



SELF CARE WEEK



Welcome to the Manchester Health and Wellbeing Service Self Care Bulletin

Self Care is every action we can take to look after our health. As a frontline worker we can respond to how someone is looking after themselves and enable and support them to make the best of their health and wellbeing. In this bulletin we are sharing some practical tools and information to support front-line workers, clinicians and volunteers when having conversations with people about making the most of their self care. Remember all the tools and signposting could be just as useful for worker self care too!

Live well this winter ...

The approach of winter means we can be more vulnerable to poor health & wellbeing. Some health conditions, such as arthritis and asthma can be triggered or worsened by cold weather. There are things we can do to make sure we stay fit and healthy this winter. Find 5 really easy tips to staying well this winter by visiting <http://www.nhs.uk/Livewell/winterhealth/Pages/Healthywinter.aspx>

Being active for better mental health

There is strong scientific evidence that being physically active can help you lead a healthier and happier life, whatever your age. To help someone consider how making small changes to their levels of activity can benefit them, support them to have a look at our recently updated self help guide on physical activity and mood. You can find the booklet [here](#). Find more ways to improve your mental health & wellbeing by visiting the Mental Health in Manchester website www.mhim.org.uk

Make healthy changes 4 life

Making lifestyle changes that last can be difficult ... Why not make use of the change 4 life smart tools which is a free, fun, easy to follow, interactive way for people to make healthy lifestyle changes. It could be eating a healthier diet, being more active, quitting smoking, drinking less alcohol. Pick one thing and get going To view all options available visit <https://smarttools.change4life.co.uk/>

It's not just about cavities Be mouth cancer aware

Rates of oral or mouth cancer are on the rise. Although it can affect anyone, it is particularly common in those aged 50-74 and is increasing in younger adults. Lifestyle factors such as smoking, diet and alcohol are known risk factors, as well as, it is believed the HPV virus. Knowing what to look out for and early detection is key so promoting regular check ups at the dentist is vital.

To learn more and get some useful tips on how we can prevent mouth cancer visit <http://www.mouthcancer.org/are-you-mouthaware/>

Improve your wellbeing through creativity

Start2 is a free-to-use online NHS service. Its an evidence-based toolkit of unique resources, such as mindfulness, and creative and physical activities. It provides empowering self-soothe and health management strategies to boost mood, relax and refresh, and help build new interests. What's more you can use it anytime, day or night, at home or at work, on your own or with a friend. To find out more and register for Start2 visit <http://www.start2.co.uk/>

Support Self Management Through Group Education

There are a range of courses available in Manchester where people living with long term conditions or struggling to cope with the stresses of life can learn simple skills and techniques that subsequently enable people to take control of their life. Encourage someone you support to enrol in a course - it could help them live a healthier and happier life. Find a list of some of the courses on offer [here](#).

Where to find reliable health information online

Finding reliable health information online can be problematic. There are many reliable resources but there are also some which are untrustworthy, inaccurate, unreliable and out of date. Make sure you follow some basic guidance when looking things up online and signposting to others :

- Always look for a [quality standard mark](#).
- Make a start with [NHS Choices](#).
- Look for websites ending in ac.uk, org.uk or nhs.uk, these will be more reliable
- Google is a commercial company so look out for links marked as adverts
- Other good places include patient.co.uk, [Mental Health Foundation](#) and [NICE](#).

Support Self Care Week by trying these resources and considering what other actions you can take in your every day work that enables self care and self management.

For more information on self care visit <http://www.selfcareforum.org/>

