

**Issue 7**

mind Bath

**FREE**

# Wellbeing

**Bath and North East Somerset**

**The Five Ways  
to Wellbeing**

**MONEY &  
Mental  
Health**

**How to find  
a sense of  
calm**

**What is anxiety?  
Emily's Story**

**WHERE TO  
GET HELP**  
mental health  
and wellbeing

**Mindful  
Colouring**  
from Toogood Tattoo

**Easy Low Cost  
Recipes**  
from Food for Thought

**For more information and resources visit**

**[www.bathmind.org.uk](http://www.bathmind.org.uk)**

# Wellbeing in BaNES

**Welcome to Wellbeing in BaNES.** This publication is brought to you by Bath Mind, along with other local partners, to support the wellbeing of those living in Bath and North East Somerset.

In this issue, we feature

## **The Five Ways to Wellbeing**

Learn about the Five Ways to Wellbeing and complete your own Wellbeing Plan.

## **Money and Mental Health**

Clean Slate's 'Finance 5 a day' to support your financial wellbeing.

## **Recipes for your mind and body**

Healthy, tasty recipes from Bath Mind's 'Food for Thought'.

## **Bath Mind's Wellbeing Groups**

Join Bath Mind's Wellbeing group to support your mental health.

## **Mindful Colouring from Toogood Tattoos**

Relax and immerse yourself in these great colouring pages.

## **The STOPP Technique**

How to achieve a sense of calm.

## **Anxiety - Emily's Story**

Huge thanks to Emily for sharing her story.

**If you have something you'd like to contribute, we would love to hear from you!**

**We need your feedback!** Please let us know what you think about Wellbeing in BaNES by answering a few questions on the last page of this issue. **Thank you**

## **Come along to our Sharing Hub!**

A monthly meet up to bring and share food, knowledge and experiences of what is happening locally that may benefit your Wellbeing. Includes guest speakers and the opportunity to seek advice from a welfare benefit expert. There will be information provided by Bath Mind staff about local courses, volunteering opportunities, groups and activities, plus advice and signposting on any issues that are affecting you.

For more information please contact:

Email: [wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)

Telephone: 07538 113 890.

# The 5 Ways to Wellbeing

Try to incorporate these pillars of wellbeing to your daily routine.



You can complete your own '5 Ways to Wellbeing Plan' on our worksheet.

For more information and a wide range of resources to support mental health and wellbeing, please visit our website:

[www.bathmind.org.uk](http://www.bathmind.org.uk)

# The 5 Ways to Wellbeing Worksheet

Complete your wellbeing goals under each heading.



For more information and a wide range of resources to support mental health and wellbeing, please visit our website:

[www.bathmind.org.uk](http://www.bathmind.org.uk)



# Anxiety- Emily's Story



Hi, I'm Emily. Looking at the photo of me, you'll likely see a happy woman enjoying a meal out. What you don't see is that I'd been anxious for weeks before that meal and was on the brink of a panic attack...

Around 7 years ago, I began feeling very anxious. It crept up slowly and at first, I couldn't place the source of the physical and emotional symptoms I was experiencing. Often in those early days I thought I was quite unwell. It took me many months to recognise my symptoms as those relating to anxiety.

The first physical signs of anxiety I experienced were a sense of unease ahead of social events or functions alongside a dull ache in my stomach. My mood was irritable, fearful, and I wasn't sleeping well. This then heightened to a reluctance to go to new places; I would be grumpy, agitated, unable to concentrate, and restless. Finally, these feelings grew to absolute fear at the prospect of being anywhere indoors that was new to me, or in a space where there were lots of people.

What I now know were panic attacks were common and incredibly draining physically. Because I wasn't sure why I was feeling this way, especially in the beginning, I often pushed through my discomfort to try and attend an event or go eat out at a new restaurant. This would then result in physical symptoms which, while back then I couldn't place, I now know to be my body's fight or flight response. Physically, this looked like heavy breathing, a dry throat, stomach cramps and diarrhoea, common tell-tale signs of anxiety and panic attacks. What I now know were panic attacks were common and incredibly draining physically. I'd spend the days after feeling lethargic with heavy limbs, pins and needles, and a sense of despondency and disappointment in myself.

