

Lancashire Mind's wellbeing newsletter



February 2021

This week, **Time To Talk Day** is happening on Thursday 4th February.

Time to Talk Day is the day that the nation gets talking about mental health. This campaign is run by **Time to Change**, and this year's theme is 'The Power of Small'. A small conversation about mental health has the power to make a big difference.

This year's event might look a little different, but at times like this open conversations about mental health are more important than ever. There are lots of free resources you can download for yourself, your family or your school to start the conversation this Time to Talk Day – together we can end mental health stigma.

[Click here for your free resources!](#)



More resources for families & schools on [page 2](#)

This week also sees Place2Be's Children's Mental Health Week. This year's theme is 'Express Yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. [Find out more here!](#)

Follow us on social media - @lancsmind
Find more resources for Children and Young People, Adults and Parents on our website:

www.lancashiremind.org.uk



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Support and resources for Children's Mental Health Week

CHILDREN'S MENTAL HEALTH WEEK VIRTUAL ASSEMBLY



As the majority of pupils are now at home, the assembly will provide an easy way to bring the nation's children together (virtually) with a positive message about the power of creative self-expression. Famous faces and contributors will also be taking part live from their homes.

These free resources will help children and young people to explore what it means to Express Yourself. All of the ideas can be adapted for use in school, for home-schooling, online lessons or independent learning.



Parents and carers resources

As parents and carers, you play an important role in your child's mental health. Check out these free resources [here](#)



Why am I tired all the time?

Feeling exhausted is so common that it has its own acronym, TATT, which stands for "tired all the time". We all feel tired from time to time. The reasons are usually obvious and can include:

- Too many late nights
- Long hours spent at work or school
- A baby keeping you up at night

But tiredness or exhaustion that goes on for a long time is not normal. It can affect your ability to get on and enjoy your life. Before you see a GP, you may want to work out how you became tired in the first place. It can be helpful to think about:

- parts of your life, such as work and family, that might be particularly tiring
- any events that may have triggered your tiredness, such as bereavement or a relationship break-up
- how your lifestyle may be making you tired

Psychological causes of tiredness are much more common than physical causes. Most psychological causes lead to poor sleep or insomnia, both of which cause daytime tiredness. Psychological causes include:

Stress - The strains of daily life can worry most of us at some point. It's also worth remembering that even positive events, such as moving house or getting married, can cause stress.

Emotional shock - A bereavement, redundancy or a relationship break-up can make you feel tired and exhausted.

Depression - If you feel sad, low and lacking in energy, and you also wake up tired, you may have depression.

Anxiety - If you have constant uncontrollable feelings of anxiety, you may have what doctors call generalised anxiety disorder (GAD). As well as feeling worried and irritable, people with GAD often feel tired.

*Read on below for more sleep facts and tips
for a better night's sleep this February...*



Sleep Facts: Did you know ...



- Getting up at the same everyday helps to get your body clock synchronised, if you can stick to a fairly regular waking and sleeping time your body will get used to it.
- Daily exercise can improve restful sleep; however exercise before bed stimulates the body and may make it difficult to fall asleep.
- Darkness is important for producing melatonin which is a sleep promoting substance.
- Medications can cause you to be alert or sleepy, ask your GP for guidance on this and ensure you take them at the same time every day.
- When considering your choice of afternoon or evening beverages, remember that coffee isn't the only drink that contains caffeine. One 8-ounce cup of coffee has 95 milligrams of caffeine and a 12-ounce bottle of cola has 33 milligrams of caffeine. Instead of coffee or caffeinated soda, opt for water, fruit juice or caffeine-free soda.
- Eating a heavy meal in the evening can also cause insomnia. If you have a craving for food before bed, opt for a dairy product such as yogurt and carbs such as fresh fruit.
- Avoid drinking an excess quantity of liquids, as this may cause you to go to the bathroom at night.
- Alcohol not only causes more trips to the toilet but it causes you to wake up earlier, creates fragmented sleep and worsens sleep apnoea and snoring.
- Research shows that those who share a bed with children or pets sleep less and have more disturbed sleep.
- Smoking affects the chest leading to 'smoker's cough' and other related conditions. Difficulty with breathing or coughing in the night will disrupt sleep which leads to tiredness the next day.
- Smoking can cause you to feel energised rather than helping you to relax. It can act as a relaxant if it is combined with alcohol but it causes an increase in heart rate and blood pressure which elates rather than relaxes the smoker.
- Smoking is a stimulant but combined with a cup of coffee this doubles its effects. Drinking a cup of coffee and smoking a cigarette will mean a sleepless night ahead.

Practical Sleep Hygiene Tips for Better Sleep

Practical Tips

- Set a specific time for getting up each day. Stick to this time, seven days a week – (even if you feel you haven't had enough sleep) Going to bed and getting up at roughly the same time every day will programme your body to sleep better and is essential for people with sleep problems.
- Don't take a nap during the day.
- Take daily exercise at least four hours before you go to bed. This can help to relieve some of the tension built up over the day.
- Stop drinking tea and coffee four hours before bedtime. Try a warm milky drink or herbal tea instead
- Avoid drinking alcohol and smoking. Like caffeine, alcohol and nicotine are also stimulants. Alcohol may make you sleepy at first but will wake you up when the effects have worn off.
- Don't eat a big meal or spicy foods just before bedtime. A small snack containing tryptophan (a natural sleep-promoting amino acid) may help, such as turkey, banana or fish.
- Only go to bed when you're feeling tired.
- Try to create a bedtime routine, such as taking a bath and meditating. These activities will be associated with sleep and will cause drowsiness.
- Use thick blinds or curtains or wear an eye mask if the early morning sunlight or bright streetlamps affect your sleep and wear ear plugs if noise is a problem.

General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.kooth.com/>

<https://wellbeingpassport.org.uk/>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356