

Mental Health Awareness Month

We all have mental health. Mental Health Month has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings.

Did you know?
The green ribbon is the international symbol for mental health awareness

Good Mental Health is characterised by a person's ability to fulfil a number of key functions and activities, including:

- The ability to learn
- The ability to feel, express and manage a range of positive and negative emotions
- The ability to form and maintain good relationships with others
- The ability to cope with and manage change and uncertainty.

BIOLOGY

Our genes and the ways they are expressed

Influences on your mental health



EXPERIENCES

The things that happen to us - especially in our early life

ENVIRONMENT

The places we live and work, and the relationships we have

Warning signs:

- Long-lasting sadness or irritability.
- Extremely high and low moods.
- Excessive fear, worry, or anxiety.
- Social withdrawal.
- Dramatic changes in eating or sleeping habits.

The coronavirus (COVID-19) outbreak means that life is changing for all of us for a while. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated.

It's important to remember *it is OK to feel this way* and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass.

You are NOT alone.

Further Reading:

It's important [to get help](#) if you are concerned that you are developing a mental health problem. There are loads of websites and groups available with helpful hints and tips to help you look after your mental health during this tricky time:

[Mental Health Foundation](#)

[Rethink.org](#)

[NHS](#)

The LRC's Top Tips to maintain your sanity during Lockdown:

Stay Connected

We live in an age of technology and most of you know how to do things with your phones most of us oldies have never dreamed of! So use them to stay in touch with your nearest and dearest (and us! heritagelrc@barnsley.ac.uk... just saying) Set up a group chat with your pals, arrange a dinner date with your budding romance, binge watch a favourite programme with distant relatives, play a Fortnite battle with your rival... the possibilities are endless. Having regular contact with somebody real will make all the difference.

Switch Off

Lets face it, the news can be scary. Make sure you check reliable sources for the latest and maybe just once or twice a day i.e. evening news. Avoid news that could make you feel anxious and choose the stuff that's practical and helpful. It's OK to turn off social media for a bit, nobody will know!

Create a Routine

It can be tempting to spend the day in your PJs and just stay in bed until this is all over. Perhaps not the healthiest thing to do though on a daily basis. You need to strike a balance between having a routine and making sure each day has some variety. It can be hard to begin to accept this new normal. If you're finding the change difficult, it might help to build yourself a new routine - getting up, eating and doing familiar things at set times can help you to feel a little more in control of the situation. But also change it up a little. This is a perfect opportunity to start a new hobby, tried knitting? Gardening? DIY? You'd be surprised what you're good at...

Don't bottle it up

It's totally normal to find this situation difficult. You may find yourself getting frustrated at the little things you'd normally just deal with. Totally normal. Take a breath. Go for a walk (sticking to the 2 metre rule obviously). Sit in the garden with your headphones in and music blaring full blast. Do anything to give yourself a break and reset before going back to the problem. If it's a person you're struggling with let them know the problem as calmly as possible and hopefully you'll be able to sort something out.

Read...



Hey, we're a library... of course this was going to be a tip!

If you have any questions, comments or suggestions please get in touch: heritagelrc@barnsley.ac.uk

Stay Home, Stay Safe!