrieftrust.org](mailto>Hello@thegoodgrieftrust.org)





VIRTUAL CAFE'S



**Quiz Night**

**Join our Moving  
Forward Cafe  
Every Sunday 6-7pm**

**Help & hope in one place**

The UK's National Bereavement Support network,  
bringing all services together under one umbrella.  
Helping anyone affected by grief, anywhere in the UK.

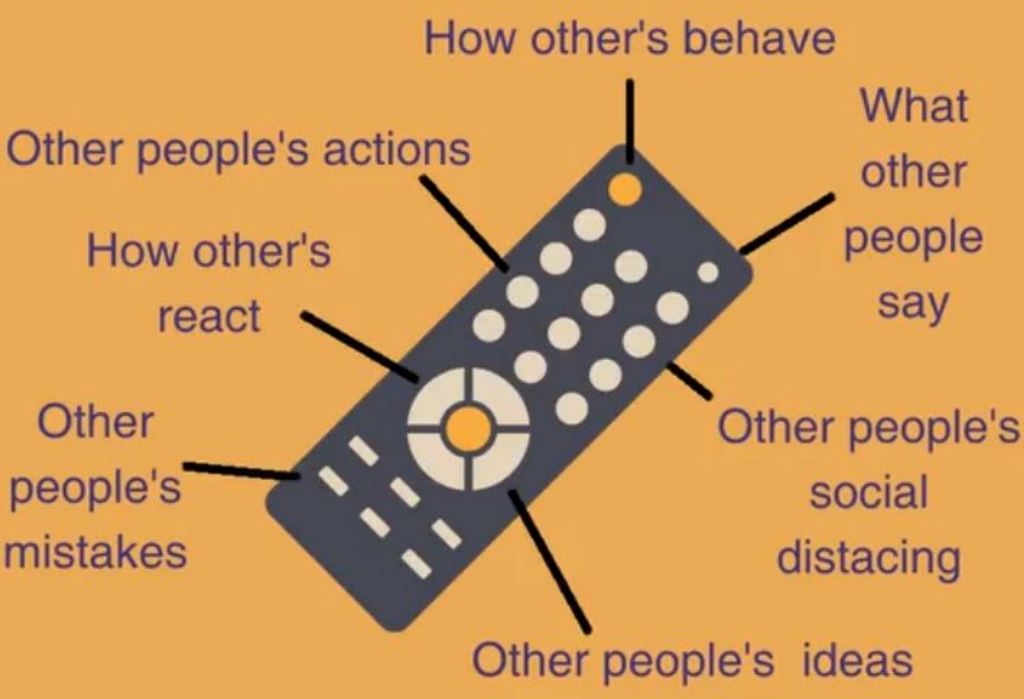


## Things I Can Control



Thinking Ahead

HEYWOOD • MIDDLETON  
ROCHDALE • PENNINES



*Things I Can't Control*

# **To ALL Students Returning to School**

## **If you see any of the following:**

- \*another student struggling to make friends
- \*another student being picked on
- \*a student who is new, shy, or not with the "in crowd"
- \*a student who is eating lunch alone

## **Be a Leader! Be a Warrior!**

Say hi. Smile at them. Ask if you can sit with them. Include them. You never know what that person is facing inside or outside of school.

**YOUR KINDNESS WILL  
MAKE A DIFFERENCE IN  
SOMEONE'S LIFE**



# IF YOU'RE BEING BULLIED CYBER-BULLIED ONLINE

**1**

**Don't retaliate**  
(Often that's  
what they  
want!)

**2**

**Save the evidence**  
(Screen-shot, save  
messages.)

**3**

**Tell someone  
what's  
happening**

**4**

**Report, block,  
get rid!**

**5**

**Remember the  
problem is with  
them, not you.**



# How to Support a Bereaved Person



#GriefAwarenessDay

1.

**Talk and listen.**  
Let them know you are thinking about them

3.

**Remember important dates.**  
Anniversaries and birthdays can be particularly painful

5.

**Understand that grief doesn't ever go away.** There will be times which are difficult years later

2.

**Find out if they need more support.** Let them know where it's available

4.

**Offer practical help.**  
Try to make specific suggestions

6.

**Be understanding of their needs.** These will change from day to day, but do continue to check in