I find writing about my day really soothing, and a useful tool to recognise when anxious thoughts are creeping in. After sharing how I was feeling with those close to me and by researching online, I realised I was struggling with anxiety. Seeing a therapist helped massively, as did learning what techniques helped me feel less anxious. Some things in my 'anxiety toolbox' are sharing how I'm feeling (counselling helped me, as did being open with those around me about my anxiety and how I'm feeling – now I'm very upfront with people if I feel anxious or uncomfortable in a social setting), exercise (I love walking, HIIT workouts and wild swimming), and journaling (I find writing about my day really soothing, and a useful tool to recognise when anxious thoughts are creeping in).

I spent many months thinking that I was repeatedly unwell, questioning what was wrong with my body before I made the link that it was anxiety. The unknown and not knowing why my body was behaving the way it was felt incredibly scary. I hope by sharing my story that I can help others recognise any anxious thoughts they may be having, and the physical symptoms they can cause. You do not need to struggle alone. Opening up about how you're feeling is an amazing first step to dealing with anxiety.

# Come and join us!

Bath Mind's groups are a great way to connect with others and enjoy different activities. You can see the full range of groups we offer on our website [www.bathmind.org.uk](http://www.bathmind.org.uk), or call us to join and find out more.

## Greenlinks

Greenlinks is a community support group offering people with mental and physical health issues the opportunity to engage in gardening activities linked to 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice). Greenlinks provides an opportunity for people to stay in touch with nature, meeting on our allotments at Monksdale Road and Ammerdown Estate.

**Monksdale Road Allotments**    Tuesday 11.30am-2.30pm  
  Thursday 10am-1pm

## Open Opportunities

A non-judgemental space to connect with others and improve wellbeing, centred around the 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice). The sessions often involve a guest speaker or a lead activity such as art, mindful drawing, quizzes, drama sessions and the occasional day out! Bath Mind facilitators are on hand to offer 1:1 support and to help with access to other services.

Every Monday                from 1pm to 2.30pm at The Bubble, central Bath

## Hopespace

An evening group meeting in central Bath in a comfortable and warm setting, for conversation, games, quizzes and fun. The group is supported by Bath Mind staff and volunteers, to offer mental health and wellbeing support and guidance, and signposting to other services where necessary.

Tuesday 6pm-8pm, The Bubble, St John's, central Bath.

**Contact:** Telephone:                01225 316367 or 07538 113 890  
  Email:                                wellbeing@bathmind.org.uk

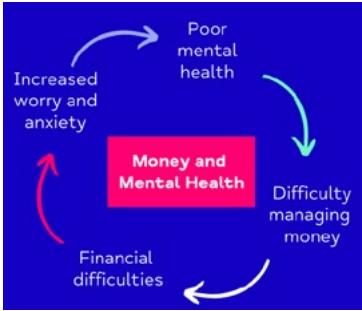
You can also self-refer on our website: [www.bathmind.org.uk/wellbeingreferral/](http://www.bathmind.org.uk/wellbeingreferral/)

## Wellbeing Walks

Short, gentle walks led by volunteers from Bath Mind and Bathscape. A relaxed and friendly social space to meet new people, get some fresh air and enjoy nature.

Thursdays 11am, Monksdale Road Allotment Car Park (BA2 2JD)  
Contact: info@bathscape.co.uk Text: 0781 664 1745 (Lucy)

# Money and Mental Health



Worrying about money can impact your mental health, while living with a mental health condition can make earning and managing money more difficult. This can feel exhausting and create the feeling of being stuck in a ‘vicious cycle’ – money worries lead to difficulty managing money and vice versa.

**Finance 5-a-day from**

**CleanSlate**

## **Find Balance**

Check our bank balance every day. This gives us a daily reminder of what’s gone out and how much we can afford to spend today.

## **Open Up**

Open post when it arrives. By taking this simple action we can start to feel more in control.

## **Just Say ‘No’**

Say no to offers that we don’t need. Only buy what we actually need.

