

# Self Care Newsletter

NHS

Summer 2020



Upton Surgery



PERSHORE  
MEDICAL  
PRACTICE



Abbottswood  
Medical Centre

It is now more important than ever to think about our own self-care. Just as we look after our physical health, it is important to look after our mental health. Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way for us to look after our own mental health and well-being. Self-care can help your body and mind to relax, drift away or be more energised.

## Vulnerable and in need of help?

There are and will continue to be many people in our communities who will be self-isolating at home due to Coronavirus (COVID-19). If you are vulnerable and need help during this difficult time and would like to be contacted by a helper or volunteer, then you can access this by visiting the Worcestershire County Council website:

[www.worcestershire.gov.uk/here2help](http://www.worcestershire.gov.uk/here2help)

If you would like to help others, whether you are an individual, group or a business, then you can also let the Council know you are volunteering by accessing the website.

HERE 2 HELP  
WORCESTERSHIRE



EVERY MIND  
MATTERS

ONE YOU

HOW DO YOU HANDLE LIFE'S UPS AND DOWNS?

NHS

Search **Every Mind Matters** now for tips and advice.

Rise Above is Public Health England's marketing programme to help build the resilience and support the good mental wellbeing of young people aged 10 to 16. It delivers information on a range of topics, including good sleep habits, to help young people maintain their mental wellbeing and address any emerging mental health problems: [riseabove.org.uk](http://riseabove.org.uk)

Worcestershire Healthy Minds support people from age 16+ who are experiencing problems such as stress, anxiety, low mood and depression. It is a free, confidential service offering a range of talking therapies and support including short courses, online therapies and self-help guides.

To access the service you must be registered with a GP in Worcestershire. Call 0300 302 1313 or visit [hacw.nhs.uk/about-healthy-minds/](http://hacw.nhs.uk/about-healthy-minds/)

# SUN SAFETY

## SUMMER SKIN PROTECTION



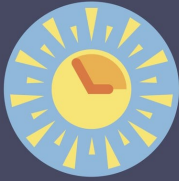
WEAR  
BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE  
CLOTHING



AVOID SUN BETWEEN  
11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE  
WATER



REFLECTION  
CAUTION



SEEK SHADE



AVOID DIRECT  
SUNLIGHT

### What you should do to ease sunburn.

- ◆ Get out of the sun as soon as possible
- ◆ Cool your skin with a cool shower, bath or damp towel (take care not to let a baby or young child get too cold)
- ◆ Apply aftersun cream or spray, like aloe vera
- ◆ Drink plenty of water to cool down and prevent dehydration
- ◆ Take painkillers, such as paracetamol or ibuprofen for any pain
- ◆ Cover Sunburnt skin from direct sunlight until skin has fully healed

## Knowing the signs of dehydration



# THINK HYDRATION

*Staying hydrated  
is important for  
our health and  
wellbeing*

Dehydration means that your body loses more fluids than you take in. If it isn't treated it can get worse and become a serious problem.

Symptoms in both adults and children include:

- Feeling thirsty
- Dark Yellow and strong smelling pee
- Feeling dizzy or lightheaded
- Feeling tired
- Dry mouth, lips and eyes
- Peeing small amounts and passing urine less than four times a day