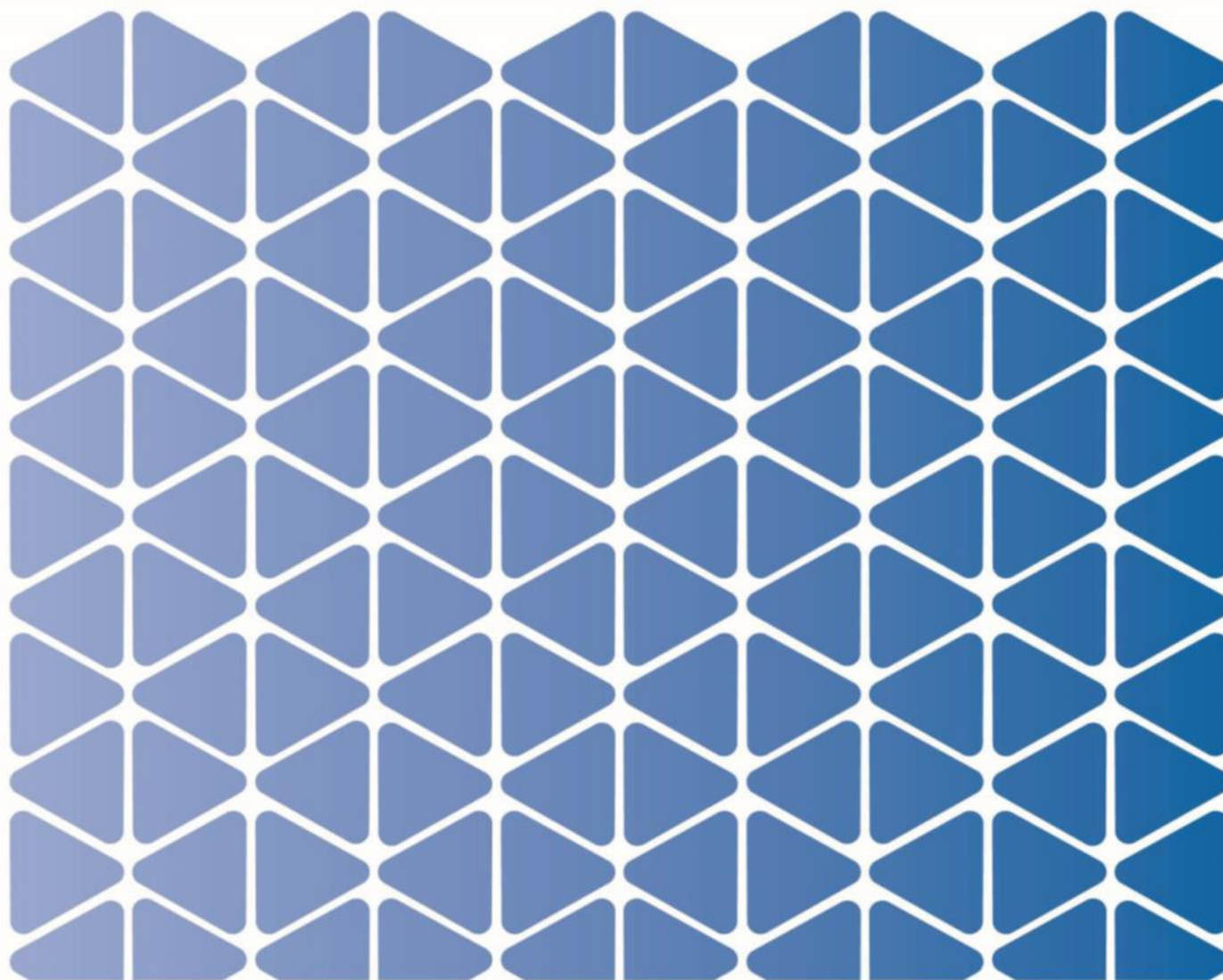




## PATIENT INFORMATION

# MENTAL WELLBEING



**This leaflet has been developed for patients in the Specialist Weight Management Service.**

## **What is mental wellbeing?**

Positive mental wellbeing does not mean that you never experience feelings or situations that you find difficult but it does mean that you feel you have the resilience to cope when times are tougher than usual. Feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental wellbeing. [Self-esteem](#) and self-confidence are, too.

It can help to think about "being well" as something you do, rather than something you are.

**Evidence suggests there are five steps we can all take to improve our mental wellbeing.** The 'Five ways to wellbeing' have been identified through extensive reviews of research and expert opinion as simple actions that anyone can take that will have a positive impact on their day to day wellbeing.



If you give them a try, you may feel happier, more positive and able to get the most from life. This is about building a stable foundation which will make it easier to buffer the other challenges that life throws at us.

Small changes can make a big difference. Building just five actions into our daily lives can increase wellbeing. This is all about taking action to make change – **the more you put in, the more you are likely to get out.** Planning and preparation is key, so remember to use a diary to schedule planned activities and involve your friends and family. In planning your time, you will take an active role in managing your wellbeing and lifting your mood. This will help you to do more of the things you want to, in addition to the things that you have to do.

## **Connect**

There is strong evidence that indicates that feeling close to, and valued by other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

## **Be active**

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into work - perhaps with a colleague – so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a work sporting activity
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you leave for work in the morning
- Walk to someone's desk instead of calling or emailing.

## Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your workspace
- Have a 'clear the clutter' day
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work
- Visit a new place for lunch.

## Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Find out something about your colleagues
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.

## Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

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The measure below will provide an indicator of your overall wellbeing right now, and can be a useful tool for you to keep on track - checking how the changes you make affect your quality of life.

### WHO (Five) Well-Being Index (1998 version)

Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks. Notice that higher numbers mean better well-being.

Example: If you have felt cheerful and in good spirits more than half of the time during the last two weeks, put a tick in the box with the number 3 in the upper right corner.

<i>Over the last two weeks:</i>	All the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
<b>1. I have felt cheerful and in good spirits</b>	5	4	3	2	1	0
<b>2. I have felt calm and relaxed</b>	5	4	3	2	1	0
<b>3. I have felt active and vigorous</b>	5	4	3	2	1	0
<b>4. I woke up feeling fresh and rested</b>	5	4	3	2	1	0
<b>5. My daily life has been filled with things that interest me</b>	5	4	3	2	1	0

You can learn more about all of this at

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

## **Other useful links/resources**

Mind Side by Side <https://sidebyside.mind.org.uk/>

Sane Support Forum

[http://www.sane.org.uk/what\\_we\\_do/support/supportforum](http://www.sane.org.uk/what_we_do/support/supportforum)

*NHS Every mind matters* - <https://www.nhs.uk/every-mind-matters>

*NHS Mental wellbeing audio guides* –for guidance in coping with low mood, anxiety , low confidence etc

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>

*MIND* <https://www.mind.org.uk/>

*Living Life to the Full* - <https://lltff.com/> (Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more)

*Moodscope* - <https://www.moodscope.com/> - Track your mood on a graph to understand what gets to you.

*Guided meditations* -Set time aside to do a guided meditation daily, if you find these useful.

A 10 minute bedtime meditation if you are struggling with sleep.-  
<https://www.nhs.uk/every-mind-matters/coronavirus/long-term-health-conditions-and-mental-wellbeing/#1>

8 minute muscle relaxation <https://www.nhs.uk/every-mind-matters/coronavirus/long-term-health-conditions-and-mental-wellbeing/#1>



**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.