

Last year St Andrew's Private
Therapy Outpatient Clinics helped
over 300 people to feel better.

*'You have taught me so much and I
can say I'm truly happy again.'*

St Andrew's Private Therapy Patient

To find out how you can access
help and support contact us:

t: 01604 616 050

e: therapyclinics@standrew.co.uk

w: standrewstherapy.co.uk

THE LITTLE BOOK OF

Mental Resilience



Transforming lives together

COMPASSIONATE CARE

At St Andrew's we are proud of our rich heritage in the provision of mental health care. Our history as a charity began in 1838 with the opening of our hospital in Northampton.

Our years of experience and understanding of people's mental health needs mean that we are proud to offer services to the community through our private therapy outpatient clinics.

TALKING ABOUT YOUR FEELINGS

'Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.'

[Mental Health Foundation](#)

Sharing your feelings isn't a sign of weakness, it's an investment in your wellbeing and doing what you can to stay healthy.

If you need to talk to someone there are many services and organisations that can offer help and support:

- Your GP
- Local mental health services in your community
- Samaritans
- Rethink Mental Illness
- Mind
- Relate

BUILDING MENTAL RESILIENCE

When life gets tough mental resilience can be the difference between thriving and surviving. We all know that eating our five-a-day and taking regular exercise are key to our physical wellbeing, but there are also small things that we can do every day to build our mental wellbeing and often the two go hand in hand.

'Resilience is a universal skill we all need to help us to successfully navigate life.'

Mental Health Foundation

Building strong social networks and solid friendships, nurturing yourself, learning good sleep habits, eating healthily and exercising can all help towards our mental wellbeing so that when life throws us those unexpected curve balls and it all feels like too much we have the mental coping mechanisms to get through.

Getting a good night's sleep IS KEY *to both our* mental and physical HEALTH

- › Relax your mind; scents such as lavender oil can help. Try a simple breathing exercise. Breathe in through your nose for a count of four, then hold for a count of two and breathe out for a count of six. Inhale air right down into your abdomen, not just into your chest. Practise this for at least five minutes at night and allow your breathing to fall into a pattern that you find relaxing.



No.1

Eat more nuts AND seeds



> Plenty of fruit and vegetables, wholegrains, nuts and seeds, with some protein foods, will support good health and good mood. A lack of B vitamins and the mineral selenium may increase the incidence of negative mood states. Brazil nuts, meat, fish, seeds and wholegrain breads and cereals all contain this essential mineral.

No.2

Doing some exercise gives you more energy

› Sometimes intense exercise is not a realistic goal for everybody. It is far more beneficial for your mood to exercise at a moderate intensity than not exercise at all.

Find something you enjoy, even getting out for a walk in the fresh air can have huge benefits for your physical and mental wellbeing.



No.3



*Friendship
is a
crucial element
in protecting our
mental health*

➤ It's worth putting effort into maintaining your friendships and don't be too proud to ask for help when you are struggling.

No.4

Learn to say 'NO'

- › Try not to take on too much, learning to say 'no' is hard but it is important to make time for relaxation. Build time in to your day for things that you enjoy and that are important to you.



No.5

Watch your favourite comedy

- › Stressful events can be altered by whether we view something as a threat or a challenge. Humour can give us a more light-hearted perspective and help us view events as challenges thereby making them less threatening and more positive.



No.6



Include oily fish in your diet

Some researchers think that omega 3 oils found in oily fish, may help with depression. Oily fish include salmon, mackerel, herring, sardines, pilchards and trout.

No.7



AIM TO
focus
on

thing at a time

> Maintaining a singular focus will help you to avoid becoming overwhelmed and will keep you moving forwards.

No.8

HOW CAN ST ANDREW'S PRIVATE THERAPY OUTPATIENT CLINICS HELP ME?

Within our outpatient clinics we employ over 20 practising Psychiatrists and Psychologists, meaning that we can match you with the most appropriate clinician and tailor your treatment to your needs and requirements.

The therapies we use are evidence based and National Institute for Health and Care Excellence (NICE) recommended. We use a variety of different therapeutic approaches, which we tailor to the specific needs of our clients.

The most commonly used psychological therapy is;

Cognitive Behavioural Therapy (CBT)

This involves identifying and breaking out of the unhelpful thinking and behaviour patterns which can cause problems, such as anxiety, depression and stress.

Our private therapy outpatient clinics help individuals overcome many common mental health issues, enabling them to function better in their everyday lives. We support people with:

- depression
- stress
- anxiety
- mood swings
- poor work performance
- sleeping difficulties
- panic attacks
- low self-esteem
- relationship difficulties
- anger
- autistic spectrum disorders
- attention deficit hyperactivity disorder.

To speak to someone
about how we can help

t: **01604 616 050**

e: **therapyclinics@standrew.co.uk**