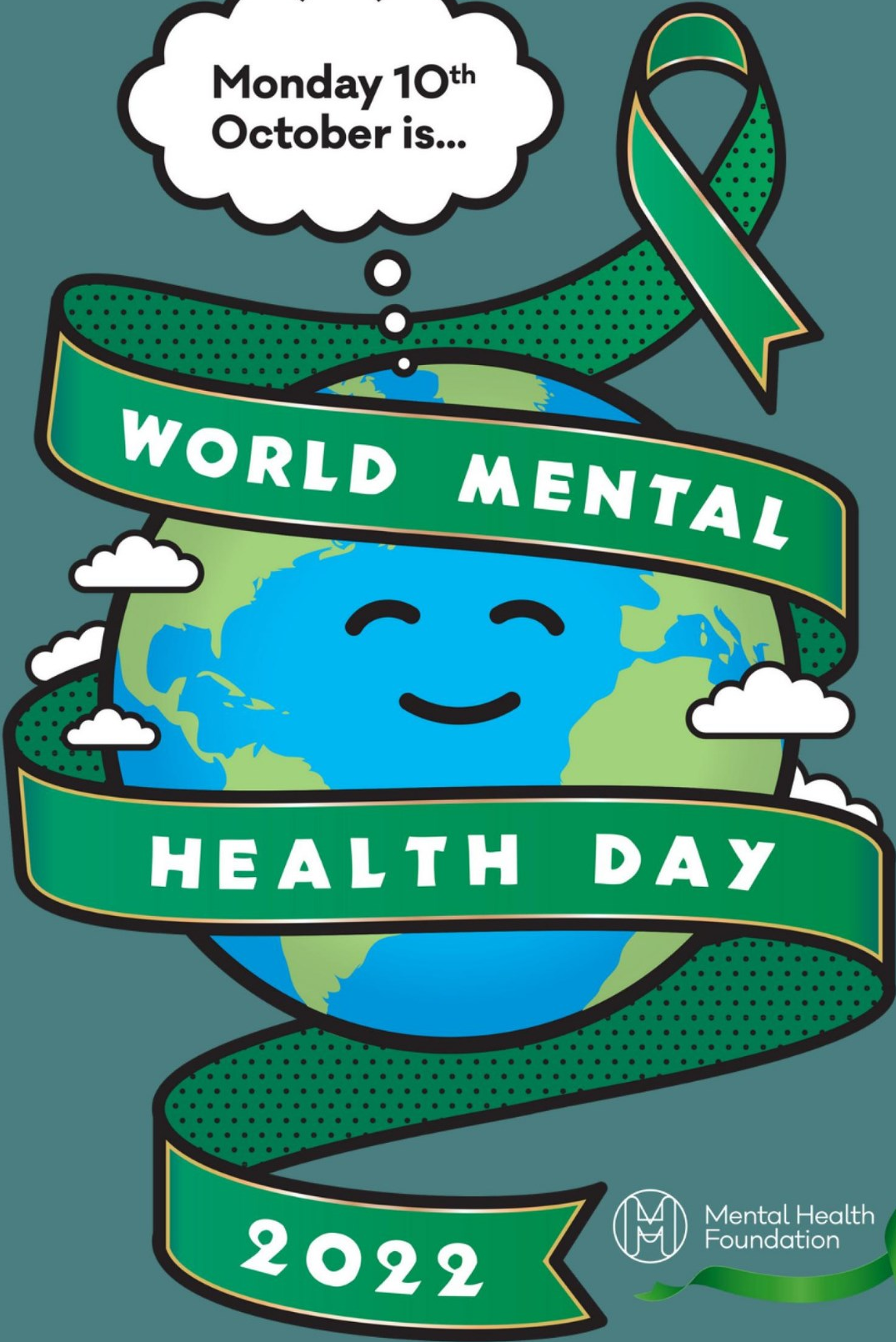




Mae'r ddogfen hon ar gael yn Gymraeg / This document is also available in Welsh

Monday 10th
October is...



RCT Staff Benefits

www.rctstaffbenefits.co.uk

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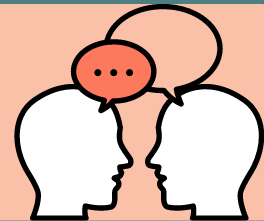
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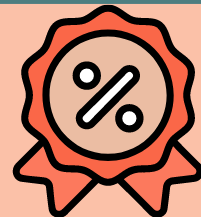
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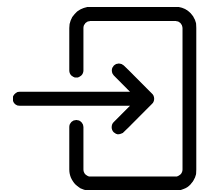
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What is World Mental Health Day?

