

# THE WELLBEING REPORT

Because your wellbeing matters



## It happens to us all

Struggling with our mental health doesn't mean we're ill, that we have failed in some way or that we need to instantly get therapy. It's a normal part of life that we will all go through tough times and those times have an impact on our mental health.

Sometimes our experience and personal coping strategies is enough to see us through, other times it's helpful to chat with a friend or family member and yes there are times when it's a good idea to speak to a professional like a doctor, therapist or an organisation for help.

Whatever avenue we take, the first step is to recognise that we're not doing great. The problem is that many people don't know what signs to look for, don't notice them or don't want to admit that things aren't great right now.

It's not until that the signs of struggle are made clear that we realise or acknowledge it.



## Spot the difference

Knowing the signs that someone is struggling is great but it's not realistic to have a comprehensive list of all the different signs & symptoms that someone is having a hard time.

What is helpful is to simply notice whether someone is different to their usual self. Maybe they're quieter, more restless, seem on edge or their outlook is different.

It might be as simple as they normally say hello every morning but this morning they haven't.

# What are some of the signs?

**Losing interest in activities** – Are they less sociable or not doing a usual hobby or a sport?

**Can't concentrate** – Do they seem distracted, forgetful or are they making mistakes?

**Always tired** – Are they always talking about feeling exhausted or low on energy?

**Changes in sleep or diet** – Are they sleeping more or less than usual? Maybe they're eating lots or have lost their appetite. Maybe someone in work has slept in a few times which is unusual for them.

**Overreacting** – Do they seem tearful or irritable? Do they over-react to minor problems or issues?

**Overly critical** – Are they very negative about themselves, others or about things?

**Feeling worthless** – Do they feel like they have nothing to offer or maybe they feel hopeless

**Slowing down** – Do they seem to be speaking or moving slower than normal?

**Restlessness** – Are they always on the go? Seem easily distracted and working more than usual?

**Life events** – Have they recently had a major life event? Things like bereavement, divorce, house move, financial concerns and illness

## Weekly Wellbeing Tip

Feeling stressed or low? Write down what you've got going on at the moment and then think about what you would say to a friend or loved one if they told you they're going through that? Maybe that's what you need to say to yourself and do.