

WELLBEING WORKBOOK



Mental Health

BREAKING THE STIGMA WITH MUSIC

We are Hummingbird is a community of music lovers who have united to spread awareness of mental health by using music as a platform to encourage people to open up and engage in conversation.

Qualified to instruct Mental Health First Aid and Suicide Prevention & Intervention we understand the pressures faced in the music industry and look to educate people who otherwise feel isolated, alone and unable to relate to alternative Mental Health services.

We are Hummingbird is a community who talk, share and find support around mental health under the umbrella of music. We are united by a love of music and a commitment to look after each other.



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WHAT IS MENTAL HEALTH?

Mental health or wellbeing describes your mental state – it's how you think, feel, and behave.


Mental health is part of our overall health – a good barometer for the quality of our mental health is shown by:

- How we THINK, FEEL and BEHAVE
- How we spend our mental health cash in everyday life
- How we feel about ourselves and our life
- How we see ourselves and our future
- How we manage our mental health bank account
- Our self-esteem or confidence
- Everyone has mental health
- There is no health without mental health

“Health is a state of complete physical, mental and social well-being and not just the absence of disease or illness.”

- World Health Organisation

**CHECK YO SELF
BEFORE YOU
WRECK YO SELF**



MENTAL WELLBEING CHECKLIST

Use the checklist below to identify factors that are affecting your mental wellbeing:

- I HAVE SOMEONE I CAN TALK TO ABOUT MY FEELINGS
- I HAVE GOOD FRIENDS I CAN TRUST
- I SLEEP LIKE A BABY MOST OF THE TIME
- I EAT HEALTHILY MOST OF THE TIME
- I DO SOME PHYSICAL ACTIVITY REGULARLY
- I MAKE TIME FOR THE THINGS I ENJOY
- I DO THINGS TO HELP OTHER PEOPLE
- I FEEL I ACHIEVE THINGS
- I KNOW HOW TO RELAX
- I KNOW WHAT AFFECTS MY MOODS
- I AM KIND TO MYSELF ABOUT WHO I AM
- I LOOK AFTER MYSELF DURING DIFFICULT TIMES

If you were not able to tick many of these statements, you may want to look at what you can do to build resilience or seek support (see page 8).

MENTAL HEALTH V'S MENTAL ILLNESS

'Mental Health' and 'mental illness' are used increasingly today as if they refer to the same thing. They aren't. Everyone has mental health, just as everyone has health.

"There is no health without mental health."

In the course of a lifetime, not all people will experience a mental illness, but everyone will struggle or have a challenge with their mental wellbeing (i.e. their mental health) just as we all have challenges with our physical well-being from time to time.

When we talk about mental health, we're talking about our mental well-being, our emotions, our thoughts and feelings, the natural high, our ability to ebb & flow or overcome difficulties, our social connections and our understanding of the world around us.

A mental illness is an illness that affects that way you think, feel, behave, or interact with others. Like music and melodies, there are many different mental illnesses, and you may have different flows and symptoms which impact peoples' lives in different ways.

Just as someone who feels unwell may not have a serious illness, people may have poor mental health without a mental illness. We all have days where we feel a bit 'bugged out', or stressed out, or overwhelmed by something that's happening in our lives. An important part of good mental health is the ability to look at problems or concerns realistically. Good mental health isn't about feeling happy and confident 100% of the time and ignoring any problems. It's about living and coping well despite problems.

Just as it's possible to have poor mental health but no mental illness, it's entirely possible to have good mental health even with a diagnosis of a mental illness. That's because mental illnesses (like other health problems) are often episodic, meaning there are times ('episodes') of ill health and times of better or good health.