World Mental Health Day takes place every year on the **10th of October**. Mental health problems exist in our lives, families, workplaces, and communities, they're unavoidable and impact everyone.



World Mental Health Day gives us the chance to comfortably talk about mental health, discuss what we can do to slow the rise in mental health related problems, encourage each other to talk about it, and most importantly, get help if you or a loved one is struggling.

Let's Connect!

The pandemic has left us more disconnected than ever, many of us have had far less access to friends and loved ones. **Let's connect during World Mental Health Day**, and together, we can:

- Raise awareness of the links between poor mental health and loneliness
- Provide safe and welcoming spaces to talk and support each other
- Use technology and keep in touch with loved ones



Loneliness and our Mental Health

Loneliness affects many of us at one time or another. We know that loneliness can be both the driver for and a product of poor mental health.



Loneliness can be associated with an increased risk of certain mental health problems, including **depression, anxiety, low self-esteem, sleep problems and increased stress.**

My mental health has made me lonely

Feeling lonely has damaged my mental health

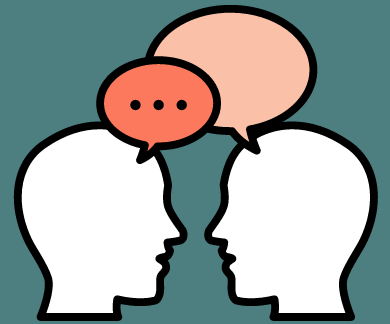


What causes loneliness?

Loneliness has many different causes, from certain life events to belonging to certain group. Such as relationship problems, changing or losing jobs, discrimination, bereavement, estranged family, feel excluded due to financial status and many other reasons.

How can I manage loneliness?

Take it slow, it can be terrifying to think about trying to meet new people or opening up to people for the first time. But you don't need to rush into anything.



Try peer support, these provide people with a space to use their own experiences to help and support each other.

Join an online community like **Side by Side**. These communities can provide a place to listen and share with others who have similar experiences. They are available 24/7, most are free and you can access them wherever you are.



Make new connections, try to join a class or group based on your hobbies or interests. This could include online groups if you can't attend things in person.



Volunteering is a good way of meeting people, plus helping others can help improve your mental health. Some organisations even provide adequate support to help you with what you're currently going through.

How can I manage loneliness?

Try to open up, you might feel that you know plenty of people, but never talked about how you're really doing. It's time to open up to your friends and family.

If you don't feel comfortable opening up to the people you know, you could try speaking with a therapist or a using a peer support service.



Look after yourself

Feeling lonely can have a big impact on your general wellbeing, meaning it may be harder to make positive steps to feeling better.



Try to get enough sleep. Getting too little or too much sleep can make you more likely to feel anxious and depressed. You may struggle to concentrate, or make plans to meet others.

Look after yourself

Think about your diet. Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels.

Quick tips:

- Eating breakfast gets the day off to a good start.
- Instead of eating a large lunch and dinner, try eating smaller portions spaced out more regularly throughout the day.
- Avoid foods which make your blood sugar rise and fall rapidly, such as sweets, biscuits, sugary drinks, and alcohol.

Spend time with animals. This can help with feelings of loneliness, whether through owning a pet or spending time around animals in their natural environment.

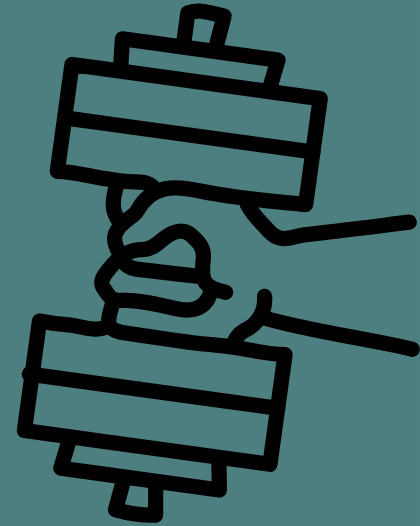
Try visiting a local community or city farm. Visit the **Social Farms and Gardens** website (www.farmgarden.org.uk) for a list of outdoor community projects across the UK.



Look after yourself

Try to do some physical activity. Exercise can be really helpful for your mental wellbeing, and some people find it helps improve their self-esteem.

Connecting with people – going to the gym, doing group or team activities can help you meet new and like-minded people, and make new friends.



Spend time outside. Spending time in green space can help your wellbeing.



