

CRAMOND MEDICAL PRACTICE



2 Cramond Glebe Road Edinburgh EH4 6NS

**MANAGING
YOUR
MENTAL HEALTH
&
WELL-BEING**

WHAT IS MENTAL HEALTH?

Life is difficult and things happen to us; not maybe all the time, but often enough. One of the major sources of anxiety or (reactive) depression is becoming overwhelmed by stressful life events around you. There is essentially nothing ‘wrong’ with you, but you will have become anxious or depressed because of the ‘wrong’ things happening around you. Those who are mentally healthy can resist this sort of life-long sporadic onslaught for a while: those who have less resilience can get overwhelmed sooner, or for longer. There is a gradient of aptitude. This is not a condemnation of those who become anxious or depressed; but it can give hope that such abilities can be improved relatively easily. Hopefully this booklet can indicate how you can strengthen these facilities.

Happiness has two parts to it: a ‘pleasure’ component of how good you feel about yourself at any one moment: and a ‘satisfaction’ component, when (after reflection) we are reasonably content with our lives – for the moment, anyway. There is evidence that people who have a higher degree of satisfaction have a stronger resilience to coping with difficulties. Many people who seek happiness (pleasure) sometimes quite desperately, end up being less satisfied with their lives and this can be symptomatic of (possibly) a lower level of mental health. Again we have a gradient, a ‘fulfilment’ spectrum. The search for contentment has fascinated philosophers through history.

Thus, one measure to improve mental health could be to re-examine your goals and basic life expectations; How do you operate on a day-to-day basis?; Do you ‘expect’ life to be reasonably difficult?; or Does what you do make you more satisfied? Are you upset or distressed whenever there is a difficulty; o you expect that life should be easy or that nothing should go wrong; are you are constantly chasing after something you thought was important, but when or if you get it, you will still be unhappy? These are important questions and can indicate your ‘level’ of mental health. However, happiness is a skill that can also be learnt. But it does not happen or come from outside of yourself.

In this sort of context, Doctor Raj Persaud (a prominent psychiatrist) defines ‘mental health’ as *“the ability to bring yourself back from the brink”*. He does not discriminate against people with ‘mental health’ issues; he is clear that his definition of mental health has nothing to do with *“the fact that you were ‘there [in difficulties]’ in the first place.”* He, like others, emphasises awareness and a degree of feeling in control of your life as a cornerstone of mental health: *“being able to manage your mood, temper or attitude”* and responsiveness is also seen as being very important, *“as responsive to their external environment (their spouse or their boss) as to their internal environment (their feelings and thoughts).”*

If (a) being able to manage your mood, and (b) being emotionally responsive are so very important, then methods of treatment that require one to seek external advice, get professional help, take this drug, or follow that particular method, can possibly be counter-productive.

This booklet is designed to try to enhance your feelings of awareness, your ability to manage your mood, and your flexibility. Dr. Raj Persaud also writes:

“People who are resilient are not doing something complicated or special. They have simply grasped that there are only two options in life, and have learned how to implement them, and which to use when. Above all, they have realised something it’s taken psychiatry more than 100 years to grasp in life, there is no third option.”

However, unfortunately, he misses stating the main point. To be truly happy, you will almost have to go ‘inside’ of yourself, and possibly do some profound ‘inner work’ as well. Socrates, the Greek philosopher, is supposed to have said: *An unexamined life is not worth living.*

The psychologist Dorothy Rowe, in a book entitled *The Successful Self*, says something similar. Mental health problems can affect us all; however mental illness is very rare. For most people, these ‘ordinary’ mental health problems include stress, anxiety, unhappiness, distress, loneliness, lack of self-esteem, relationship difficulties, and difficulties coping with adverse circumstances. Mental health therefore encompasses a sense of well-being and the ability to cope in adversity: it contains various factors such as resilience, confidence, a sense of being able to cope (mastery), coherence, optimism (or hope), the ability to initiate, a degree of emotional intelligence, and the ability to sustain and develop relationships.

