

Oct
2022

mental health awareness



Grieving Her Majesty The Queen

We are all experiencing something at different levels, in different ways and have different emotions at this time. We may be reminded of our own loved ones who we have lost, wonder how they would feel now, what their connection to the Queen was and feel the rawness of that grief again.

We must remember to look after ourselves and others during this difficult time. Support is out there - please do not hesitate to reach out. We are here to help, wherever or whenever.

Julie Murrell Clinical Director – Wellbeing Solutions



energy crisis and financial wellbeing

When it comes to our finances and wellbeing, the link is clear: 1 in 5 with mental health issues are experiencing problems with debt. With utility bills set to rise, there is a tangible concern over the effects this will have on our wellbeing.

The cost of living crisis will raise stress, and over time can trigger or worsen symptoms of anxiety, depression and addiction. A combination of practicality and open dialogue is key to overcoming these challenging times - resist bottling everything up, and do not hesitate to reach out.

what's going on this month?



10th October | World Mental Health Day

A day dedicated to promoting worldwide recognition and understanding of mental health in all its forms. This year's theme is "make mental health and wellbeing for all a global priority".



10-14th October | National Work Life Week

A week for employers to show employees how their organisation is striving for a family friendly and flexible work culture.



10-16th October | OCD Awareness Week

An effort to raise awareness and understanding about OCD and related disorders, with the goal of helping more people access timely treatment.

impacts of grief

While grief often manifests in many different ways, there can be some common patterns:

Physical changes:

- ✓ physical pain
- ✓ respiratory issues
- ✓ sleep disturbance

Mood changes:

- ✓ anxiety
- ✓ irritability or anger
- ✓ crying spells



collective grief can have benefits

When a prominent public figure dies, the emotional fallout we experience as individuals can be overwhelming. We may find ourselves experiencing feelings of grief that go further than expected. Times of collective grief may trigger emotions around unresolved losses in our own lives.

Grieving for a public figure can also help us prepare for times in our own lives when we'll experience a death of someone close to us. With general life expectancies increasing, it is ever more common for many of us to reach middle age before experiencing the death of someone close to us, such as a parent or grandparent. This results in the first experiences of grief for many people involving the loss of a well-known public figure.

The sharing of grief with others experiencing similar emotions, including people we may not even know, can generate feelings of belonging and provide communal healing, as well as solidarity in the face of any uncertainty that often follows. It can also provide psychological resilience and alleviate some of the negative feelings associated with loss.

Of course, it can be possible that certain situations amplify past traumas, and therefore create new challenges we may not be prepared for. Feelings of instability and change may make it difficult to explore emotions in a communal way, and potentially lead to increased isolation. The best thing to do is acknowledge how you're feeling by talking to someone.

supporting others

If you want to support someone following a loss, here are some helpful things you can do:

- ✓ **Acknowledge the loss** – don't worry too much about saying the right thing, what is most important is sincerity.
- ✓ **Listen** – you don't need to have all the answers, but if someone chooses to confide in you, be there for them.
- ✓ **Offer practical help** – this could include helping to cook, or looking after children.
- ✓ **Be informed** – it can help to read more around the subject of grief and loss, and how it can impact people.

employee assistance

Your Employee Assistance Helpline provides you with counselling and advice, covering a variety of personal or workplace issues such as:

- ✓ Anxiety or depression
- ✓ Everyday financial or legal struggles
- ✓ Workplace stress

This service is paid for by your employer and is provided by an independent company, Wellbeing Solutions. There is no cost to you and all calls are confidential.



24/7 freephone:
0800 328 1437
employeeassistance.org.uk



Mental health



Work



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Managers