

Take a PositiveStep to improve your mental health



School's out for summer - and the kids are jumping for joy at the prospect of six weeks at home... But what about you? Having a house full of bored or squabbling kids is enough to make anyone tear their hair out and when money is tight, it can really add to the pressure.

Here are a few tips from Netmums to help you have a stress free summer (almost!) - For more details please visit their website: www.netmums.com

- ◆ Don't feel you have to keep your children entertained from dawn 'til dusk. It really is OK for children to feel bored sometimes.
- ◆ Set small goals - Start small by choosing one thing to focus on each day. It could be an activity, like going swimming or to the park.
- ◆ Organise a childcare swap - speak to your friends and agree to have their children for an afternoon in return for them having yours.

If you feel you are going to explode... Here are a few things that can really help:

- ◆ Get out of the house or go into another room and give yourself some time so that rational thinking can kick back in.
- ◆ Scream into a pillow! If you really need to let it out, scream into a pillow or pound it or throw it around - you will probably want to do this in private!
- ◆ Talk to a friend you can trust.
- ◆ Call PositiveStep on 0800 688 8010 and we can arrange a telephone assessment to discuss how we can help you. We can also delay appointments until after the summer holidays if needed.

New... PositiveStep is working with colleagues in the probation services to provide access to stress management.
Watch this space for more details next month...

Comings and goings...

Good luck to Sarah Branton in her new Role helping other IAPT Teams
Welcome to Rufus Pettett our new Service Manager here at PositiveStep

North Somerset For Fun Annual Football Tournament

We would like to thank everyone involved in making the annual football tournament another great event. Everyone here at PositiveStep had a fantastic time even if we didn't win or come close! Congratulations to AFC Intensive who won the tournament and thank you to Kieron for organising the whole event.



PositiveStep Football Team



Living with Type 2 Diabetes

Living with diabetes can feel stressful and people can feel out of control when trying to manage their own health. At times those with diabetes can feel that it dominates all that they do. However, there are strategies that can help people feel like they are back on track.

With help from specialists in the field of diabetes and health management, a course has been designed for you to improve the management of your type 2 diabetes, maintain a balanced/healthy lifestyle and put you back in the driving seat.

This course is called 'Living with Type 2 Diabetes'. Some of the topics covered in the course will include eating and diabetes, stress management techniques and understanding your diabetes medication.

The next course that we will be running at PositiveStep will be in the Autumn if you are interested please e-mail us on enquiries@positivestep.org.uk or visit our website positivestep.org.uk for more details.

Are you aged 60 or over?

Are you a former patient of PositiveStep?

My name is Jess Tams and I am a University student on placement at PositiveStep.

For my dissertation research project, I am considering mental wellbeing in older age and how PositiveStep can best promote this. I am interested in your views and experiences of your treatment at PositiveStep, and any suggestions you have about how PositiveStep can support over 60s. If you would like further information about the dissertation study and how to take part, please email enquiries@positivestep.org.uk, or phone 01934 523 766 and leave your name and contact number with the PositiveStep administration team.

Quote of the month

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment"

Buddha

Courses starting in August/early September

- ⇒ **Anxiety Management** at Coast Resource Centre, W-s-M from 10am on 1st August
- ⇒ **Low Mood** at Coast Resource Centre, W-s-m from 6.30am on 13th August
- ⇒ **Stress and Mood Management** at Coast Resource Centre, from 6.30pm on 19th August
- ⇒ **Self Esteem** at The Badger Centre, W-s-M from 6.30pm on 26th August
- ⇒ **Anxiety Management** at Windmill House, Kenn from 10am on 28th August
- ⇒ **Stress and Mood Management** at Windmill House, Kenn from 6.30pm on 1st September
- ⇒ **Self Esteem** at Windmill House, Kenn from 10am on 12th September

**To book a place on these or any of our courses, please visit our website
www.positivestep.org.uk or call 0800 688 8010**