

LOOKING AFTER YOUR WELLBEING

March 2022

Police
Mutual

Your overall wellbeing is fundamental to how fulfilled your life feels including financial, social, emotional and physical wellbeing. Positive wellbeing improves your resilience and will help you overcome difficulties and life's challenges. So ensuring you look after your wellbeing is vital. This guide should provide you with information and guide you to where you can get the support you need.

Financial

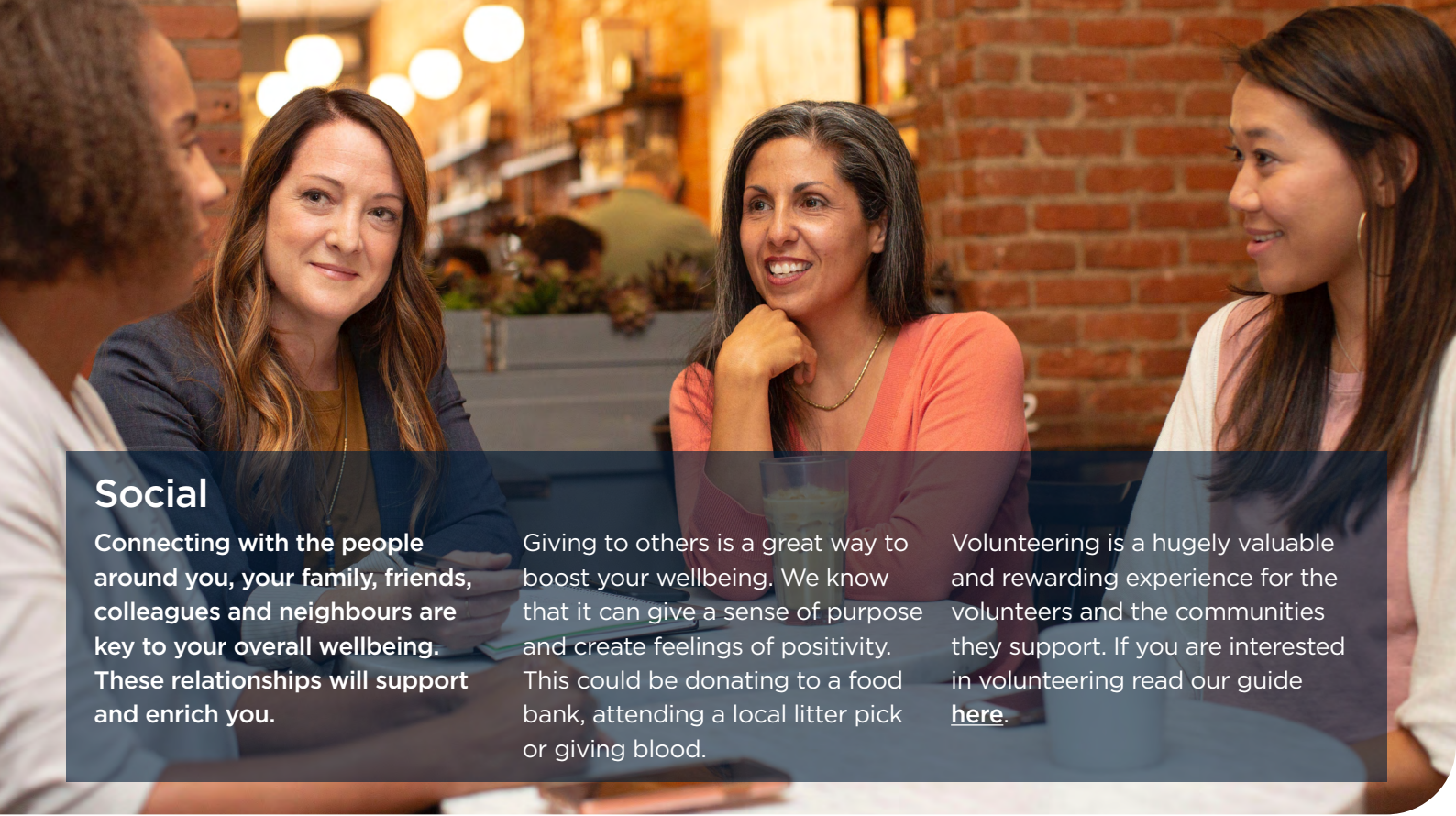
Money worries are not just a financial problem they can cause relationships problems, people to lose homes and families to break down. People from all walks of life can end up in debt for many different reasons, like divorce, redundancy, ill health or bereavement.