OCD **is not**
liking things
tidy

Bipolar **is not**
a mood swing

Depression
isn't feeling
sad

Mental Health **is not** mental illness

Anxiety
disorders **are**
not normal
emotions

Schizophrenia
is not a split
personality

Autism **is not**
being good at
maths

A sneeze **is**
not the flu

Being a bit
forgetful
is not
Alzheimer's

Disliking
something **is**
not a phobia

Illness **is** real, Conditions **are** real
Language is lazy

RISK FACTORS AND PROTECTIVE FACTORS

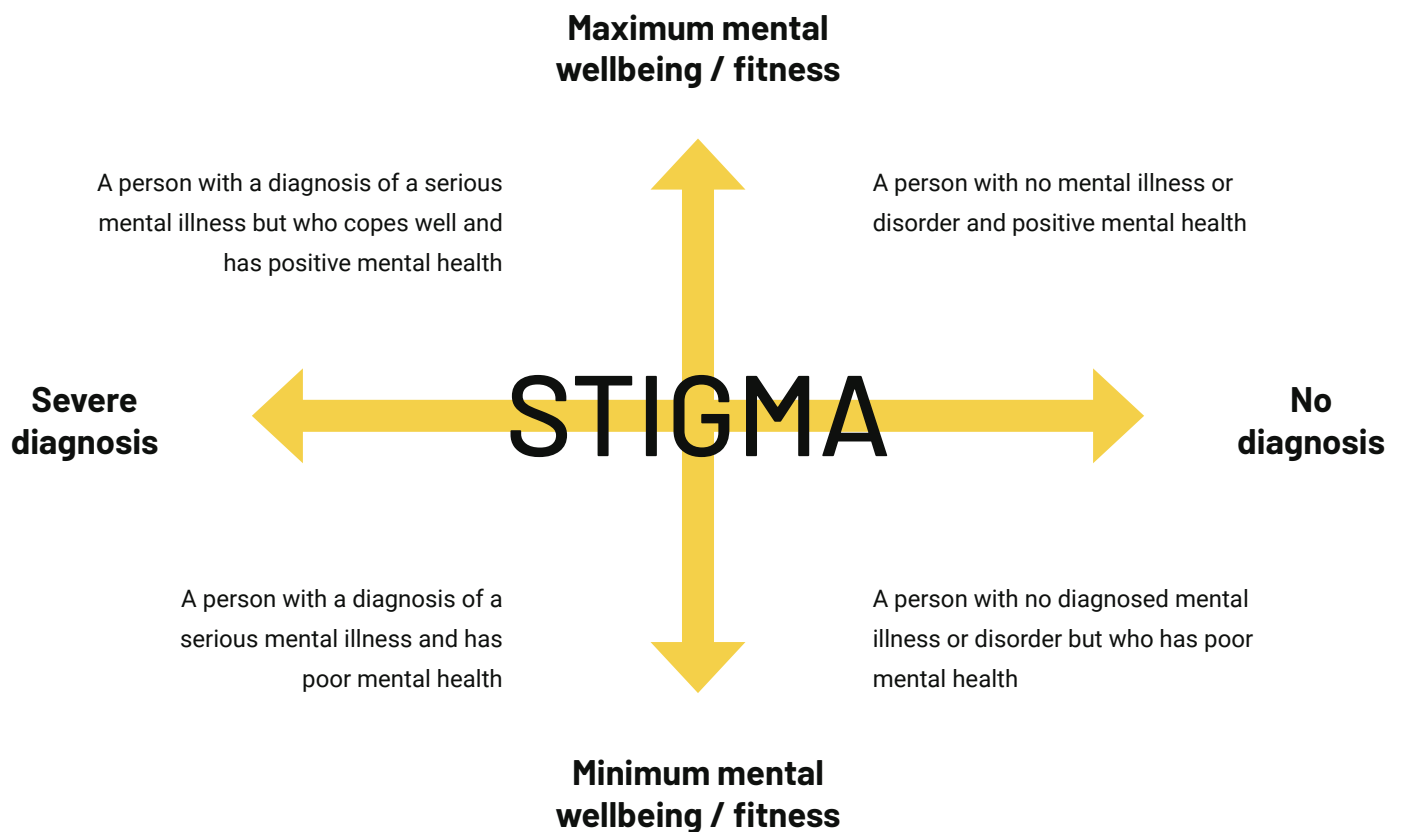
RISK FACTORS (CASH OUT'S)

