

# Mental Health Megaphone



Welcome to our very first issue of **Mental Health Megaphone**, designed to give you information and coping strategies around a range of wellbeing issues. Each fortnight we will highlight a different wellbeing theme.

**This fortnights theme is: Worrying Thoughts**

## What are worrying thoughts?

Worrying thoughts arise from concerns you might have about something in your life. They can be rational or irrational, and they can make you feel apprehensive about future events. These thoughts might make you feel tense and upset.

## Top Tips

1. Take part in activities you enjoy
2. Talk about your worries with people you trust
3. Try relaxation techniques; meditation, deep breathing
4. Interrupt the worry cycle by exercising or practising mindfulness
5. Eat sensibly and drink plenty of water
6. Get a good nights sleep
7. Understand that a thought is just a thought, you can choose not to believe it
8. Distinguish between solvable and unsolvable worries
9. Identify and challenge your worrying thoughts
10. Replace worrying thoughts with more positive or realistic ones



## Are worrying thoughts affecting me?

If you feel unable to cope with your negative thoughts, or if they are causing you to change your behaviour, then read our top tips for some suggestions of things you can try, or look at our suggested websites and apps for further information.



## Further information:

[www.mind.org.uk](http://www.mind.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Headspace

Calm

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