

## Looking after your Emotional Wellbeing

One-in-four adults and one-in-ten children experience mental illness during their lifetime, and many more of us know and care for people who do.

Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds, including improved physical health and life expectancy (NHS)

### How to Deal with Stress

[Visit the NHS website to find out about:](#)

1. Symptoms of stress
2. How to tackle stress
3. What causes stress?
4. When to get help for stress
5. [Video: Stress](#)

### Breathing Exercises for Stress

The NHS website also has handy tips and advice on [breathing exercises you can do](#) to help alleviate stress.

### Coping with Money Worries

Advice on [how to cope with financial pressure](#)

### How to Feel Happier

[Audio Guide](#) to build confidence and develop assertiveness

### Depression and Low Mood

An online video, where an expert describes the [various levels of depression, the early warning signs and the treatments available.](#)

Websites with information and support if you're living with or supporting someone with mental health problems

<https://www.mind.org.uk/information-support/>

<https://www.solentmind.org.uk/>

The links above are for general information (and action!)

Please contact your GP if you're worried about your health or wanting to start a new health regime.

To invest in the health and wellbeing of your staff, please contact

[Lynn.Murphy@southampton.gov.uk](mailto:Lynn.Murphy@southampton.gov.uk)

[www.southampton.gov.uk/wellbeingatwork](http://www.southampton.gov.uk/wellbeingatwork)