- Alcohol
- Drugs
- Smoking
- Poor diet
- Lack of sleep
- Abuse
- Stress
- Traumatic life events
- Prison
- Poor parenting
- Lack of support
- Illness
- Disability
- Genes
- Poverty
- Unemployment
- Poor education
- Poor housing
- Community violence
- Disempowering services
- Strands of Inequality
- Stigma and discrimination

PROTECTIVE FACTORS (CASH IN'S)

- Positive parenting
- Self-belief
- Confidence
- Problem solving
- Communication
- Coping skills
- Conflict resolution
- Respectful relations
- Emotional literacy
- Values and beliefs
- Community engagement
- Physical health
- Tolerant community
- Meaningful activity
- Social network
- Arts & culture
- Stable home/housing
- Environment
- Physical activity
- Nutrition
- Rest and reflection

THE MENTAL HEALTH CONTINUUM



This is the mental health continuum and shows how our mental health is serving us at any given time.

It represents every person and their mindset and reveals how mental health is like music - a spectrum, not a static.

The vertical line represents wellbeing on a typical day, month or year. You could move up and down this depending on the events you experience.

The horizontal line shows whether you have a diagnosis at that moment or not.

Any one of us may be in a different quadrant at numerous points in our life. Mental health is fluid. It also shows that you can have a diagnosis of a mental health illness but have a good wellbeing and be totally in control and smashing out tunes at sold out venues or have no diagnosis yet be struggling to stay afloat.

DEPRESSION – BLUE MONDAY

- **A persistent sadness or low mood** – every day ‘blues’ or sadness is not depression. ‘When all hope goes folks’
- **Affects a person’s ability to study, concentrate and enjoy relationships.** When severe, increases risk of self-harm, substance misuse and suicide.
- **Effects on emotion:** Sadness, anxiety, guilt, anger, mood swings, lack of emotional responsiveness, helplessness, hopelessness
- **Effects on thinking:** Frequent self-criticism, self-blame, worry, pessimism, impaired memory and concentration, indecisiveness and confusion, tendency to believe others see you in a negative light, thoughts of death and suicide
- **Effects on behaviour:** Crying spells, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation
- **Physical effects:** Chronic fatigue, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, irregular menstrual cycle, loss of sexual desire, unrelated aches and pains.





WHAT AM I SUPPOSED TO DO
WHEN I CAN'T DO
WHAT PEOPLE TELL ME TO?
I CAN'T OPEN UP
'COS WHO CARES?
I CAN'T JOIN IN A CLUB
'COS, TO BE HONEST, I'M TOO SCARED.
I CAN'T REACH OUT
'COS WHAT IF NO-ONE'S THERE?
I'M LOST, I'M DONE.
WHEN YOU CALL, I CAN'T COME.
JUST UNDER THE DUVET HIDING,
HOPING TO GOD
SOMEONE'S STILL TRYING TO FIND ME.

- JIMBO AGOGO
INSTAGRAM @JIMBOAGOGOPOET

THE STRESS BAG – WHAT’S YOUR MIX?