With the increases in the cost of living including energy prices, you may be worried about the financial impact on you personally. The government has put measures in place to help ease financial pressures at this time, to read more click [here](#).

It's not always easy to talk about money worries but if you're struggling financially it's important to take action. For more details, read our debt awareness guide [here](#).



Staying in control of your day-to-day finances will help you ensure you have enough money to meet your needs which will lead to long term security and financial freedom to make choices that allow you to enjoy life.

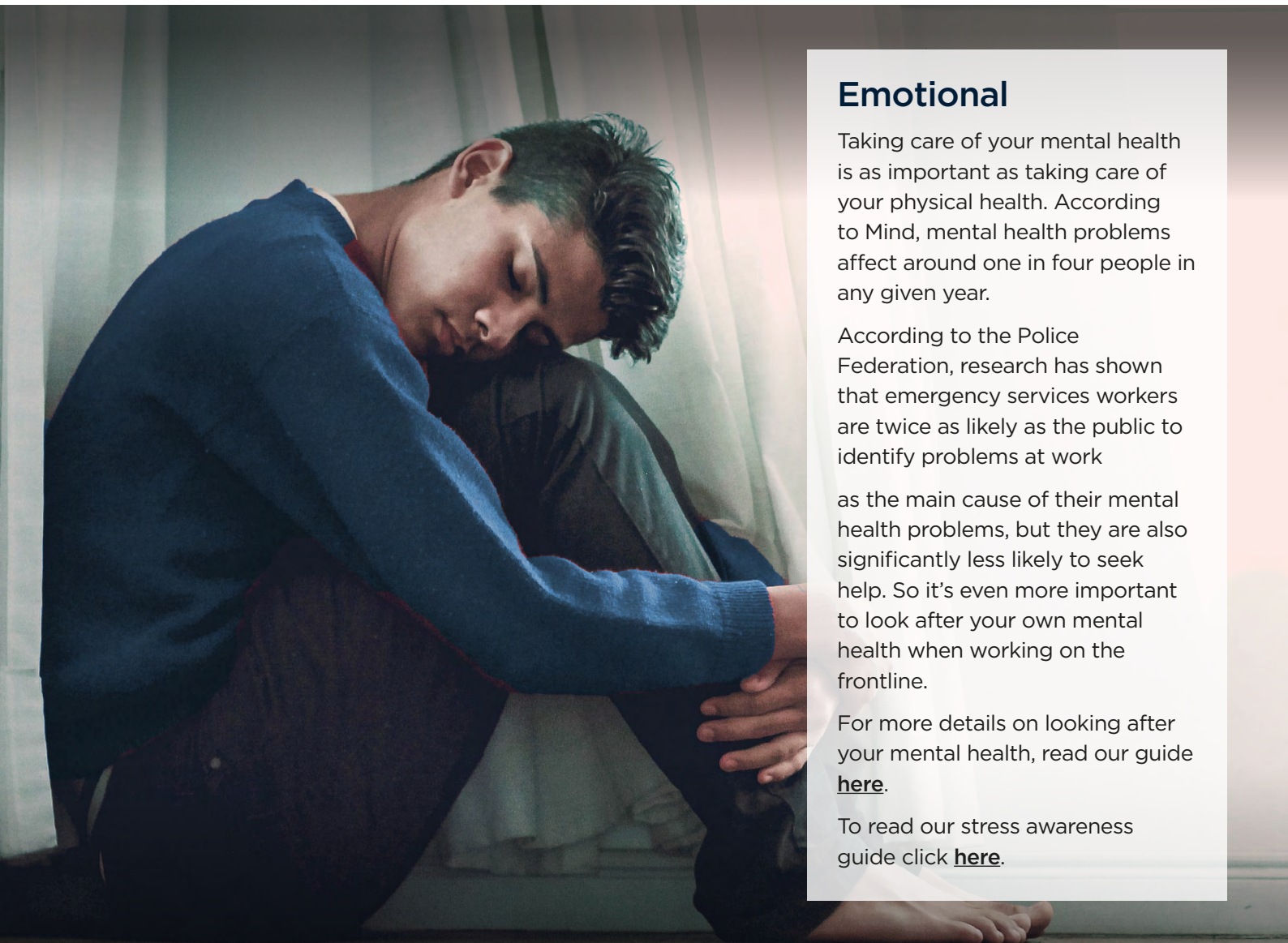


Social

Connecting with the people around you, your family, friends, colleagues and neighbours are key to your overall wellbeing. These relationships will support and enrich you.

