

Support in Coping

Living Well and Feeling Better

When you are busy and stressed it can be hard to find time to look after yourself but there are a number of simple steps which it is worth making time for.

- Eating a healthy, balanced diet- a diet rich in fibre, fruit and vegetables helps keep your blood sugar levels constant and boosts your immune system
- Exercise, even if it is just a brisk walk- Exercise can help reduce stress hormones, helping you feel more relaxed

Fife Book Prescription Scheme

Self help is a highly effective way to cope with anxiety or depression. If you find that your caring role is leaving you increasingly low or stressed then it might be worth considering the Fife Book Prescription Scheme. Operating across all Fife Council libraries the scheme allows an individual to gain a prescription for one of a selection of self help books selected by clinical psychologists. For more information or to gain a prescription see your GP or type Book Prescription Scheme into the moodcafé search pages.

Guided Relaxation

There are a number of exercises you can do to help yourself relax.

Learn how to control your BREATHING. Feel the tension flow out of your body with PROGRESSIVE MUSCLE RELAXATION. Use GUIDED IMAGERY to deal with stresses and strains through the power of your imagination. Let VISUALISATION free your mind and relax you. Learn to cope with your anxieties through DEVELOPING PERSONAL RESOURCES.

The Clinical Psychology Department at NHS Fife has a CD with the above exercises recorded. To receive a copy email enquiries@moodcafe.co.uk.

Alternatively, you can listen to the relaxation exercises online. Go to www.moodcafe.co.uk and search for relaxation.