



Wellbeing Newsletter

Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

'We walk by faith, not by sight.'
2 Corinthians 5:7



Healthy Relationships are a key factor to supporting each other with our Mental Health.
We would like to share some Top Tips with you.

HEALTHY RELATIONSHIPS

Tip 1: Get to know yourself.

Take the time to appreciate yourself and get in touch with your emotions to be able to express yourself clearly and more effectively.

Tip 2: Put in the work

Healthy relationships are not found, but built.

HEALTHY RELATIONSHIPS

Tip 3: Set and respect boundaries

Setting boundaries is not only about what you don't want or like in your relationships, but also about letting the people around you know what you appreciate.

Tip 4: Talk and listen

All relationships have disagreements and that's ok. what matters is how you talk and listen to one another.

Don't be afraid to express your emotions or vulnerabilities with people you trust.

HEALTHY RELATIONSHIPS

Tip 5: Let go of control

A lot of life is about how we react to our experiences and encounters. Knowing that you can only really control what you do and not what anyone else does will save you time and stress.

Don't forget to check out the Wellbeing Hub. There are a multitude of services available locally that can be sourced from the hub.

Email wellbeinghub@nhs.net

Website <http://www.sandwellbeing.co.uk/>