## **Saving Graces**

Save a little every day. If you can, create a regular routine of saving, however small the amounts may be. Over time they will add up.

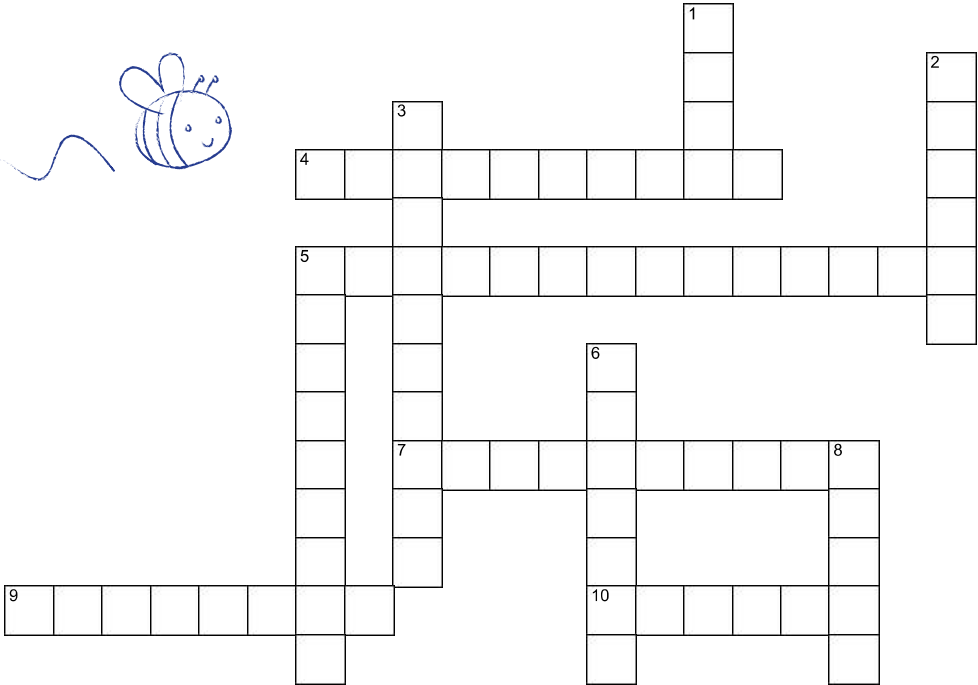
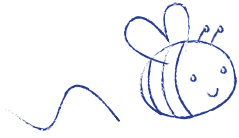
## **Cheaper Eats, Bigger Meals**

Scan the shelves for deals on food. Stock up whenever they are reduced in price, if you can.

**You can find more information on money and mental health in the Resources section of Bath Mind’s website:**

**[www.bathmind.org.uk](http://www.bathmind.org.uk)**

# Wellbeing Crossword



## ACROSS

- 4 The name of Bath Mind's gardening groups (10)
- 5 Bath Mind's crisis support service (9, 5)
- 7 Bath Mind's befriending service supports those experiencing this (10)
- 9 The best source for us to get vitamin D (8)
- 10 Time spent in this environment can be therapeutic (6)

## DOWN

- 1 Something we can all do to reduce stigma around mental health (4)
- 2 An important skill in supporting someone with their mental health (6)
- 3 A healthy plate is 50% full of these (10)
- 5 We can slow this down to bring a sense of calm (9)
- 6 Low impact exercise we can try to incorporate into each day (7)
- 8 Most adults need around 7-8 hours of this each day (5)

**Answers on last page**

For more Wellbeing Activities, visit our website:  
[www.bathmind.org.uk/wellbeing-activities](http://www.bathmind.org.uk/wellbeing-activities)



# The STOPP Technique



Right now, what do you need to help you find a sense of calm?

**STOP**

Pause for a moment.  
Do not react immediately.

**TAKE A BREATH**

Breathe slowly in through the nose, then breathe out through the mouth.

**OBSERVE**

- What thoughts are going through your mind?
- What are you reacting to?
- What sensations do you notice in your body?

**PULL BACK**  
•  
**GET SOME PERSPECTIVE**

- What's the bigger picture?
- Think: What advice would I give to a friend, or would they give to me?
- Is this thought, fact or an opinion?
- How important is this?
- How important will it be in 6 months' time?