However, ‘**mental health**’ is still too often used as a euphemism for the absence of mental illness: particularly poignant for people who have been classified (rightly or wrongly) as actually having been mentally ill, or having had a ‘mental health episode’ or breakdown. The mental health organisations, MIND, SANE, the Scottish Association for Mental Health (SAMH), NSF, and other organisations all do excellent work with such a population and utilise this form of definition. But this probably does not apply to you at all. Let us examine the concept of mental illness a little bit further.

Psychology and psychiatry has – for a long time – focussed on diagnosis, assessment and various types of treatment, rather than on prevention. This is possibly a huge mistake. There is a wealth of knowledge out there that is not being tapped. Over the last 150 years or so, we have also started to learn what does not work. Prevention is always more efficient than treatment: but we do not often intervene. Mental problems, emotional difficulties, and psychological disturbances really can be prevented, or the incidence of them can be diminished considerably: firstly, by improving people’s emotional coping strategies and their problem-solving abilities, and secondly, by re-examining their expectations and components of what makes them satisfied: their general well-being. Some of this, much of this, is down to education and increasing the incidence of emotional intelligence. This is a form of discovery – through experience – that makes us realise that if we do this, and that, others may well do that and this in return. Try to understand why you do something, how it affects others, whether it works, and if it doesn’t, try something else.

GOOD MENTAL HEALTH

Definition:

Mental health is not just the absence of mental illness. Mental health really has also nothing to do with the medical profession: it is more a way of life and an approach to yourself and other people that works for both you and for them. It incorporates a basic (but quite wide) range of life-style factors that, if followed, usually result in good mental health.¹ These are basically:

- **Keeping physically active** – ideally doing some aerobic exercise (where you get a bit out of breath and hot ‘n sweaty) about 3 times a week for about 45 minutes minimum each time.
- **Eating well** – taking regular light meals (morning, mid-day & evening) plus a few snacks in between to maintain blood sugar levels; eating the ‘5-a-day’ portions of fruit and vegetables; avoiding most saturated fats and high levels of salt, sugar & additives (i.e. not processed meal); using good, well-sourced ingredients. Try to ensure ‘calories in’ is equal to or less than ‘calories out’.
- **Coping with Stress** – face up to problems, before they get too bad; don’t ignore them. Don’t try to avoid or sublimate stress – by drinking too much; ignoring bills; avoiding certain people, etc. Find moments to let go or relax – regularly; dancing, zoning out in the bath, etc.
- **Drink in moderation** – alcohol consumption should be less than 24 units per week for large men and less than 14 units per week for average-sized women, and not more than about 4 units in any one day (avoid binge drinking).
- **Value yourself and others** – low self-esteem and/or devaluing other people are not good for anyone’s mental health. We are all (equally) worthwhile, have rights, and deserve to be treated properly and fairly at all times by those around us. If you feel that this is not happening, then maybe the other people around you have a problem, and it is affecting you.
- **Talk about your feelings** – as it doesn’t do you any good whatsoever keeping things bottled up or remote. It can often make things worse as it tends to isolate you from other people, stop normal communication or openness, and then, if things do get difficult, you are less likely to get any comfort, help or support that you might need.
- **Keep in touch with friends and loved ones** – since they are your friends and loved ones, what is happening if you do not keep in touch with them? Are you saying they are unimportant to you? That you don’t care? Humans are social animals and actually need to feel close to others. This makes us feel better about ourselves, and this is what this is all about.
- **Care for others** – again, if you don’t, what are you saying? It doesn’t have to be anything much; maybe contacting a neighbour during a power cut; or being aware someone may be a bit lonely when their partner is in hospital. The fact that you asked is often sufficient, both to give them a nice feeling and also one for you.
- **Get involved and make a contribution** – as we receive by giving. It doesn’t have to be money; a couple of hours once a year at the Church Jumble Sale, or something, keeps you in touch with other people, the needs of those around you, and again, gives back in a surprising number of ways.
- **Learn new skills** – or advance your knowledge and understanding (of yourself, as well as academically).
- **Do something creative** – otherwise our life doesn’t feel totally worthwhile, and we do not explore ourselves or work with others. Ideally, your everyday job should be creative.
- **Take proper breaks** – otherwise you will get stale, tired and flat. Not good! Not healthy!
- **Ask for help when you need it** – this sounds obvious, but it is so often neglected. Not doing this is (quite frankly) stupid and means you are not valuing yourself properly.

