


Talk about your feelings



Eat well



Get involved and make a contribution



Be active, keep active

If you would like support or information to follow up this leaflet, Carlisle Eden Mind supports individuals to review their own wellbeing and to plan towards more contented and healthier lifestyles. Please contact Jenny Bell on 01768 899002 for more details or visit [www.cemind.org](http://www.cemind.org)

#### Local organisations

YourVoice Cumbria – 0300 0120103  
Eden Carers – 01768 890280  
CVS – 01768 800350  
Cumbria County Council - 01768 812242 or 01228 606060  
Eden District Council – 01768 817817  
NHS Cumbria – 01768 245317 [www.cumbria.nhs.uk/YourHealth/EmotionalWellbeing/Home](http://www.cumbria.nhs.uk/YourHealth/EmotionalWellbeing/Home)  
Self-injury support (SIS) – 01228 515500  
Citizen's Advice Bureau – 01768 899070  
Cumbria Law Centre – 01228 515129  
Age UK – 01768 863618  
Connexions – 01768 865296  
CADAS (Alcohol & Drug misuse) – 01768 895566  
Penrith Drug and Alcohol Recovery Team (DART) – 01768 861280  
Impact housing – 01768 861650  
Shelter housing advice helpline – 0808 800 4444  
Cumbria Mental Health Group – 01539 737012  
Relate (Relationship counselling) – 01768 892402

#### Local helplines

Cumbria Partnership Direct – 0800 171 2333  
[www.cumbriapartnership.nhs.uk/firststep-self-help-resources](http://www.cumbriapartnership.nhs.uk/firststep-self-help-resources)  
Samaritans – 08457 909090  
QUITline – 01900 324222 or text QUIT to 82540

#### National organisations and websites

NHS Stressline – 0300 123 2000  
NHS Direct [www.nhsdirect.co.uk](http://www.nhsdirect.co.uk)  
Gamcare (gambling advice) – 0207 801 7000  
CALM (Campaign Against Living Miserably) – 0800 585858  
SaneLine – 08457 767 8000  
ChildLine – 0800 11 11  
b-eat (Eating disorder advice) – 0845 634 1414  
[help@b-eat.co.uk](mailto:help@b-eat.co.uk)  
Am I normal [www.aminormal.org](http://www.aminormal.org)  
Mental Health Foundation [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
MiND [www.mind.org.uk](http://www.mind.org.uk)  
Drinkaware [www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
Drinkline – 0800 917 8282  
Farming Crisis Network helpline – 0845 367 9990  
Go Lakes [www.golakes.co.uk](http://www.golakes.co.uk)

If you require this document in another format (eg CD, audio cassette, Braille or large type) or in another language, please telephone 01228 606060.

**NHS**  
Cumbria

**Cumbria**  
County Council



wellbeing  
in mind

# Wellbeing Eden





Wellbeing is a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, community and the wider environment.

#### How to make the most of this leaflet

The leaflet contains twelve areas which are known to impact on wellbeing within Eden.

- ✓ Read through the information, tips and local ideas shown in each section
- ✓ Use the traffic light symbols as a tool to assess how you feel about each area. Tick the colour that represents your current position:



**RED** – area of concern/not doing at present

**AMBER** – would like to improve/could do better

**GREEN** – doing well/under control

- ✓ Reflect on your assessment across the twelve areas. Fill in your scores out of 12 in the table below:

#### How have you scored?



#### What do I do next?

- ✓ The leaflet suggests some ideas to try which should help you to get started and take positive steps in improving your overall wellbeing.
- ✓ Focus on one or two areas to start with where you have an AMBER or RED score. Set your own goals, what could you do to move your score to GREEN?
- ✓ Breakdown your goals into small steps, make these achievable, measurable and realistic!
- ✓ Contact local organisations and find out more about the support and opportunities that are available in Eden.

All content is provided for general guidance only and should not be treated as a substitute for medical advice from your GP or health professional. We recommend that you contact your GP if you are in any way concerned about your health or wellbeing or if the twelve areas covered in this leaflet have raised a number of RED concern scores.



Try something new, Keep learning



Your financial security



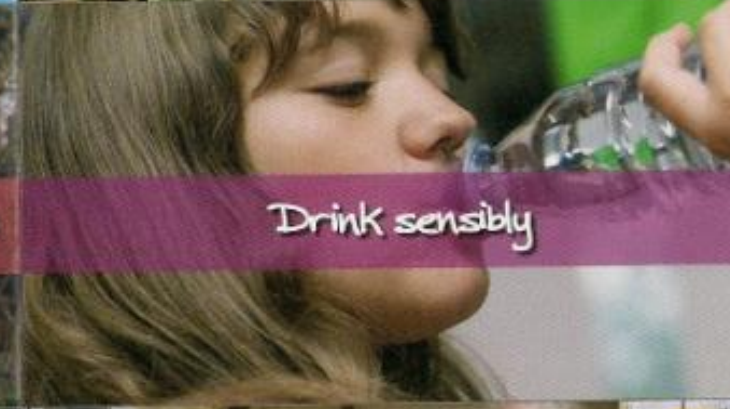
Housing and neighbourhood security



Do something you enjoy



Keep in touch with friends and loved ones



Drink sensibly



Take notice of your surroundings



Ask for help and self-management





## Talk about your feelings



Talking things over with someone you trust can help you deal with life events and setbacks. A problem shared is a problem halved.