**PRACTICE WHAT WORKS**  
•  
**PROCEED**

- What is the best thing to do right now?
- What is the most helpful thing for me, for others, for the situation?
- Where can I focus my attention right now?
- Do what will be effective and appropriate.

## You are not alone:

These services are free of charge. Open to all aged 16+ living in B&NES.

### Access Community Mental Health

If you need support with your mental health, the team will walk alongside you every step of the way.

Freephone: 0808 175 1369

Email: [access@bathmind.org.uk](mailto:access@bathmind.org.uk)

Open: 9am-5.30pm Monday to Sunday

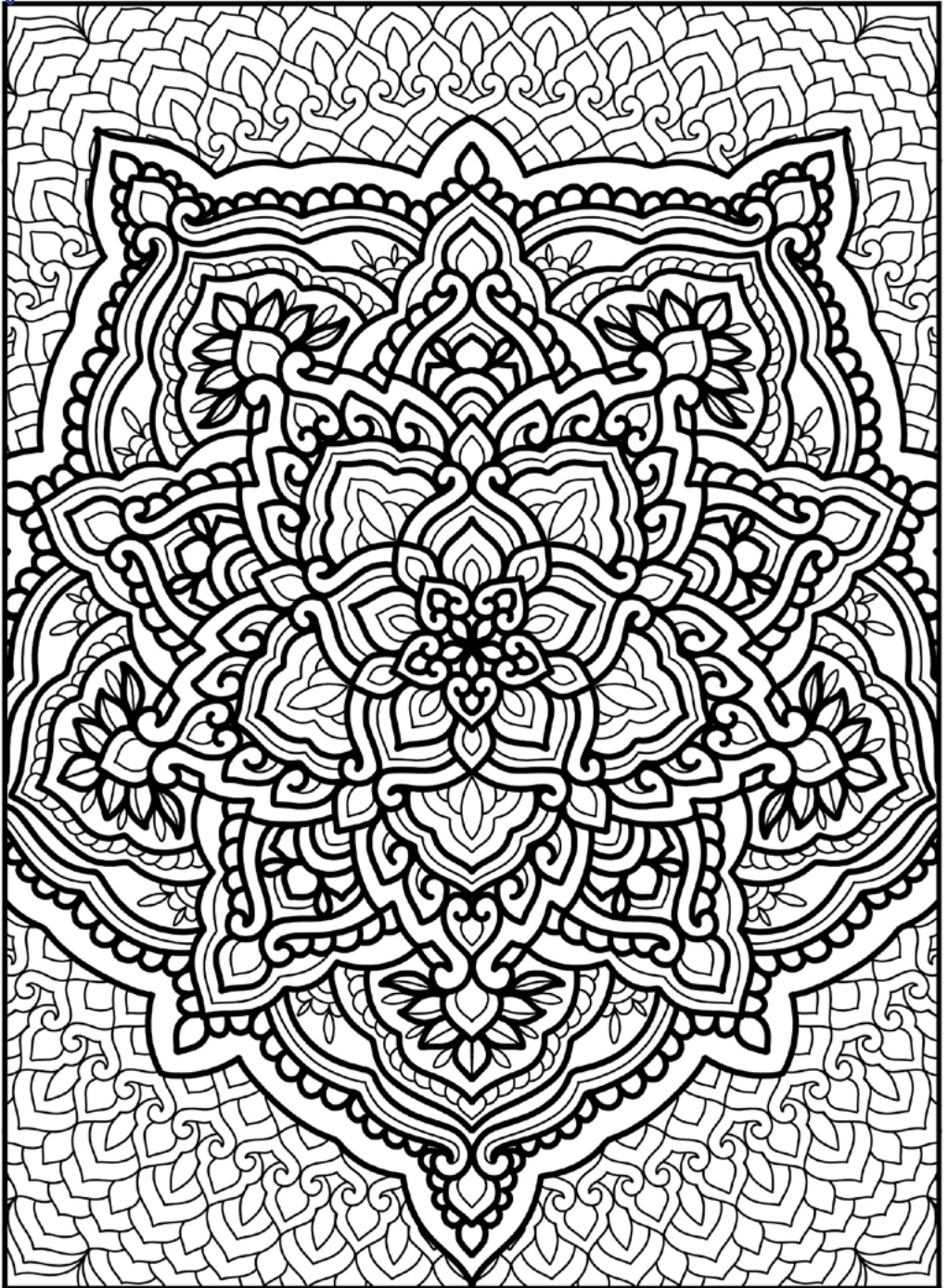
### Breathing Space Evening Support

Experiencing poor mental health, struggling with emotional distress, suicidal ideation or feeling overwhelmed?

Freephone: 0808 175 1369

Email: [breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk)

Lines open: 5.30pm-11pm Monday to Sunday



# Bean Burgers

# RECIPE

## Ingredients

(Makes 6-7 burgers)

2 cans black beans, drained, rinsed, patted dry  
1 tablespoon extra virgin olive oil  
1/2 of a bell pepper, finely chopped  
1/2 of a large onion finely chopped  
3 garlic cloves, minced (about 1 Tablespoon)  
1/2 cup feta cheese (skip if vegan)  
2 large eggs (see note for vegan substitution)  
1 tablespoon Worcestershire sauce (see note for vegan version)

2 Tablespoons ketchup, mayo, or BBQ sauce  
pinch salt + pepper

## Method

Preheat oven to 180C.

Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, worcestershire, ketchup, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.

Form into patties– about 1/3 cup of mixture in each.

To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F (191°C) for 10 minutes on each side, 20 minutes total. To grill: Place patties on greased aluminium foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 180C.

Serve with your favourite toppings.

Store leftovers in the refrigerator for up to 5 days.

For vegan burgers, make the following 3 changes;

(1) leave out the Worcestershire sauce  