¹ Adapted from Brown, M. et al., Mental Health Today: June 2004.

THE PATH TO MENTAL HEALTH

(WELL-BEING)

Steps to Mental Health

There are a number of steps towards better health: both mental & physical or what we can call “well-being”. They are simple, but this does not mean that they are easy. You will need to challenge some of the ways in which you are currently **not** staying totally mentally healthy. The definition of health that we are using is that “*Good health requires a regular set of active and varied measures in order to maintain, or improve, your general health.*” This applies mentally as well as physically. The essence of this regular programme can also be stated as: “Taking Care of Yourself.” This means that you need a good routine, that is sustainable, and that includes exercise, meditation or relaxation, a good diet, the right clothes to wear, the right home to be in, a good working environment, opportunities for personal growth, some positive thinking, intimacy and friendship. Mix these, in a flexible fashion (as things change from week to week) with some self-awareness and improved self-esteem (or love) and you have an almost guaranteed winning formula. You determine what it is that you need.

Exercise

As mentioned before, you will need to do some exercise. **Not** using your body is **not** a good idea: over-using your body verges on abuse. Somewhere in between is a formula that works for you. Find it! If your working day is spent sitting at a computer; your exercise will need to be more varied and regular than if you have been stacking shelves all day, in which case you will need something gentle and flexible. Try to vary what you do from day to day: yoga one day; swimming another; a work-out in the gym; walking or whatever on other days. Try to combine it with a creative activity or another leisure pursuit: like gardening, playing tennis with your partner, or football with your kids. Now look very carefully at the reasons you give yourself for **not** doing these. How valid are they? Challenge these reasons. What exercise would give you most pleasure? So, go do it!

Relaxation and/or Meditation

As also mentioned in other leaflets, some form of regular relaxation, mediation, de-stressing or whatever is also pretty essential. These are usually all quite simple; but to get the full benefit, you **must** do this regularly. It works cumulatively. Try sitting upright, closing your eyes, and breathing in. Imagine taking in the qualities that you need: strength, determination, love, energy, peace of mind, etc. At the top of the breath, hold for a moment so all these qualities can be absorbed. Now breathe out and release all the qualities you don't want: stress, fear, anxiety, depression, selfishness, anger, etc. Then hold again for a moment, before you begin the next cycle. Do this twice a day, every day, for 20 minutes at a time, and see whether it does not change your life.

Good Food

And not too much of it either. You only need about 1,500 calories a day, unless you are doing hard manual work. Try to mix the best quality of food (fresh, organic, unprocessed, seasonal, no additives) in an appetising and varied way, with five portions of fruit and vegetables and a mixture of grains and nuts. This should give you all the vitamins you need. Try to eat foods that give you extra B vitamins, calcium, potassium, magnesium and vitamin C. Vitamin supplements can help, but it is better taking these in naturally.

Organic food costs a bit more, but it is much better for you. It's healthy; there are no additives, nor pesticides, and no GM; there are no hidden costs (cleaning up our water supply from pesticides); it benefits animals; it is good for the environment; it benefits children; and it is very tasty: well worth the extra! Perhaps learn to cook a few different dishes; try out some new recipes.

Pay attention to what you eat, and when you prepare it, and cook it, and especially when you eat it: appreciate it; chew it; absorb it. Pay attention to what you crave – which is usually what you are allergic to, or what is not good for you: the cravings usually go away after a few days. Discover instead what it is you need. Pay attention to when you eat, often a heavy meal three times a day is not the best routine, and especially to how much you eat. “*Watch Your Portions.*” Drink lots of water. Keep alcohol, sugar, salt and additives to a minimum.

Wash what you buy before you prepare it. Also rinse dishes well so that you are not eating detergent residues. Use biodegradable substances and products wherever possible.

