

## Primary Care Mental Health update Hertfordshire Talking Therapies

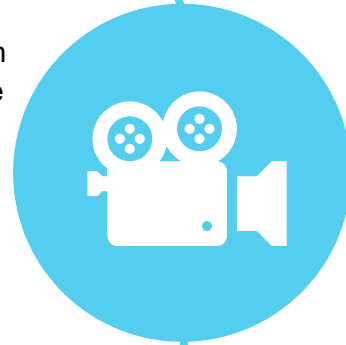


### Dealing with depression

Depression affects people in different ways and can cause a wide variety of symptoms. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together". Managing depression can be as simple as improving your quality of sleep or taking a short walk; or it can include an exploration of thinking habits and their impact on our emotional life. Our therapists have created a 'Dealing with Depression' webinar that explores the origins and experience of depression whilst suggesting tools and techniques to help people to better understand their own feelings and make positive changes. [Click here for more information and to register.](#)

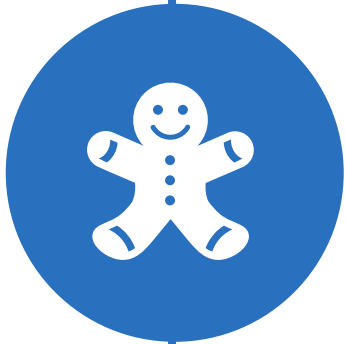
### Men's animation video

We have created a short animation video to support Men's Mental Health Awareness and continue the conversations from International Men's Day that took place on the 19th November. We all have someone in our lives who is a man, but how would you describe what a man is like? Is it someone who is big and strong, or someone who knows a lot, but would you ever describe them as someone who can feel down, worried or feel lonely? Ultimately, we all feel this way sometimes, including men too. It has been found that men are not accessing talking therapies as frequently as women for a number of reasons, including worrying about what others may think, or believing how they feel is just a phase and it will pass on its own. Men's mental health matters. So here is your invitation to contact us to see if we can help you or someone you know with their mental health: [Men's mental health: An invitation to look after your emotional wellbeing.](#)



### Festive Activities

We understand that when it comes to the festive season, not everyone will be celebrating in the same way. Throughout the month we will be sharing some enjoyable activities to help promote good mental health. Our top tips can help you stay well both physically and mentally. Being creative ignites feelings of satisfaction and achievement when you get to share your end product, so why not; bake some treats or make some homemade decorations, cards, or gifts. Being active improves your mood and reduces feelings of depression and anxiety. Wrap up warm and go out for a winter walk. This is a great way to get some fresh air whilst catching up with a friend or family member; you'll also get to see the festive lights in your local area. These activities provide an opportunity to practice your mindfulness techniques to live more fully in the present moment. Keep an eye on our social media channels for more holiday activities and ensure to share this information with the patients you see to support them through this season.



### Staying connected during Winter

The Winter period can be a happy one, but it can also bring difficult emotions, such as loneliness, when we feel disconnected from others. This time of year, can be joyful, filled with festivities and time with loved ones. However, for some people, it can also be one of the hardest times of year. When we feel lonely, we also often feel anxious around other people, experience low mood, or have feelings of helplessness. Our therapists have created a short animation video that provides wellbeing tips that can help with feelings of loneliness. [Click here to watch the animation video.](#) We invite you to share this information with all patients you support to provide them with access to this free NHS resource. This can also be shared on your website or social media channels.



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Hertfordshire & Mid Essex Talking Therapies