

## Well Being Poster

As we move into the New Year and with the ongoing situation around Covid-19, this Well Being Poster this week looks at Mental Health.

[Action Mental Health](#) give the following suggestions for 'Beating the January Blues'

### Beat the "January Blues"

At this time of year, we all need to talk more than ever.

It is important for individuals to acknowledge the difficulties during this period and seek professional help with severe 'January blues' when needed. However, staying active and not isolated, reducing alcohol consumption and being aware and mindful of difficult family dynamics can lessen the blues.

There are also a few simple steps that can help minimise the risk of mental health issues arising this January:

- Beware of drinking to excess, remember that alcohol is a depressant and can worsen the symptoms of depression.



- If you are worried about being alone, find out what is going on in your local community or join a local group.

- See whether there is a good time to visit friends or relatives.



- Sharing your feelings with others, such as friends and family members, who can help you identify and work through any emotional challenges you may be experiencing.

- Regular physical activity has been shown to have antidepressant effects in people with mild to moderate depression.

Do not be afraid to seek professional help.



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