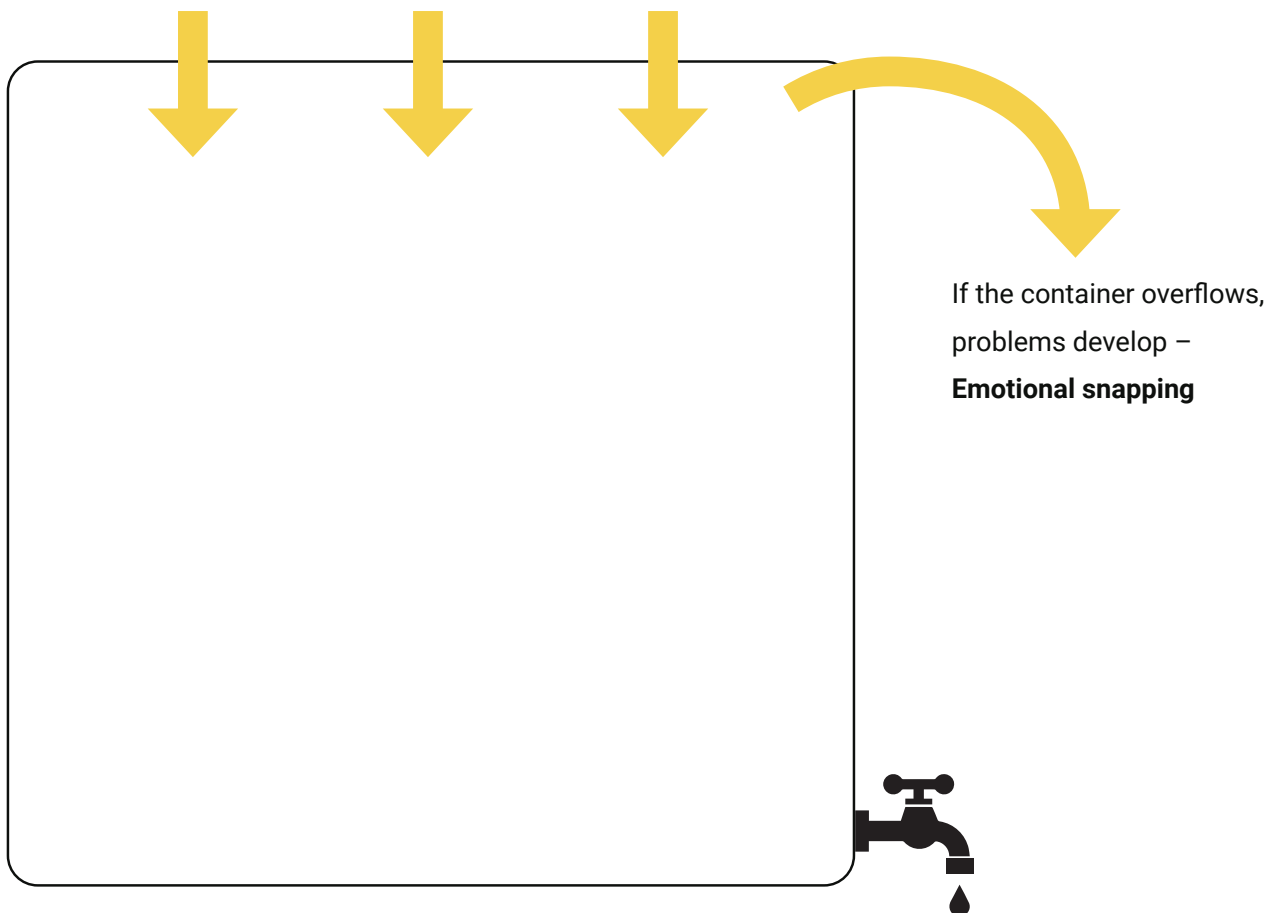
Life can be full of fun and excitement, twists and turns, new opportunities and so many new people and experience to be had. However you may often feel like you are under a lot of pressure to keep moving forward and improve, to challenge yourself or do better. Even getting married, going on holiday or a first date can add to your life stress.

Perfection is often the downfall of many, its natural in life to feel stressed or anxious.

But if you are regularly overwhelmed by these feelings, it can start to seriously affect your health.

What can you do?.

Stress flows into the container



Helpful coping strategies = tap working, lets the stress out
Unhelpful coping strategies = tap blocked, so water fills container and overflows

1) DO I HAVE ANY EVIDENCE TO SUPPORT MY FEELINGS ABOUT WHAT IS IN MY STRESS BAG?

2) WHAT CAN I CHANGE?

3) WHAT CAN'T I CHANGE AND NEED TO ACCEPT?

4) WHAT NEEDS MY URGENT ATTENTION?

5) CAN ANYONE HELP ME?

