



Mental Health Awareness Day

Tuesday 10th October 2017

Lambeth College supports Mental Health Awareness Day

Southwark Wellbeing Hub provides information and support for anyone in Southwark experiencing problems with their mental wellbeing. We take time to understand what people need and help them navigate local services, groups and activities so that they can find the right support. We are here for the whole community so we also help the family, friends or carers of people who have mental health issues.

One of the Hub's Your Way Workers will be at the Clapham Campus on the second Wednesday of each month, from 12pm to 3pm starting on Wed 11th October in the Learner Support Hub on The Street . There's no need to make an appointment – just pop in and see us.

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Ten top Tips for maintaining positive mental health:

- **Get enough rest** - To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function well.
- **Learn about good nutrition and practice it** - The subject of nutrition is complicated and not always easy to put into practice. But the more you learn about what you eat and how it affects your energy and mood, the better you can feel.
- **Exercise to relieve stress and lift your mood** - Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like taking the stairs instead of the lift or going for a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise per day.
- **Give to others** - even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Keep learning** - learning new skills can give you a sense of achievement and a new confidence. For example, sign up for a cooking course, start learning to play a musical instrument, or figure out how to fix your bike.
- **Communicate more** - No matter who you've got in your life — whether it's a huge family or just one best friend — communicate often. The more you talk about your feelings and emotions, the easier it is to identify any potentially troubling signs. Keep your personal relationships intact and use them to your best advantage.
- **Eliminate bad habits** - Are you still smoking cigarettes? What about consuming alcohol? If you are, do what you have to do to quit. Either of these vices can give you short-term pleasure, but they do serious damage to your overall mental health. Excessive drinking can actually boost stress and may lead to depression, and smoking can increase tension.
- **Associate with positive people** - Associating with the right people can do worlds of good for your mental health. If your friends or family members tend to be negative and simply don't see the glass as half-full, find yourself some better people to spend time with. Of course, you don't have to ditch important folks just because they have negative attitudes some of the time, just bolster your network of friends with those who don't.
- **Do more of what makes you happy** - If you like playing football, play more of it. Enjoy doing quizzes? Schedule more time for them. Whatever it is in life that makes you happy — as long as it doesn't have consequences detrimental to your health — commit to doing it more often.
- **Set life goals** - If you don't have a clear direction in life, chances are your mind is constantly wading through the possibilities and stressing about the future. Whether it's on a personal or professional level, try to set long-term goals. That way, you know what you're working toward and it's going to be easier to ward off career or personal life dissatisfaction. When you reach a goal your notion of self-worth improves.