



## 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 your situation 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.



## SELF CARE TIPS

### GET A GOOD NIGHTS 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. Excess caffeine can also contribute to feelings of anxiety.

### STOP SMOKING

Evidence suggests that the beneficial effect of stopping smoking on symptoms of anxiety and depression can equal that of taking antidepressants.

### FIND TIME TO RELAX

Evidence suggests that techniques such as mindfulness and meditation can help to improve our emotional wellbeing.

**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**  
**07985 431484 / 07985 444210**  
**or email**  
**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**



## FURTHER RESOURCES

### NHS Every Mind Matters

[www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

Advice on coping with stress, anxiety, fear, anger and panic attacks. Pages include interactive tools, videos and audio guides.

### NHS Mental Health

[www.nhs.uk/mental-health/](http://www.nhs.uk/mental-health/)

### Live Life to the Full

[www.lltff.com](http://www.lltff.com)

Free online courses covering low mood, stress and resiliency.

### Mental Health UK

[www.mentalhealth-uk.org/](http://www.mentalhealth-uk.org/)

Access to downloadable resources about mental health and wellbeing, support programmes, and peer support.

### Mind UK

[www.mind.org.uk](http://www.mind.org.uk)

Charity that can offer advice and materials on improving your mental health and also sign post you to other services.

### Get Self Help

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

A wide range of mental health issues are covered by this site including anxiety, depression, eating disorders and phobias. Site includes an online CBT course, worksheets and video resources.

### Hub of Hope

[www.hubofhope.co.uk/](http://www.hubofhope.co.uk/)

The largest mental health support directory to help you find local support and services.

**References:** NHS UK: [www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/](http://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/)

**To register with Bromley Well:**

**Freephone 0808 278 7898**

**Or register online:**

**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**

**07985 431484 / 07985 444210**

**or email**

**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**