

Call&Care

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Maintaining wellbeing in a challenging world

Our society often separates mental and physical health and well-being from each other.

This is probably because it has always been more socially acceptable to have physical health problems and less so mental health ones.

When analysed across our lifetimes and the whole population, it is fair to say that we all suffer from issues of both physical and mental health at different stages and to different degrees.

Some of the issues are time limited and mild, others are acute and serious, whereas others still can be chronic and long term.

Some are a result of injury or trauma and others illnesses or inherited conditions and some are to do with lifestyle.

The important thing is to recognise that we all have the potential for physical and mental ill health and it is important for us to look to maintaining good and positive well-being.

Ways we can focus on positive wellbeing can include:

1. A good diet

This is a diet that is balanced and nutritious and takes into account any particular needs of your body with regard to allergies or sensitivities.

It also needs to be regular and not erratic.

2. Exercise

We need to ensure that there is movement and activity built into our lifestyle.

This can be both physical and mental.

Physically it can range from going up and down stairs, gentle exercise, going for walks, gardening, workouts, or whatever works for you.

It is important to encourage good breathing and muscle movement

Brain activity is also important to maintain whether this is through conversations, reading or crosswords, interacting with television or radio quizzes or online chess.

Anything that gives your body and/or your brain a workout is good for you and keeps you active.

3. Interests

Many people have often said “well I will do this when I have time” when referring to potential hobbies or interests.

Now is the time to start.

Whether this is researching family history or developing skills in music, craft or art, now can be a good time to do something new or to take up again something long set down. It can be fulfilling and occupying.

Hobbies and interests give both a meaning and a purpose whilst they can focus attention positively.

4. Take time to think

Make time to reflect and be happy with yourself.

This is important especially as we may have more time on our own or with only limited social contact.

It also gives the opportunity to work through things often left undone.

We are created in the image of God.

He wants us to find himself in the minutiae of our lives from when we wake to when we sleep, in activity and at rest. He wants us to find his peace and joy and hope.

5. Be careful regarding the input we receive

It is very easy to have information or in particular news overload.

It can be helpful to limit the daily input and be selective.

Be aware that seeing disturbing images is traumatising, especially if repeated, so it may be better to listen to radio news during difficult times.

Choose to plan ahead what to do with the information received.

One constructive use of the news is for it to stimulate a prayer response.