

HEALTH IN MIND

Feeling stressed?

If the answer is yes, you are not alone.

According to the Mental Health Foundation, 12 million people visit their GP with mental health problems every year and many are dealing with stress.

Lots of things can cause stress, including work, relationships and money problems. Stress can affect how you feel, think, behave and how your body works-from how well you sleep to your immune system.

Dealing with stress is important, low levels of stress can be useful at times to help us concentrate on our goals or highlight something that needs to change. When stress is going on for a long time, it can impact upon our physical and mental health.

Top tips for de-stressing:

1 A balanced diet: watch out for hidden sugars and be sure to drink plenty of water.

2 Sleep Hygiene: it is important to listen to your body – don't force yourself to go to bed.

3 Relaxation: Relaxation is important as it helps us to feel less tense. Why not try yoga.

4 Speak Out: share the problems with family or friends, don't try to cope alone.

Health in Mind (North East Essex IAPT) provides access to a wide range of talking therapy treatments for adults with common mental health problems, including depression, anxiety and post-traumatic stress disorder.

Treatment sessions may be by phone, online, in groups/workshops or face-to-face. Or primary treatment options are based on Cognitive Behavioural Therapy (CBT) which is a structured therapy where you will set goals you want to reach and work on changes you can make to patterns of thoughts and behaviours to help you to attain your goals.

If you think you would benefit from our service the first step is to talk to us to find out how we can best help you. You can refer to us by using the following options:

- Refer online via our secure e-form: www.northessexiapt.nhs.uk/north-east-essex
- Contact Health in Mind on 0300 330 5455

Health in Mind

Do you feel...



STAFF NEWS

The surgery have a new Nurse Practitioner, Linda Smith, who started early in July. She is very experienced so will be up and running straight away. She will be here for at least a year to cover for Amy's maternity leave.

There is also a locum Nurse Practitioner, Ali Jones, who will be covering some clinics during the summer. There should be plenty of 'on the day' appointments now. Remember there are also pre-bookable appointments at the weekend too.

Two Admiral Nurses are based at the General Hospital to provide support and advice to relatives and carers of people with Dementia. These nurses can be utilised if your relative with Dementia is admitted and there are 3 more Admiral Nurses based at the Kingswood Centre. They are funded by the Dementia UK charity, **They can be contacted via the helpline on 0800 888 6678 or by calling The Kingswood Centre on 01206 228944**

Any comments or queries to Mill Road Surgery Patient Group mrsppgc@gmail.com

INTERESTED IN JOINING THE PATIENT PARTICIPATION GROUP (PPG)

Ask at reception or contact mrsppgc@gmail.com