Good Hygiene

Cleanse your body well: care for your skin. It is a major body organ. Use pH-balanced products (soaps, shampoos, shower gels, etc.) where possible, as these do not destroy the slightly acid skin layer of protection from infection. Use a shower brush to help to get rid of old skin. Keep all parts of your skin moist (with pH-balanced lotions) especially in dry weather.

Wash your hair regularly and rinse it well. Use pH-balanced conditioners if you must. Brush your hair lots and it will shine, without extra products. Brush your teeth twice a day; floss your teeth once a day; use mouth-washes if you have any gum problems. Get your teeth checked by a good dentist twice yearly. Be careful with washing your hands after going to the toilet, especially before eating or preparing food. Don't smoke.

Good Rest & Sleep

The amount of rest and the amount of sleep you need is very personal. Since life has ‘speeded up’ considerably, you will probably or certainly need more rest and sleep than you are currently getting. Listen to your body. Don't stay up too late. Take occasional naps, or little 20-30 minute rests, during the day. It really is a lot healthier.

Sit down when you can. Put your feet up when you can. Take a break from routine activity: at least 5 minutes in every hour. Do a couple of stretches whenever you stand up. Don't rest immediately after a large meal (which you should not have anyway): walk a while before you rest.

Get into a better sleep pattern. Try to emulate the 'normal' daytime: get up with the sun; go to bed reasonably early. Use 'daylight' bulbs in the house if you don't get enough natural daylight.

Clothing

Many synthetic fabrics (acrylics, polyesters, nylon, etc.) interfere with air getting to your skin, or can cause skin irritations. Try to wear silk, cotton, wool, and undyed fabrics next to your skin where possible: they are healthier. Mixtures are OK: 50% cotton etc. Try different textures to see what you really like.

Some people need to wear certain colours, or different types of clothes. Find out what works for you. Try colours that you don't normally wear occasionally. Again, variation and experimentation are usually quite healthy and fun. Wear different layers so that you can take something off easily if the home or work environment is hotter, and put it back on when or if it is colder. That way you may also use less heat and not contribute to global warming so much. That's healthy too.

Home & Work Environment

Whilst these can be very different from each other, you will probably spend more than 80% of your time in one or the other.

At work, there are now quite strict health & safety codes about what constitutes a minimum standard for a healthy working environment: these codes are not always followed. Make sure that you know what these codes of practice are, and therefore what to insist upon. If you are not healthy at work, someone else is responsible. Some people have different individual responses: they react badly to neon light, or are very affected by noise, or smells. Some people have been made very sensitive to certain products or chemicals. Some buildings are just 'sick'. How healthy is your work environment for you? Has it changed recently? What works for you at work, and what doesn't? At home, you should have more control over your environment. Is it pleasant? Do you like it? So, do what you can to change it and make it better for you, or move. Try using plants; different colours and fabrics; different lighting, an air ionizer, or precipitator. Change things around a little until you feel totally happy with them. What about the mix of space and activity? Would you feel happier with your bedroom downstairs, or your kitchen or living room different? Discuss it with others; get some professional advice; watch some of the TV programmes to get a few new ideas; work out the costs and possible benefits. Then go for it.

Leisure & Pleasure

You will not stay healthy unless you have suitable amounts of these. Most people skimp on these, then eventually get run down and get sick, then have to take time off work, etc. It is not a good combination.

Try to re-balance your work, home and leisure & pleasure activities into a much better mix. Do those things you really like doing, even if it means a bit more effort or expense. At least do them

occasionally. Try to do something regularly as well: a night out once a week does not have to break the bank. Combine it with doing a different type of exercise; or going to a special class, or something. It is worth it to be able to have a good time, to laugh more, to glow a bit more, and to start again refreshed.

Try different activities; join different groups and mix with different people. Challenge those fears, or ‘scripts’ or thought forms that keep you from enjoying yourself more. Someone once said that the secret of happiness is having something to love, something to do, and something to look forward to.

