

# Coastal Medical well-being newsletter

April 2022

# Background

- Mental well-being is influenced by many things some of which we can control and some of which are more difficult to influence
- With the arrival of spring time, we are likely to be more motivated to be more physically active. Being active has a really beneficial effect on mental health.
- Physical activity also helps with sleep which has an important role in mental well-being
- Financial concerns are widespread at the moment and can profoundly affect mental well-being. There is support to help you make plans to tackle these issues.
- This newsletter will look at these themes

# Benefits of keeping active

- Benefits overall health and quality of life
- Improves sleep
- Helps maintain healthy weight
- Reduces stress levels
- Reduces risk of Type 2 Diabetes by 40%
- Reduces risk of heart disease by 35%
- Reduces risk of cancer by 20%
- Reduces risk of falls by 30%
- Reduces joint pain and back pain by 25%

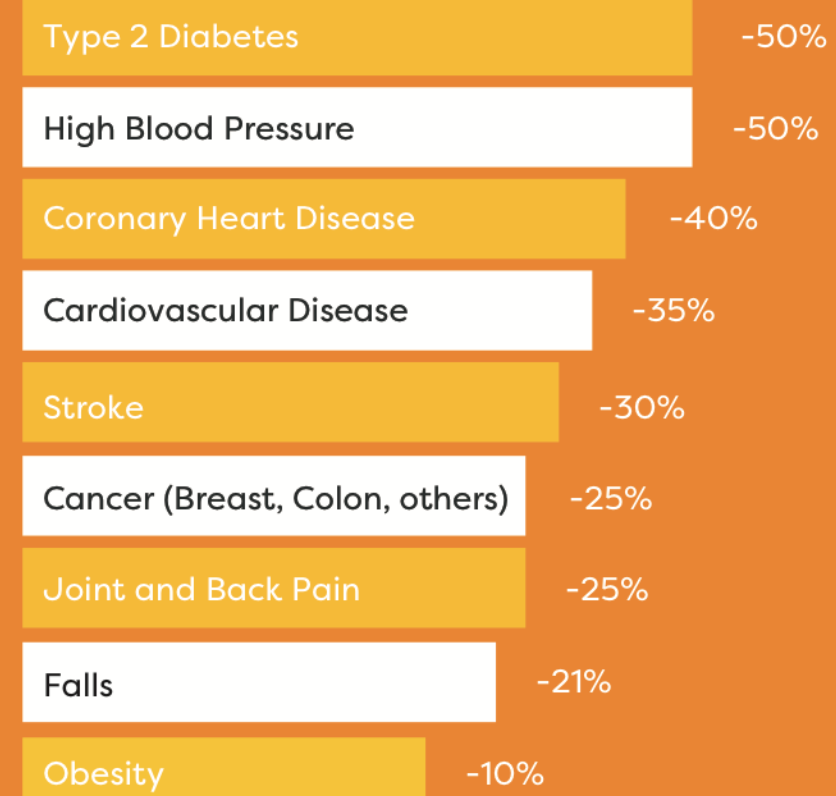
- Benefits

## Being active is important for your Depression

What good things could being more active do for you?

- Improves sleep
- Improves self confidence
- Improves mood
- Reduces social isolation
- Less fatigue
- Improves cognition
- Improves motivation
- Moderates appetite
- Reduces need for medication in mild depression
- Reduces stress levels and agitation
- Reduces unemployment and sickness absence

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active reduce the risks?



