

your health how to pdf

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages in your life. Unfortunately, stigma can be attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know ...

How to - Your mental health

There are a number of different types of health record, accessing them is free, and healthcare professionals have a legal requirement to allow you to see them. GP records include information about your medication, allergies, vaccinations, previous illnesses and test results, hospital discharge

How to access your health records - NHS

Be Active Your Way A Guide for Adults Based on the 2008 Physical Activity Guidelines for Americans Be Active, Healthy, and Happy!

Be Active Your Way: A Guide for Adults (PDF - health.gov)

Personal development to build your own resilience, health & wellbeing How resilient are you? Developing emotional intelligence, accurate thinking and realistic optimism Reminder of key learning points and where to find further help . 1. Understanding what resilience is and why it matters . What do we mean by resilience? Simply put, resilience is the ability to cope under pressure. A person who ...

Building your own health, resilience and wellbeing

Looking after your mental health at work We can all take steps to improve our own mental health, and build our resilience – our ability to cope with adversity. Self-care is a skill that needs to be practised. It isn't easy especially if we feel anxious, depressed or low in self-esteem. Try looking through the 10 evidence-based ways to

How to support - Home | Mental Health Foundation

Your health, your safety: A brief guide for workers Page 2 of 3 You must: take care of your own health and safety and that of people who may be

Your health, your safety - Health and Safety Executive

Page 1 of 10 Health and Safety Executive Health and safety made simple The basics for your business How can this guide help you? If you think health and safety has to be complicated – it doesn't.

Health and safety made simple: The basics for your business

6 How to be mentally healthy at work What is disability discrimination? You are considered disabled if your mental health problem has a substantial and long-term adverse effect (12 months, or more) on your

How to be mentally healthy at work - Mind

3 What are the signs of health anxiety? You may be experiencing health anxiety if you worry about your health a lot of the time when there is no medical reason to do this, and how you lead your

self-help guide for health anxiety (PDF, 1.49Mb) - NHS

Use the Health app on your iPhone or iPod touch. The Health app gathers health data from your iPhone,

Apple Watch, and apps that you already use, so you can view all your progress in one convenient place. ...

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