

> Why is it important?

Living with a long term health condition can be stressful. You might be anxious about your future or worried about managing day to day tasks. Friends and family can find it difficult to understand what you're coping with and this may make you feel isolated. Learning how to look after your emotional wellbeing and finding ways to manage your mood is an important part of self care. We've put together this list of online resources to help you. If feelings of low mood or anxiety persist, contact your GP.

Links to online resources	Description
NHS Moodzone www.nhs.uk/conditions/stress-anxiety-depression/	Advice on coping with stress, anxiety, fear, anger and panic attacks. Pages include interactive tools, videos and audio guides.
Get Self Help www.getselfhelp.co.uk	A wide range of mental health issues are covered by this site including anxiety, depression, eating disorders and phobias. There is also advice on chronic pain. Site includes an online CBT course and worksheets and video resources.
Living Life To the Full lltff.com	Free online courses covering low mood, stress and resiliency. Includes resources aimed at people living with long term health conditions and chronic pain.
Good Thinking UK www.good-thinking.uk	Service supported by NHS clinical commissioning groups, London Boroughs, Public Health England and the Mayor of London. Website for people feeling anxious, stressed or who are experiencing low mood. You can take a very brief self-assessment and be directed to further sources of support including local support.
Mind UK www.mind.org.uk	National charity. The Mind website includes a wealth of information for people experiencing a mental health problem. Information on Mindfulness
NHS Wellbeing Apps https://www.nhs.uk/apps-library/	Link to a page of NHS Wellbeing Apps including many designed to help people manage their emotional wellbeing including Chill Panda, Thrive, Beat Panic, I Prevail and My Possible Self.
Support for emotional wellbeing and mental health in Bromley	Information about support services in the borough and links to further information.

Tips for managing your emotional wellbeing

- **Get a good night's sleep** – lack of sleep can make us feel irritable, low and overwhelmed.
- **Eat a well balanced diet** – our brains need vitamins, minerals and energy to help us feel at our best.
- **Keep physically active** – evidence shows that exercise can boost our self-esteem, improve our wellbeing and protect us from anxiety and depression.
- **Avoid alcohol and caffeine** – alcohol is classed as a 'strong depressant' and can lower your mood and excess caffeine can contribute to feelings of anxiety.
- **Stop smoking** - evidence suggests the beneficial effect of stopping smoking on symptoms of anxiety and depression can equal that of taking antidepressants.
- **Relax** – make sure you find time to do activities that help you relax such as listening to music or having a warm bath. Evidence suggests that techniques such as mindfulness and meditation can help to improve our emotional wellbeing.

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To contact Bromley Well call the Single Point of Access on **0808 278 7898** or Lifestyle Support on **07985 444210 / 07399 202313** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