Giving to others is a great way to boost your wellbeing. We know that it can give a sense of purpose and create feelings of positivity. This could be donating to a food bank, attending a local litter pick or giving blood.

Volunteering is a hugely valuable and rewarding experience for the volunteers and the communities they support. If you are interested in volunteering read our guide [here](#).



Emotional

Taking care of your mental health is as important as taking care of your physical health. According to Mind, mental health problems affect around one in four people in any given year.

According to the Police Federation, research has shown that emergency services workers are twice as likely as the public to identify problems at work

as the main cause of their mental health problems, but they are also significantly less likely to seek help. So it's even more important to look after your own mental health when working on the frontline.

For more details on looking after your mental health, read our guide [here](#).

To read our stress awareness guide click [here](#).

Physical

Exercise can help to build your self-esteem as well as reduce anxiety and improve your mood. When you exercise, your brains release endorphins which help to make us feel energised, happier and less stressed. This could be as simple as a walk, dancing around the kitchen or even some gardening.

Our physical and mental health are undeniably linked, so it's important to stay active.

To stay healthy, adults should try to be active every day and aim to achieve at least 150 minutes of physical activity each week or 10,000 steps per day through a variety of activities. If you would like to improve your fitness level then you may need to increase this amount and also include some stretching and strengthening exercises into your routine. For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer.

If you are concerned about your health in any way always consult your doctor before starting exercise.

Regular exercise can boost your sense of wellbeing as well as your physical health.



You don't need to be at the gym seven days a week to improve your mood. Here are some ideas to help you incorporate workouts into your daily life:

Don't do it alone – If you're committed to doing exercise with a friend, you're less likely to back out. This could be a fitness class, Yoga or a walk. This has the added benefit of keeping connected with people. Maybe spend some time learning a new form of exercise, like Pilates or belly dancing.

Enjoy it – Most importantly, you need to discover a physical activity you enjoy and that suits your level of mobility and fitness. If the exercise you choose is enjoyable you are more likely to stick with it. This could be an exercise class, cycling, walking or gardening. There are so many different ways

of exercising you just need to find the one that works for the time you have and that you enjoy.

Go outdoors – Fresh air, natural light and exercise combined are great for our mental health. Whatever the weather it's great to get outside, it may be for a quick stroll around the block or a longer walk with the dog.

Set yourself a challenge – Give yourself a goal to work towards, start small and get bigger as you get more confident and fitter. This could just be to go for a walk every day and could then evolve to walk 10 miles a week or 1,000

miles a year. You could even try the NHS couch to 5k challenge, for more details click [here](#).

Log it – In order to monitor your progress, keep a record of your workouts. This could include the time and distance of your walk, run, ride or workout, but you may also want to include how you feel, in order to track your mood.



It's common knowledge that a good night's sleep makes us feel better.

An average of 8 hours will replenish all of our energy stores. What's more, this downtime helps protect us from infection, providing a shield for our immune system.

If you are struggling to sleep, read our guide [here](#).





Whatever you do to look after your wellbeing, making positive change is important.

Getting Support:

- [NHS](#)
- [Samaritans](#)
- [Mind](#)
- [Anxiety UK](#)
- [Police Federation](#)
- [Oscar Kilo](#)
- [Mental Health Org](#)
- [Gov.uk](#)
- [MoneyHelper](#)
- [World Health Organisation](#)
- [Money Saving Expert](#)
- [Calm](#)

Our **Care Line** Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal: <https://healthassuredeap.co.uk> **Username:** `policemutual` **Password:** `careline`

health assured

Download the **Health Assured App** and register today – your code is **MHA107477**

To read more of our wellbeing guides take a look at our **Wellbeing Hub** [here](#).

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