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તમારી સ્વાસ્થ્ય

Your Health

Mental Health and Well-being



Everyone needs to look after their mental health and well-being. This is just as important as physical health. Sometimes it's the conditions we don't see that cause the most harm.

In this digital age, we are so well connected through our phones but are lacking an in-person connection. We are often surrounded by people yet feel isolated.

Here are 5 ways everyone can improve their mental health and well-being:

Mindfulness Meditation

Mindfulness is about being present in the moment. This requires you to bring awareness to your body, breath and the world around you. It helps stop the mad rush of thoughts and feelings going on in your brain and can help bring peace into your life.

Try downloading apps like Headspace which take you through a guided mindfulness meditation practice or take 10 minutes out of your day to focus on your breathing and nothing else.

Talk

This can be to anyone you feel comfortable with - whether that be family, friends or a professional. Emotional support is readily available from all of these sources only if you take the first step of expressing how you feel. It just takes one phone call to make a difference.

Move

Exercise has been proven to cause a release of chemicals in your brain, automatically making you feel happier. It doesn't have to be excessive or painful, try walking, swimming or doing some yoga – it can even be something fun like dancing and see how much impact it has on your mood!

Sleep

Sleep can make a huge difference to your mood. Studies show that having a consistent sleep cycle is better than the amount of sleep one has, so try to sleep and wake up at the same time every day. Regular physical activity will also help you get good quality sleep.

Act

Studies show that learning a new skill or picking up a new hobby can positively affect your mental health. It doesn't have to be difficult, even if it's cooking a different shak or playing badminton with friends. Giving to others can also provide a sense of purpose whilst helping others at the same time, for example, helping a family member or volunteering in the local community.

People often feel stigmatised when talking about their thoughts and feelings even though 1 in 5 suffer from a mental illness. You are not alone. If you are not coping please reach out to a health professional. The NHS provides free services you can self-refer to. Otherwise do not hesitate to contact your GP or emergency services.

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

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Tamari Tabiyat - Your Health