(2) leave out the feta cheese, and (3) replace the eggs with 1/3 cup mashed sweet potato.

Freezing Instructions: Cooked or uncooked black bean burgers freeze wonderfully for up to 3 months. Stack between parchment paper in a freezer container or zipped-top bag.



1 1/2 teaspoons ground cumin  
1 teaspoon chili powder  
1/2 teaspoon garlic powder  
1/4 teaspoon smoked paprika  
1/2 cup bread crumbs



# Cabbage, apple and carrot slaw with coriander and lime dressing

## RECIPE

### Ingredients (8 small servings)

4 cups shredded cabbage, shredded carrots and  
shredded chicory  
2 grated apples

#### Dressing:

1/2 cup chopped coriander  
1/2 cup chopped spring onion  
1/2 cup vinegar of your choice  
1/4 cup olive oil  
2 juiced limes  
1 tablespoon cumin  
1/2 teaspoon sea salt

### Method

Place all dressing ingredients in a container  
and mix well.

After mixing, allow dressing to sit while prepping  
the rest of the salad so that the flavours can combine.  
Combine dressing and slaw ingredients and serve.

\*You can use white or red cabbage.  
If you don't have chicory, this can be left out.

 Food for  
Thought



**This is great served with black bean burgers!**

Visit Bath Mind's website for more recipes,  
and to find out about Food for Thought  
groups and courses.

[www.bathmind.org.uk](http://www.bathmind.org.uk)



**Greenlinks provides an opportunity for  
people to stay in touch with nature,  
meeting on our allotments at  
Monksdale Road and Ammerdown Estate.**

**Get in touch if you'd like to join us!  
Email: [greenlinks@bathmind.org.uk](mailto:greenlinks@bathmind.org.uk)  
Telephone: 0794 623 3146.**

## Ingredients

1250g dark chocolate (70%)  
250g unsalted butter  
4 large eggs  
250g golden caster sugar  
2 heaped tablespoons self-raising flour  
2 heaped tablespoons cocoa powder



## Method

Preheat the oven to 180°C/350°F/gas 4.

Tear off a large piece of greaseproof paper, scrunch it up under cold water, then unfold and use it to line a 20cm square baking tin.