6) WHAT ARE SOME OF MY UNHELPFUL COPING STRATEGIES?

7) WHAT ARE SOME OF MY HELPFUL COPING STRATEGIES?

ANXIETY & PANIC ATTACKS

Anxiety is a word often used to describe feelings of unease, worry and fear. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something.

We are all individuals and it is important to know, being anxious is a natural human reaction, often sharing the same physical symptoms as excitement. You may feel tense, nervous or outright bricking it at the thought of a stressful event or decision. This could include:

- Starting a new job
- Seeing friends or family
- Collaborating or entertaining
- A first date
- Leaving family and friends to go away
- And many more

In these situations, it's normal and natural to have worries about how you will perform or what the outcome will be. You will probably struggle to sleep, eat and concentrate leading up to the event. However after a short period of time, or once the event has passed, the feelings will stop.

An Anxiety Disorder differs from normal anxiety in the following ways:

- It is more severe
- It is constant and long lasting
- It interferes with your work and relationships.

Physical effects: Palpitations, chest pain, rapid heartbeat, flushing, hyperventilation, shortness of breath, dizziness, headache, sweating, tingling and numbness, choking, dry mouth, nausea, vomiting, urinary frequency, diarrhoea, muscle aches and pains, restlessness, tremor and shaking.

Emotional effects: Unrealistic and/ or excessive fear and worry (past and future events), mind racing or going blank, decreased concentration and memory, difficulty making decisions, irritability, impatience, anger, confusion, restlessness or feeling on edge, nervousness, tiredness, sleep disturbances, vivid dreams, unwanted unpleasant repetitive thoughts.

Behavioural effects: Avoidance of situations, repetitive compulsive behaviour, e.g.: excessive checking, continual seeking of reassurance, distress in social situations, urges to escape situations that cause discomfort (phobic behaviour).

STOP EXAGGERATING...

This is a panic attack, an exaggeration of your normal response to fear, stress or excitement. Simple right? So just stop, yeah? Nah, not that easy.

A panic attack is the rapid build-up of overwhelming physical sensations such as:

- A pounding heartbeat
- Feeling faint
- Shaky limbs, or feeling like your legs are turning to jelly
- Sweating
- Feeling like you're not connected to your body
- Feeling unable to breath
- Nausea
- Chest pains

During a panic attack you might feel very afraid that you're:

- Losing control
- Having a heart attack
- Going to Faint
- Going to die

A Panic attack can last anywhere from a minute, to twenty. There is no set time, we are all individual, all different. You may have one and never experience one again, may have them once a month, maybe several times a week, however knowing what to do when you or someone around you is experiencing one is key.

Try this simple technique:

GROUNDING EXERCISE

Look around you. Identify and name:

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

WELLNESS PLAYLIST

Fill this in as your track listing to help you with your wellbeing, come back to it like your favourite verse or chorus, reconsider and apply it. Just be honest, like musical taste it's yours, screw what anyone else thinks.

1) WHAT HELPS YOU STAY MENTALLY HEALTHY?

2) WHAT CAN ANYONE AROUND YOU DO TO SUPPORT YOU TO STAY MENTALLY HEALTHY?

3) ARE THERE ANY SITUATIONS THAT CAN TRIGGER MENTAL ILL HEALTH FOR YOU?

4) ARE THERE ANY EARLY WARNING SIGNS THAT YOU OR OTHERS MIGHT NOTICE WHEN YOU ARE STARTING TO FEEL STRESSED OR MENTALLY UNWELL?

5) WHAT SUPPORT CAN BE PUT IN PLACE TO MINIMISE TRIGGERS OR TO SUPPORT YOU TO MANAGE THESE SYMPTOMS?

6) IF OTHERS OR YOU OR OTHERS AROUND YOU SPOT EARLY WARNING SIGNS THAT YOU ARE FEELING STRESSED OR UNWELL WHAT SHOULD BE DONE?

7) WHAT STEPS ARE YOU GOING TO TAKE TO MAINTAIN YOUR WELLBEING?