Personal Change

This is where we get really serious. You may well have been told, or decided that “*something must change*”. That ‘something’ is actually **you**: surprised? Everyone has things that they need to change, or to work on, or areas where they want to grow. Do **not** get into a rut of disempowerment or apathy. You can change: one step at a time. It is simple, but it is **not** easy: otherwise you would have done it long ago. Now is the time to do it. Don’t assume that you will do it tomorrow. This is the day, the time, the moment that you need to decide to change: and to keep on deciding, as you may well have some habitual patterns, or even addictions, to break. *Carpe Diem!*

The change does not have to be a huge one, yet. Small changes can build on each other. What might you have to do, before you change your job, or get do what you have always wanted? Check it out. Listen in to your inner wisdom. Make a plan. Do a little research. Ask others. Check it out again. Then do it.

Your deepest longing may be the one thing that you have always wanted to do in your life. Your best assurance of health is to do what you want to be doing. Start NOW, otherwise you may never start. If you do start, just keep going. The goals may vary as you go, but you are changing and growing.

Included in this is an emphasis on some self-awareness and positive thinking. If you are not self-aware, then you cannot think about yourself. You are living in a fog. If you cannot think about yourself positively, then you cannot conceive that you might change or grow. This self-awareness and positive thinking, then leads on naturally to being more proactive. This leads to change and later to personal growth and development.

Intimacy & Friends

We all really need these. We will not be happy and healthy eventually without these. These are also two very difficult areas and by no means easy to resolve or attain. Find out, by asking yourself, what these words ‘intimacy’ and ‘friends’ mean for you. What would you like to do with friends? What sort of friends? What sort of intimacy? Be as precise as you can. Make your own rules: they are what work for you. How much have you been stopping yourself, in this area? What is going to have to change? Do you need some help or advice of this?

Is there someone you would like to be friends with, or more intimate with? Have you said anything to them? If it doesn't work, try someone else.

Accident and Illness

Before you have need of one, make sure you find a local health care professional that is right for you. Make sure you are registered with a doctor that you like and trust, and who respects your views. If you don't feel good about them, then do something about it when you are well.

Please read up on *some* of the alternative medicine and complementary health disciplines that exist. Most of them work more generally (holistically) than symptom-based allopathic treatments and are mostly concerned with your general all-round health, as well as with any specific symptoms. A combination will probably work best for you. Without knowledge, awareness is limited. Some of these disciplines might be right for you. See which attract you. Try them out gradually. Don't go overboard; don't neglect conventional treatments: 'both ... and ...' not 'either ... or ...'.

Keep your doctor informed if you have a specific condition being treated: most doctors are now fairly open about these complementary types of treatment. These treatments include: homeopathy, acupuncture, shiatsu, massage, naturopathy, chiropractors, osteopaths, kinesiology, nutritionists, sports medicine, etc. and are mostly fairly reputable. The practitioners have reasonable training, abide by codes of ethics, are members of professional associations, and have appropriate insurance. Ask about these points. Check some of these remedies out on the Internet, or in the library, if you have not heard of them before or before you try them out.

Self-Care

Ultimately we come back to the one person who is totally responsible for your general state of health: - **you!** You will need to do all of the above – and more – if you are wishing to stay in good health and good mental health. Symptoms are often indications of things going wrong on a deeper level. You can often determine what is going wrong on that level yourself. You will need to “listen in” more and become more aware. Then you can look after yourself better, as you will know more of what you need. Here is an exercise:

- (i) Scan your body in any way that you wish, or that works for you. Focus on the area of your body (or mind, or spirit) that you are most concerned about, or most drawn to.
- (ii) Try to give it a form, a colour, a substance, a shape, an intent, or a density. Try to make 'contact' with it in some way. If it is a type of pain; What type?; When?; How long; etc? If it is a feeling; what exactly? What flavours? What does it make you want to do?
- (iii) What is this area or pain connected with? Has something changed recently? Is there a connection with any recent life event? Has this happened before?
- (iv) Are there any particular feelings connected to this area or pain: fears, anxieties, anger, etc? Are you using a habitual response which does not take these feelings seriously, or too much? What other responses may be possible? What if your fears were less?

