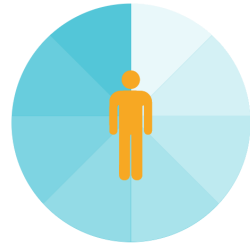


Inspiration Point: Factsheet 6

Focus on Wellbeing in 2018

During February, it is common for the good intentions of our New Year's Resolutions to fade. We would like to share with you some of our tips on how to focus on wellbeing throughout 2018.



Talk and make a connection

It really is good to talk. Having a conversation, talking about how you are feeling or talking to someone who you are worried about is something anyone can do.

Challenge Stigma

You may of witnessed first-hand how stigma and negativity can impact on a person's wellbeing and recovery. At Inspire we believe that mental health, learning disability and drug/alcohol dependencies should be free of stigma. People should feel they can discuss these issues openly at home, at work and in the community.

To achieve this it's important for all of us to reflect on how we view these issues and challenge any stigma or misinformation we see in ourselves or in others.



Look after your physical health

There is a strong connection between mental and physical wellbeing and taking the time to look after your physical health is important. Trying to increase your physical activity if you are able to, looking after your diet, aiming to cut down or stop smoking or simply resolving to spend more time outside in the fresh air can all help. There are lots of resources and support available to help you.



Do what you love

At Inspire we encourage the people we work with to participate in meaningful, creative and productive activities and to find time to relax. This is a good principle for everyone to follow and in today's busy world it's important we start viewing spending time doing things we enjoy as an important part of life rather than a luxury we fit in when we can.

Deal with what's worrying you

Make 2018 the year you act early to face your worries before they become problems. In our work within Inspire, early intervention and prevention always make it easier to deal with issues more effectively. No matter what concerns you; be it money, health or family and relationship issues there are people and organisations who can offer you help and support, so don't be afraid to ask for it.

For more information on Inspire services visit our website – www.inspirewellbeing.org

or follow us on social media



/InspireWBGroup

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