USEFUL CONTACTS

Crisis Support & Helplines: If you, or someone you know is in mental health crisis and needs medical help fast:

- **Ring 999 to contact emergency services**
- **Go to your nearest A&E department**

If it is not a medical emergency, but you still need urgent help:

- **Ring 111 for professional health advice 24/7 and 365 days a year**
- **Make an appointment with your GP**

www.wearehummingbird.com

Here you will find direct links and numbers to:

We are Hummingbird Health (WAHBH) - WAHBH specialise in the delivery and implementation of Mental Health First Aid (MHFA) and Suicide First Aid (SFA).

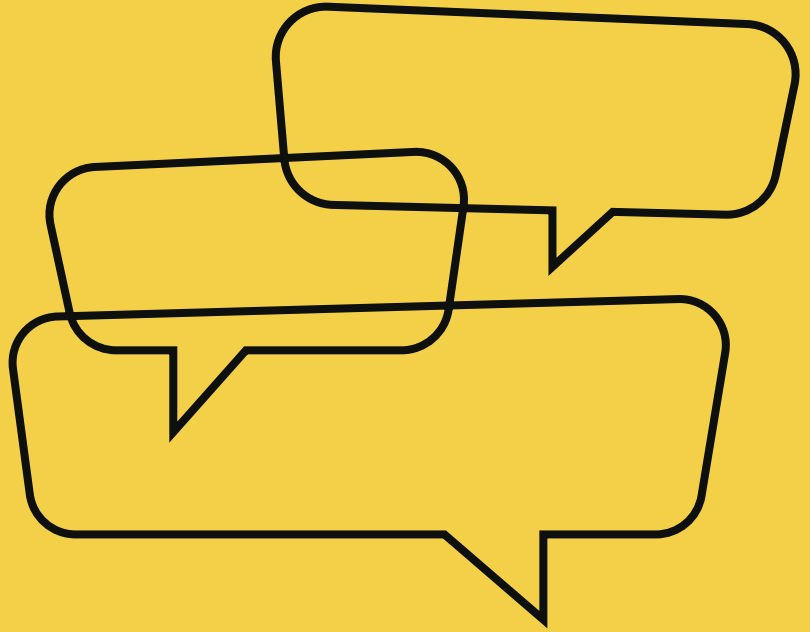
CALM - The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK.

The Samaritans - People talk to us anytime they like, in their own way - about whatever's getting to them. You don't have to be suicidal.

NHS - The NHS website is the UK's biggest health website with more than 43 million visits per month. We strive to be a world-leading health information service putting people at the heart of everything we do.

Andy's Man Club - ANDYSMANCLUB is the creator of the #ITSOKAYTOTALK campaign.

We want to get people talking about mental health. Click the button below to find your local meet-up.



SHOUT: Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

Text '**Shout**' to **85258** from all major mobile networks in the UK

Rethink Advice & Information Service: Provides practical help and information on issues such as the Mental Health Act, community care, benefits, debt, criminal justice and carers' rights

Phone: 0300 5000 927 (Local call rates, 9.30am – 4pm)

Addaction: Addaction supports adults, children, young adult and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

Phone: 020 7251 5860 **Email: info@addaction.org.uk** **www.addaction.org.uk**

Alcohol Concern: A charity working to help people understand the dangers of drinking too much and to advocate for better treatment for those affected by alcohol use issues.

Phone: 0207 566 9800 **Email: contact@alcoholconcern.org.uk** **www.alcoholconcern.org.uk**

Cocaine Anonymous: Organisation running self-help groups for those with substance use issues relating to cocaine, based on 12 step model of recovery.

Phone: 0800 612 0225 **Email: wtf@cauk.org.uk** **www.cauk.org.uk**

No Panic: Helps people who experience any kind of anxiety disorder. It specialises in self help-based recovery via their helpline and resources on their website.

Phone: 0844 967 4848 **Email: admin@nopanic.org.uk** **www.nopanic.org.uk**



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