Walking or running seems to give us an extra boost when done in natural environments rather than indoors, reducing feelings of anger, fatigue and sadness.

Search for walking or running clubs in your area, they're a great way to meet new people and stay active at the same time.

Helpful Offers

Offers to help with not only your wellbeing, but also your bank account.


COTSWOLD
outdoor

15% OFF

GET EXPLORING



HORTOLOGY

10% OFF

CALM THE MIND


HOSEASONS

**UP TO 10%
OFF**

RELAX & UNWIND



10% OFF

FIND TRANQUILITY

isubscribe

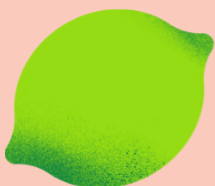
10% OFF

**BECOME A HAPPIER,
HEALTHIER YOU**


runnersneed
the running specialists

15% OFF

STAY ACTIVE



**HELLO
FRESH**

50% off your 1st box, then

25% off your next 4 boxes!

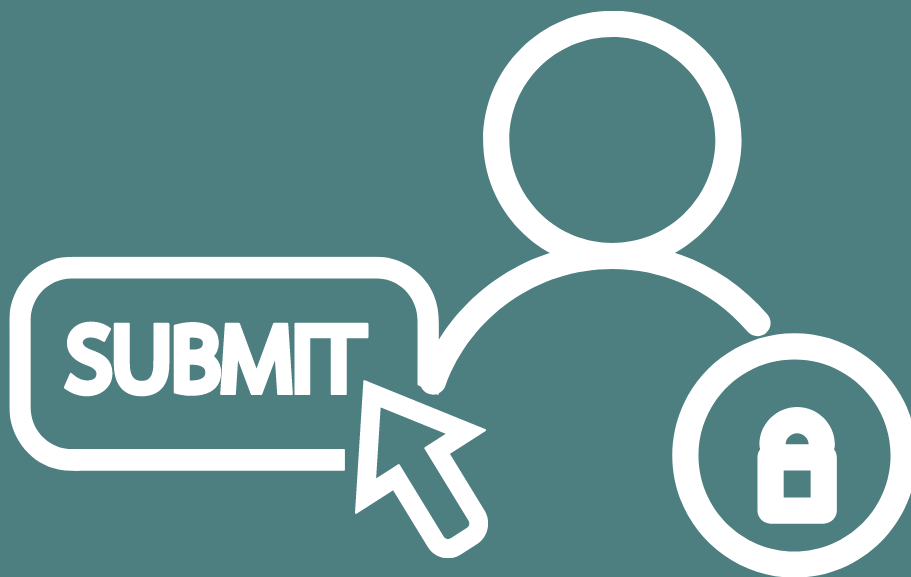
PLAN HEALTHIER MEALS



HOW DO I LOG IN?

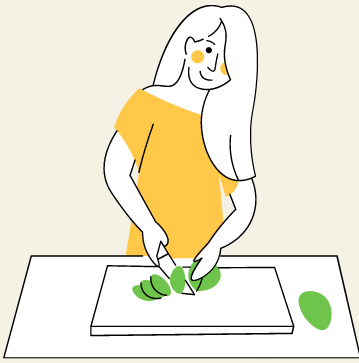
To access RCT Staff Benefits, be sure to log in to www.rctstaffbenefits.co.uk

If you have never logged in before, then please register with your **Employee Number** and Scheme ID Number **7282**



Offers and discounts are correct at the time of communication and are subject to change without notice.
Please visit the website for full terms, conditions and disclaimer information.

EAT WELL



REFRESH

Take mini breaks throughout the day



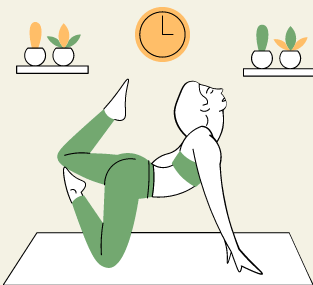
REST



SELF CARE

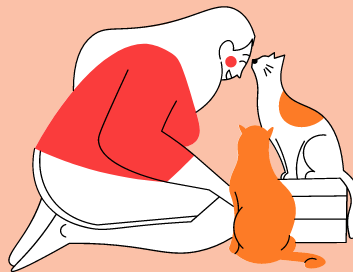
MAKE MENTAL HEALTH AND WELLBEING FOR ALL A GLOBAL PRIORITY

STAY ACTIVE



WIND DOWN

Engage in calming activities to decompress after work or school



SOCIAL

Spend quality time with special people



KNOW YOURSELF

Do more of what brings you joy