Improves daily routine

Better sleep

Less fatigue

Improves motivation

Increased social interaction

# Recommended activity for adults

- Advice

## Physical activity for adults and older adults

Benefits health

Improves sleep

Maintains healthy weight

Manages stress

Improves quality of life

Reduces your chance of

Type II Diabetes -40%

Cardiovascular disease -35%

Falls, depression etc. -30%

Joint and back pain -25%

Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

### Be active

at least **150** minutes moderate intensity per week  
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week  
breathing fast difficulty talking

or a combination of both

**Build strength**  
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Yoga, Carry heavy bags, Run, Stairs, Sport, Bows, Tai Chi, Dance

### Minimise sedentary time

Break up periods of inactivity

For older adults, to reduce the chance of frailty and falls

### Improve balance

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

# What can we do?

- Most of us can do something to increase our activity levels
- Start with small 5 minute sessions - every little bit helps
- Build activity into every day life
- At home- housework, gardening, stand up during TV advert
- Travelling- walk, cycle, use public transport
- At work- use the stairs, stand at your desk
- Leisure- walk, exercise class, Pilates, yoga, swim

# Sleep and how to improve it

- Everyone has different sleep requirements though most adults sleep 7-8 hours a night. Feeling rested the next day is important for mental and physical health
- **A number of things can help**
- Go to bed in the evening when you feel sleepy
- Don't nap in the day
- Keep active during the day
- Have a relaxing bedtime routine
- Don't drink caffeine (tea, coffee, cola) after 7pm, no alcohol before bed
- Check the bedroom isn't too hot or too cold (ideally 18C) and that the room stays dark till morning
- Only use your bed to sleep in- not watching TV or using phone/ computer
- Look at the NHS website Every Mind Matters for more information



- Money worries

[Home \(https://www.hants.gov.uk/\)](https://www.hants.gov.uk/) > [Social care and health \(https://www.hants.gov.uk/socialcareandhealth\)](https://www.hants.gov.uk/socialcareandhealth) > [Public Health in Hampshire \(https://www.hants.gov.uk/socialcareandhealth/publichealth\)](https://www.hants.gov.uk/socialcareandhealth/publichealth) > [Mental Wellbeing Hampshire \(https://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire\)](https://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire)



[← Back to mental health and wellbeing resources \(/socialcareandhealth/publichealth/mentalwellbeinghampshire\)](#)

## Money and Debt

Money worries can really impact on our mental wellbeing. [Connect to Support Hampshire \(https://www.connecttosupporthampshire.org.uk/financesupport\)](https://www.connecttosupporthampshire.org.uk/financesupport) has links to organisations that can help with a wide range of money-related issues including debt, emergency food and keeping our home warm. You can also find listings for [local and national organisations who can offer finance, tax and debt advice \(https://www.connecttosupporthampshire.org.uk/directories&Type=Local&Category=678F3E4A-6C9E-40E9-952C-A80000E17593\\_&Page=1\)](https://www.connecttosupporthampshire.org.uk/directories&Type=Local&Category=678F3E4A-6C9E-40E9-952C-A80000E17593_&Page=1) and [financial help for carers. \(https://www.connecttosupporthampshire.org.uk/carersfinance\)](https://www.connecttosupporthampshire.org.uk/carersfinance)

[Mental Health and Money Advice \(https://www.mentalhealthandmoneyadvice.org/en/\)](https://www.mentalhealthandmoneyadvice.org/en/) offers clear, practical advice and support for people experiencing issues with mental health and money. They can help you understand, manage and improve your mental health and money issues.

[MoneyHelper \(https://www.moneyhelper.org.uk/en\)](https://www.moneyhelper.org.uk/en) offers free and impartial help with money and pensions, backed by the government. Freephone 0800 138 7777, Mon-Fri, 8am-6pm. Explore the [Money Navigator Tool \(https://www.moneyadvice.service.org.uk/en/tools/money-navigator-tool\)](https://www.moneyadvice.service.org.uk/en/tools/money-navigator-tool) to help you know which money issues to tackle first, how to stay on top of bills, and know what extra help and support you're entitled to. There is also a [Money, Debt and Mental Wellbeing](#)



# How can we help?

- Our social prescriber, Olly Leicester, can help you get started with individual advice about activity and local groups which interest you.
- He can also discuss sleep issues and sign post for advice about debt and financial concerns.
- Appointments with Olly Leicester are made via reception.
- Olly and the GPs are also able to ask the Coastal Medical mental health team well-being assessors to help you if you are aged 18-65 years and are not in crisis and not receiving other clinical input for mental health problems.