- (v) Now, place your hands over that area. What does this area of your concern or pain need? How can you help it? What do you need to do? How can you help this to heal?
- (vi) Is there any way that this pain or area of concern could be working **for** you? Is it stopping you doing something, something that you don't want to do? If you consider the question: "*Why might I have created this?*" – what would be your answer?
- (vii) By the way, the answer is never that you have done something wrong, or there is something bad about you. This is a wrong answer. The right answer may well be something like: "*What I need to do now is ...* "
- (viii) Then go and do that thing. Often it may be something you have avoided doing, or are scared of doing. Pain and fear are likely elements that have prevented you doing what you have identified as needing to do. This is the hard bit. You have to go through these fears and do it anyway. Remember this is "Self-Care" – or another form of Love. You are learning to love yourself and appreciate yourself, and to do things for yourself that you need and can work for you.
- (ix) These above points will not heal you instantly. You will need to keep on doing these things until you know what the connection truly is, and what you need to do about it. Keep on persisting with these points.
- (x) If there is serious pain, or it gets worse, or if the condition does not go away, then you **must** consult your doctor, **without fail**. This is also an essential part of Self-Care: knowing when to consult others. This will not negate anything you have done (as above), or will continue to do for your Self.

Personal Growth & Development

As mentioned at several points throughout this leaflet, we often get into these sorts of situations because of, or as a result of, a lack of self-awareness – often created by situations of stress, or external difficulties, or an accumulation of life-events. The solution, and the path to further personal development, is greater self-awareness.

The 'search for happiness' that is part of the human condition has also been the goal of most religions and philosophies throughout time. There are several common features in all of these religions and philosophies, which can be condensed into a single Golden Rule: "*Treat others as you would like to be treated*". This sounds very simple, it is – but it is not at all easy. Many people have thought they knew what this meant. What it implies is that you really need to go inside of yourself and have a good, long, hard look at yourself before you can say anything about yourself – and how you would like to be treated. Then you have to start, and it can be the start of a lifetime's work, to consider how your actions can impinge on others.

Most people treat others with exclusivity; 'those' people are different from 'us'. Even within families and groups, there can be some people who are treated differently to others,

sometimes even with cruelty. One of the major results of personal growth and development is not a form of selfishness, it is a greater kindness (compassion) towards others. As we realise how we suffer, by looking inside of ourselves, we also realise how we might, can, and sometimes do hurt others. Any disciplined effort to re-educate or better ourselves, actually increases or enhances our compassion and thus our humanity. It is separation and isolation, indifference and egoism that creates violence and cruelty. But the way out of this separation and egoism is not a submergence of the Self into the community selfless, nor to sacrifice one's Self to others, it is, paradoxically, by an increased process of self-examination, and a focus on what truly works for us. Once we feel better about our Self, then we can, and do, become a better member of the wider community, with something positive to give. We must become more aware of our own actions, then we can become more responsible for them. And it is then, and only then, that we truly become a full member of the human race, and can live out our true potential, in conjunction with others.

We all desire to be respected. In order to get that, we need to respect –ourselves first – and then respect for others can come. We cannot respect others, and thus be respected ourselves, if we do not respect ourselves first. In order to respect ourselves, we need to know ourselves. In order to know ourselves, we need to look inside of ourselves.

This is the major universal insight – in all of these different philosophies – that led to the formation of most of the main religions. It is not an absolute truth. It is the start of a process towards becoming a better person. This is not a religion (though it forms the basis of many religions); this is not really a philosophy (though understanding how people think about themselves and others is important); neither is it a moral or ethical code of behaviour (though having and following such a set of 'rules' can help people lead a 'better' life and feel better about themselves). It is a simple formula for living – "*Know Thyself*".

The ancient Greeks thought it an important enough maxim to write above the entrance to the Oracle at Delphi: that was where they went to hear the prophesies from what they thought was the 'Voice of God': the God Apollo. That particular belief system lasted for about 2,500 years, but the maxim, is perhaps true for all time. Maybe this is also the ultimate answer to Life, the Universe and Everything!

Socrates said: "*The unexamined life isn't worth living.*" This type of introspection is a necessary step in the self-observation and awareness of conscious inner thoughts, desires and sensations. It is a conscious and purposive process relying on thinking, reasoning, and examining one's own thoughts, feelings and one's Self. In more spiritual cases, it can also be called the "contemplation of one's soul". Thus introspection can also be used as a form of spiritual self-examination or practice.

