

### Difficulties sleeping?

If you only have **5 minutes** spare time ... try this video link:

[www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf](http://www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf) - tips for sleeping better. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future

If you have a spare **15 minutes**, have a look at these 3 videos:

[www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf](http://www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf) - tips for sleeping better. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

[www.nhs.uk/oneyou/every-mind-matters/sleep/#watch-video](http://www.nhs.uk/oneyou/every-mind-matters/sleep/#watch-video) - more tips for sleeping better. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

<https://www.youtube.com/watch?v=Viul6lk1DgY> - an audio link to listen to if you are awake and up in the middle of the night and cant get back to sleep. Useful if you are coping just, now, but might not cope if things carry on like this, or get worse.

### Stressed?

If you only have **5 minutes** spare time ...Try this video link:

<https://www.nhs.uk/oneyou/every-mind-matters/stress/#watch-video> What you can do for stress. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

If you have a spare **10 minutes**, have a look at these 2 videos:

<https://www.nhs.uk/oneyou/every-mind-matters/stress/#watch-video> - what you can do for stress. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

<https://www.nhs.uk/oneyou/every-mind-matters/stress/#custom-2column-share-shelf> - top tips to deal with stress and burnout. Useful if you are coping just, now, but might not cope if things carry on like this, or get worse.

## Feeling down?

If you only have **5 minutes** spare time... try these 2 video links:

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/#watch-video> Video: what you can do for low mood. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/#watch-video> – scroll up or down to find link for ‘Reframing unhelpful thoughts’ video. Useful if you are coping just, now, but might not cope if things carry on like this, or get worse.

If you have **45 minutes** spare... look at the 2 videos above and read these tips for wellbeing:

<https://nhsfreeyourmind.co.uk/five-ways-to-wellbeing>

## Worrying?

If you have 5 minutes spare time... try this video link on how to tackle your worries:

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf> - useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

## Feeling angry or frustrated?

If you have 5 minutes, try this video link:

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/#watch-video> - scroll up or down to find link for ‘Reframing unhelpful thoughts’ video. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

## Forgotten what it's like to be you ?

If you have half an hour, read this link about how to look after yourself:

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers> - useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

## **IMPORTANT !**

### **If you are really struggling or feeling suicidal at the moment.....**

It's best to speak to someone. You can call **Samaritans** free on **116 123** if you want to talk to someone now - their line is open 24 hours a day.

**Bexley Crisis Café** is open **6pm -10pm Monday to Sunday at the Mind in Bexley offices, 2a Devonshire Road, Bexleyheath, DA6 8DS**. The Bexley Crisis Café is a place that you can come to if you are experiencing severe emotional or psychological distress. It is a place and to access mental health support and advice from mental health and wellbeing professionals.

### **IN BOTH THE ABOVE CASES PLEASE REQUEST AN URGENT MENTAL HEALTH ASSESSMENT**

If you do not think you are going to act on your feelings and thoughts immediately, or in the next 24 hours, or you have a crisis situation that does not fit the above examples, then:

- You can contact your **GP surgery** and make an urgent appointment
- **SANEline** offers emotional support and information for anyone affected by mental illness. Call on **0300 304 7000**
- **The Oxleas Mental Health Urgent advice line:** Offering urgent mental health advice to patients in Bexley, Bromley and Greenwich. Call free on **0800 330 8590**

Here are some more activities to try out, if you just don't feel ok, but are not sure why:

<b>Activity</b>	<b>Website link</b>
Spending time with pets and animals	<a href="https://www.annafreud.org/on-my-mind/self-care/spending-time-with-animals-pets/">https://www.annafreud.org/on-my-mind/self-care/spending-time-with-animals-pets/</a>
Time away from technology	<a href="https://www.annafreud.org/on-my-mind/self-care/time-away-from-technology/">https://www.annafreud.org/on-my-mind/self-care/time-away-from-technology/</a>
Alone time	<a href="https://www.annafreud.org/on-my-mind/self-care/alone-time/">https://www.annafreud.org/on-my-mind/self-care/alone-time/</a>
Mindfulness	<a href="https://www.annafreud.org/on-my-mind/self-care/mindfulness/">https://www.annafreud.org/on-my-mind/self-care/mindfulness/</a>
Noticing your triggers	<a href="https://www.annafreud.org/on-my-mind/self-care/noticing-your-triggers/">https://www.annafreud.org/on-my-mind/self-care/noticing-your-triggers/</a>
Walking	<a href="https://www.annafreud.org/on-my-mind/self-care/walking/">https://www.annafreud.org/on-my-mind/self-care/walking/</a>
Hope box	<a href="https://www.annafreud.org/on-my-mind/self-care/hope-box/">https://www.annafreud.org/on-my-mind/self-care/hope-box/</a>
Crafting	<a href="https://www.annafreud.org/on-my-mind/self-care/crafting/">https://www.annafreud.org/on-my-mind/self-care/crafting/</a>
Drawing or painting	<a href="https://www.annafreud.org/on-my-mind/self-care/drawing-or-painting/">https://www.annafreud.org/on-my-mind/self-care/drawing-or-painting/</a>
Distraction techniques	<a href="https://www.annafreud.org/on-my-mind/self-care/distraction-techniques/">https://www.annafreud.org/on-my-mind/self-care/distraction-techniques/</a>
Relaxation techniques	<a href="https://www.annafreud.org/on-my-mind/self-care/relaxation-techniques/">https://www.annafreud.org/on-my-mind/self-care/relaxation-techniques/</a>
Be kind to yourself	<a href="https://www.annafreud.org/on-my-mind/self-care/be-kind-to-yourself/">https://www.annafreud.org/on-my-mind/self-care/be-kind-to-yourself/</a>
Organise your day	<a href="https://www.annafreud.org/on-my-mind/self-care/organise-your-day/">https://www.annafreud.org/on-my-mind/self-care/organise-your-day/</a>
Tai Chi & Qigong	<a href="https://www.annafreud.org/on-my-mind/self-care/tai-chi-qigong/">https://www.annafreud.org/on-my-mind/self-care/tai-chi-qigong/</a>
Goal setting	<a href="https://www.annafreud.org/on-my-mind/self-care/goal-setting/">https://www.annafreud.org/on-my-mind/self-care/goal-setting/</a>
Water therapy	<a href="https://www.annafreud.org/on-my-mind/self-care/water-therapy/">https://www.annafreud.org/on-my-mind/self-care/water-therapy/</a>
Yoga	<a href="https://www.annafreud.org/on-my-mind/self-care/yoga/">https://www.annafreud.org/on-my-mind/self-care/yoga/</a>
Baking and cooking	<a href="https://www.annafreud.org/on-my-mind/self-care/baking-cooking/">https://www.annafreud.org/on-my-mind/self-care/baking-cooking/</a>
Silence	<a href="https://www.annafreud.org/on-my-mind/self-care/silence/">https://www.annafreud.org/on-my-mind/self-care/silence/</a>