**TRY:** Friends, family, teacher, colleague, your GP or many helplines as suggested on this leaflet.

Local support groups are there to listen in Eden; Citizen's Advice Bureau, Age UK, Carlisle Eden MIND, Connexions, Eden Carers, YourVoice Cumbria - Advocacy



## Eat well



What you eat has a direct impact on your body and mind. A balanced diet can boost your resilience to illness and stress. Remember your 5-a-day, try growing your own!

**TRY:** Follow a recipe, try a new food, cook for others. Check labels on food for hidden fat, salt and sugar. Keep a food diary.

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
[www.weightconcern.org.uk](http://www.weightconcern.org.uk)  
[www.nhs.uk/livewell/5aday](http://www.nhs.uk/livewell/5aday)



## Get involved and make a contribution



It's free to get involved! Meet new people and find a valued way to spend your spare time. Give something you can and feel valued in your local community. Care for others.

**TRY:** Volunteering – find out if local clubs and organisations need your help. Join a sports team, art club, choir or quiz team!

Eden Timebank, Carlisle Eden MIND, Age UK, CVS, 50+ Forums, [www.do-it.org.uk](http://www.do-it.org.uk) [www.ourstolookafter.co.uk](http://www.ourstolookafter.co.uk)



## Be active, keep active



Physical activity is proven to help relieve stress, improve mood, general health and fitness. It can be a great way to meet people and make new friends!

**TRY:** Walking, gardening, dancing, cycling, outdoor pursuits, yoga, fitness classes.

Activities are available with Age UK, Ramblers Association, Eden Runners, Go Lakes, Carlisle Eden MIND, leisure centres [www.cumbriasport.com/active-cumbria](http://www.cumbriasport.com/active-cumbria) [www.visiteden.co.uk](http://www.visiteden.co.uk)



## Try something new, keep learning



Exercise your mind! Learn throughout life! Stretch and challenge yourself, keep your brain active, liberate your mind, push your boundaries. Improve your life satisfaction.

**TRY:** Do something creative, explore your spiritual side. Take a class or join a group to learn a new skill or gain a qualification. Try DIY, cookery, art, music, computer skills, a new language.

Local library, Ullswater Community College, CVS Learndirect, Eden Arts Trust, [www.voluntaryskills.com](http://www.voluntaryskills.com) [www.seeitdoit.org.uk](http://www.seeitdoit.org.uk) University of the 3rd Age



## Housing and neighbourhood security



Your physical and local environment will have a big impact on your health and mood. Feeling safe, secure and a valued member of your community are all important.

**TRY:** Brighten up your living space, have a big tidy up and clear out any clutter. Redecorate a room.

If you need advice or help regarding housing, contact Impact, Shelter, Eden District Council, Homeshare or Cumbria Law Centre





## Keep in touch with friends and loved ones



Being around people we like is good for us and helps us feel valued, supported and loved. Many people can feel isolated and it is easy to lose touch through moving home or life changes. Connecting with others can provide friendship and provide a lifeline.

**TRY:** Sending a letter or card as a surprise! Meet up or telephone and catch up regularly.

Many local opportunities to meet others through volunteering or befriending; Carlisle Eden MIND, Age UK



## Take notice of your surroundings



Visit a new place, enjoy your local area, explore Eden. Find your own places and space to relax. Achieve a healthy work/life balance; maintain boundaries, be aware of working longer hours, remember to take breaks. Don't lose sleep due to work or life stress.

**TRY:** Take short walks, listen to music, read. Visit local attractions and countryside. Join a community group.

Tourist Information, Go Lakes, Leisure services, ACT, Lake District National Park [www.visiteden.co.uk](http://www.visiteden.co.uk)



## Your financial security



Money worries are a common cause of sleep problems and stress. Try to build a positive relationship with your finances, take steps to feel in control, keep on top of your bills. Learn to budget and try to live within your means.

**TRY:** Keep a diary of your income and spending, plan your shopping and stick to a list to manage your purchases. Review your accounts and plans.

Help is available, try Citizen's Advice Bureau, Cumbria Law Centre, NHS Stressline, Gambling helplines [www.moneymadeclear.org.uk](http://www.moneymadeclear.org.uk) [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



## Do something you enjoy



Remember the last time you did something you enjoy, something just for you? Value yourself and your skills and hobbies. Build up your confidence and self-esteem through activities that you enjoy.

**TRY:** Plan some 'me' time into every week to spend as you choose. Join a local group in your community to meet others sharing your hobby.

Eden Arts Trust, Walking groups, Art clubs, take a look at what is offered at your local village hall or community centre! [www.cumbriaaction.org.uk](http://www.cumbriaaction.org.uk) (ACT)



## Drink sensibly



Keep fully hydrated, drink at least 1.5 litres of water every day, keep caffeine levels under control. Only drink alcohol in moderation, it affects blood pressure, weight and mood. Avoid binge drinking

**TRY:** Know your limits! Maximum 2 units per day for women and 3 units per day for men. Try to keep at least two alcohol free days per week. Use a diary to monitor your intake if concerned.

Ask for help; CADAS, Penrith Drug and Alcohol recovery team. [www.drinkaware.co.uk](http://www.drinkaware.co.uk) [www.change4life.co.uk](http://www.change4life.co.uk)



## Ask for help and self-management



Self-help and taking small steps can make a huge difference. Start today!

**TRY:** Address any health symptoms or pain; access simple health checks for blood pressure, cholesterol, diabetes, sight and hearing tests Stop Smoking; you could save around £2000 in one year!

[www.cumbriahealthcounts.nhs.uk](http://www.cumbriahealthcounts.nhs.uk)  
Try your local library and the 'Well Read' scheme or your GP for books on prescription. Invest time and effort to value and look after yourself!