

What I Can Do To Help My Mood

Watch

...the 'Wellbeing Pocket Medic video' to learn about your condition

www.medic.video/a5-well

Exercise

Evidence shows that 20-30 minutes of exercise 2-3 times a week improves physical health and mental wellbeing.

Mindfulness

This teaches you how to live and enjoy the present time, without dwelling about the past or worrying about the future.

This can be accessed through online sources, self help books and private courses available through Swansea University and Headspace phone App.

Online sources include:

www.bemindful.co.uk

www.mind.org.uk/mindfulness

CBT - cognitive behavioural therapy

This teaches you how to retrain your brain, and overcome recurrent thoughts and behaviours relating to general worry, anxiety, irritability or anger, and low mood. It helps to alter the way you think and behave.

This can be accessed through different routes:

Free Open access courses and pre bookable workshops with 'Living life well programme'

These are free local education courses and workshops run over 4-6 weeks.

Self help books

These can be accessed through the library or bought for about £7-£12.

Recommended titles include:

- Overcoming worry
- Overcoming anxiety
- Overcoming depression and low mood
- Overcoming health anxiety
- Overcoming anger and irritability
- Online courses

www.livinglifetothefull.com
www.moodgym.anu.edu.au

Counselling

This is a 1-1 session with a trained counsellor, which can be aimed at trying to help you overcome issues related to a past event or experience, or learn new CBT techniques. Private Counselling service – look at www.bacp.co.uk for local accredited counsellors and Psychotherapists

Wellbeing through work on 0845 601 7556 or visit www.wellbeingthroughwork.org.uk