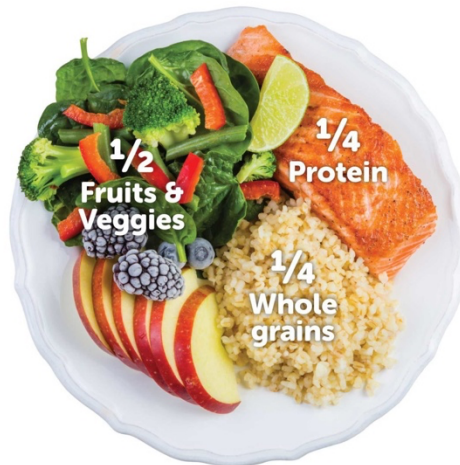SIX MHA

SIX MHA - Self-care Suggestions

1. Nutrition: a healthy diet not only fuels your body but also your mind. Eating a wide range of fruits and vegetables, lean proteins and fibre rich foods will help your body and mind function at its best.

2. Exercise: we all know that exercise is great for our physical health, but did you know? Neurotransmitters are released when you exercise – including endorphins, endocannabinoids, and dopamine – that create the feel-good factor. you don't have to be an athlete, gentle stretches or walking is great too!


3. Sleep: We charge are electronic devices so that they work properly, and you are no different, sleep is vital for good mental health - lack of sleep or poor sleep, can leave us more vulnerable to experiencing mental health challenges, impacts our concentration, mood and all over function, aim to get around 8 hours a night.

LAVAZZA
TORINO, ITALIA, 1895

4. Socialise: Socialising can reduce symptoms of depression by decreasing feelings of loneliness, isolation and anxiety. Research shows your body releases endorphins during positive social contact, so grab that coffee with your mate, go on!

5. Take a break in nature: When we stay in, we are likely spending too much time looking at the TV or our phones, too much screen time can have adverse effects on our mental health, the blue light omitted from devices can even disturb our sleep pattern, take break and get outside. Being in nature brings about feelings of wellbeing and reduces stress.
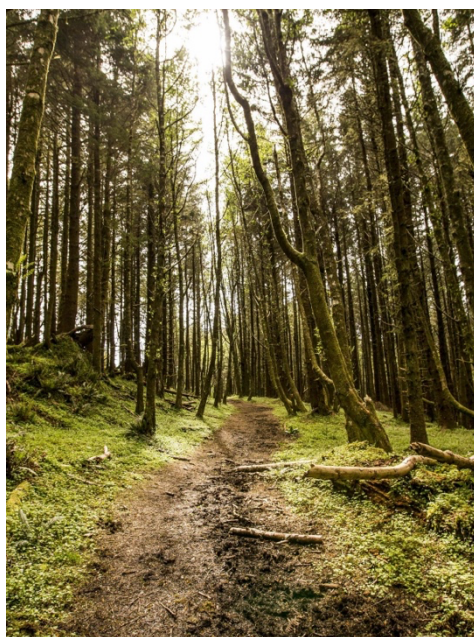
6. Support: if you do feel you are struggling with your mental health, get some support. Early intervention means better outcomes for people, so don't wait. You have a confidential service, trained mental health nurses to speak to and lots of amazing support and interventions, to help you feel better and stay well. Get in touch. We are here for you.

As a Lavazza employee, you also have SIX MHA for expert care and support. We have specialised nurses and therapists in all areas.

Email us at helpine@sixmha.org or

Call us on 0800 880 7373

Lavazza Employee App Code – LVZ-489-754

We are here for you!