Snap the chocolate into a heatproof bowl, dice the butter and add with a pinch of sea salt. Melt over a pan of gently simmering water, stirring regularly, then remove from the heat and leave to cool slightly.

Crack the eggs into a large bowl, then add the sugar and whisk until light, pale and fluffy.

Sieve in the flour, followed by the cocoa. Whisk to combine, then fold through the melted chocolate.

Spoon the mixture into the lined tin and spread it out evenly. Bake for 25 to 30 minutes, or until crisp on the outside but slightly wobbly.

Leave to cool in the tin for 15 minutes before slicing and serving warm – delicious with vanilla ice cream, crushed hazelnuts and caramel popcorn.

## Tips for Eating on a Budget

- Plan your meals - this helps reduce waste.
- Make a shopping list and only buy what's on your list.
- Batch cook meals, freezing portions for another day.
- Cook from scratch - raw ingredients are much cheaper than 'ready meals'.
- Buy reduced items and freeze them for use another day.
- Consider your portion size - you may be able to reuse leftovers for another meal.
- Have more 'meat free' days. Use beans, pulses and legumes (such as lentils) to replace meat.
- Check the 'price per 100g' price.



# Take a Mindful Moment

Taking time out can help to reduce stress and anxiety.  
Find what works for you and aim to make it part of your daily routine.



Think of three things that you are grateful for. Try this every day, wherever you are!  
You can write them down or just think in the here and now.



Take a look at our **Wellbeing Activities** for lots more to keep you busy through the coming months!  
[www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)



Connect with your senses - one at a time:

- listen to a bird
- notice colours of leaves
- touch the bark of a tree
- smell the fresh air
- taste (take a picnic!)



Place your feet on the ground. Imagine you have roots like a tree, going deep into the earth, helping to keep you strong with a solid foundation.



Writing can be therapeutic and help you connect with others. Write a letter to someone you care out; compose a poem or verse.



Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.



Engage your senses and notice how sounds, smells, colours and textures change with the weather.



Take a notebook and pens, pencils/paints. Doodle, sketch, paint or draw!  
Try to focus on this alone, notice how you feel.



Appreciation for others can help you feel more positive about the people around you.  
Spend a moment thinking about someone who has been kind to you.



Sit quietly and notice your breath.  
Breathing in through your nose, and out through your mouth. Try to make the 'out' breath longer than the 'in' breath.



Stay in the moment - if you are walking, think about how your body feels, notice the sound of your footsteps, look around and appreciate what you see.



Find a quiet place to sit. As thoughts drift into your mind, acknowledge them and let them pass, do not dwell on them. Focus on your breath for a few minutes of calm.

**How do you support your wellbeing?  
We would love to hear from you.**

You can send to us at: Bath Mind, 10 Westgate Street, Bath BA1 1DE  
or email [press@bathmind.org.uk](mailto:press@bathmind.org.uk)



## Puzzle answers

### ACROSS

- 4 Greenlinks  
5 Breathing Space  
7 Loneliness  
9 Sunshine  
10 Nature

### DOWN

- 1 Talk  
2 Listen  
3 Vegetables  
5 Breathing  
6 Walking  
8 Sleep

# We need your feedback!

This magazine is supported by grant funding. However, this is for a fixed period of time and when the funding ends we will need to fundraise to be able to continue creating and delivering this magazine. We would really appreciate your feedback, by answering just a few questions.

Do you find the information we provide helpful? Yes No

Has the magazine supported your wellbeing, or that of someone you know? Yes No

Do you have access to the internet at home? Yes No

Do you use any of Bath Mind's services? Yes No

Would you like to see more issues of Wellbeing in Bath? Yes No

Where did you pick up or read Wellbeing in BaNES?

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Any other comments?

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Please return this form to us at: Bath Mind, 10 Westgate Street, Bath BA1 1DE  
You can also hand the form in at any of our groups or services you may attend.  
If you have access to the internet, you can complete this form online here:  
<https://www.bathmind.org.uk/wellbeing-in-banes-magazine/>  
Or email to us at: [press@bathmind.org.uk](mailto:press@bathmind.org.uk)

**THANK YOU!**

# Mental Health & Wellbeing Support

## Breathing Space - