

Take a PositiveStep to improve your mental health

**positivestep**  
supporting wellness in North Somerset

## *Tips For Beating The Winter Blues*

**Keep moving** - Keep active, whether that's visiting the gym, a run, a bike ride or a brisk walk - if that feels too much simply fidget, jiggle your legs. The rhythmic movements of the exercises will release happy hormones (serotonin).

**Get Outside** - Try to get a minimum of 20 minutes natural day light a day - the more you get the better you will feel. If you can't get out of the house try sitting in the window or if you can, invest in a light box. Light therapy is offered in the treatment of seasonal affective disorder (SAD) and is effective in up to 85% of cases.

**Keep Warm** - Being cold can impact your mood. It can leave you feeling low. Studies have shown that staying warm can reduce the winter blues by half. Keep warm with hot food and drinks, extra clothes and if you can keep your home between 18-21 degrees

**Eat Healthily** - We are all aware of the benefits of a healthy diet - Go on! give it a go!

**Take up a hobby** - A lot of people stop doing things that they enjoy over the winter period; this in itself can trigger feeling of low mood. Having something to focus on can really help, so keep your mind active, not just your body

**Seeing your friends and family** - Socialising is great for your mental health. A social event with a friend or family member is a great mood booster, or just pick up the phone and have a chat.

**Talking Therapy** - Should you find your feelings of winter blues persist or they start to impact on your day to day life, then talking therapy can help you to cope or better manage these thoughts and feelings. Call PositiveStep on 0800 688 8010 for more details and to book your appointment.

*From us all at PositiveStep*

*Happy New Year*

Sretna Nova Godina

šťastný nový rok

Frohes neues Jahr

Felice Anno Nuovo

Laimingu Naujiju Metu

Szczęśliwego Nowego Roku

Un An Nou Fericit

Veni Vilimiz Kuttu Olsun





## Talking therapy sessions can help reduce the risk of suicide

**What are talking therapies?** We often find it helpful to talk problems through with a friend or family member, but sometimes friends and family cannot help us and we need to talk to a professional therapist. The therapist is trained to talk with you so as to help you deal with your unhelpful thinking. They can help anyone who is unhappy and having problems.

You do not have to be told by a doctor that you have a mental health problem to be offered or benefit from a talking therapy. It works even with people who have attempted suicide, says a recent study carried out by researchers from John Hopkins University in the US. Those who received talking therapy were 27% less likely to attempt suicide again.

The university has said that it was likely that providing a safe, confidential place to talk was the key to the success of the talking therapy sessions. Our therapists provide quiet places like that.

For more details about what PositiveStep can offer please call us on 0800 688 8010 or [www.positivestep.org.uk](http://www.positivestep.org.uk)

If you have internet access and would like the full story about the US study please use this link: <http://www.bbc.co.uk/news/health-30150746>

### Comings and goings...

Sarah Branton—New Interim Managing Director for Bristol

Sarah has taken up this position for 6 months. Sarah was previously service manager for PositiveStep for 5 years and has wide experience of working in Bristol including managing the Crisis Service.

Congratulations to Jo who will shortly be leaving us to have a baby.

Congratulations to Hazel and Holly who have both recently got married.

### Quote

**A good laugh is sunshine in  
the house...**

William Makepeace-Thackeray

### Courses starting in January and February

- ◆ **Stress Management Course** at the Coast Resource Centre, W-s-M from 10am on 9th January
- ◆ **Get Ready for Change, Weight Management** at Windmill House, Kenn, from 6.30pm on 12th January
- ◆ **Anxiety Course** at Windmill House, Kenn from 6.30pm on 20th January
- ◆ **Anxiety Course** at the Coast Resource Centre, W-s-M from 10am on 23rd January
- ◆ **Self Esteem Course** at the Coast Resource Centre, W-s-M from 6.30pm on 26th January
- ◆ **Stress Management** at Windmill House, Kenn from 6.30pm on 27th January
- ◆ **Low Mood Course** at the Coast Resource Centre, W-s-M from 6.30pm on 5th February
- ◆ **Anxiety Course** at Nailsea Baptist Church, Nailsea from 10am on 10th February
- ◆ **Low Mood Course** at Windmill House, Kenn from 6.30pm on 16th February
- ◆ **Stress Management Course** at the Coast Resource Centre from 6.30pm on 18th February
- ◆ **Self Esteem Course** at the Coast Resource Centre from 10am on 20th February

**To book a place on these or any of our courses, please visit our website**

**[www.positivestep.org.uk](http://www.positivestep.org.uk) or call 0800 688 8010**