RESOURCES

- Anxiety Disorder Resource Centre:** www.anxiety-uk.org A free resource centre for people with anxiety and anxiety disorders.
- Breathing Space Scotland:** www.breathingspacescotland.co.uk A good resources for information, advice, and sign-posting for various mental health issues and a range of related problems: financial and work issues, bereavement, pain, etc. The organisation also provides telephone support for sufferers.
- Doing Well:** www.doingwell.org.uk This website offers extensive advice and information on depression, its treatments, and how it is managed. There are some useful patient's stories and an opportunity to share your own experience. There is a self-assessment function and an emphasis on the management of depression.
- MIND:** www.mind.org.uk A national and excellent advocate for people with mental health issues giving information on and self-help about depression, mental health and related issues.

Edinburgh & Lothian Resources:

- Mental Health at Work:** www.mentalhealthatwork.info/links.htm
- Edspace:** Edinburgh & Lothian Mental Health Resources: www.edspace.co.uk Go to 'Links' page.
- MoodJuice:** www.moodjuice.scot.nhs.uk This NHS Forth Valley website has a number of downloadable documents containing information on how to cope with Anger, Anxiety, Depression, Panic Attacks, Bereavement, Post Traumatic Stress, Sleep Problems, etc. with lots of local contacts and further information.
- Lothian Psychological Interactive Network (L-PIN):** A series of downloadable self-help leaflets on common mental health problems from Lothian NHS: elpsych.org/self-help-leaflets

Self-Help Books:

- Brewer, Sarah (2000) *Simply Relax: The Beginner's Guide to Relaxation*. Duncan Baird.
- Burns, D. (2000) *The Feeling Good Handbook*. Plume.
- Butler, G. & Hope, T. (1995) *Manage Your Mind*. Oxford.
- Dryden, W. (2005) *Ten Steps to Positive Living*. Orient.
- Gilbert, P. (2000) *Overcoming Depression*. Constable & Robinson.
- Lowen A. & Lowen L. (1977) *The Way to Vibrant Health: A manual of Bioenergetic exercises*. Harper.
- Rowe, D. (1996) *Depression: The Way Out Of Your Prison*. Brunner-Routledge.
- Servan-Schreiber, David (2004) *Healing without Freud or Prozac: Natural approaches to curing stress, anxiety & depression without drug and without psychoanalysis*. Rodale.
- Shealy, C Norman. (1977) *90 Days to Self-Health - Biogenics: How to control all types of stress by yourself through a complete health program of Autogenics, diet, vitamins and exercise*. The Dial Press.
- Various: **Understanding** Series: (Mind Publications); **Mental Illness** (The Health of the Nation: BAPS) **University of Abertay, Dundee** Counselling Service leaflets4; **NHS Borders: Doing Well** series; **MoodJuice** ... and many others
- Williams, C. (2002) *Overcoming depression: a five areas approach*. Arnold. (Workbook 2 Practical Problem Solving)
- Worwood, V.A. (1997) *The Fragrant Mind: Aromatherapy for Personality, Mind, Mood & Emotion*. Bantam. ISBN: 0553407996 (Introduction to Aromatherapy)
- Young, C. (2010) *Help Yourself Towards Mental Health*. Karnac Books. ISBN: 1855754746

National Organisations & Help Lines:

- MIND** Info Line, PO Box 277, Manchester, M60 3XN. Tel: 0845-766-0163
- The Samaritans** The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF. Tel: 0208-394-8300: 24-hr 08457-90-90-90
- CRUSE** Bereavement Care, 126 Sheen Road, Richmond, Surrey, TW9 1UR. Tel: 0208-939-9530
- Compassionate Friends**, 53 North Street, Bristol BS3 1EN Tel: 0117-966-5202
- SANE**, Cityside House, #1, 40 Adler St., London E1 1EE Tel: 0207-375-1002: Help-Line 0845-767-8000
- NHS Help Line** Tel: 0800-22-44-88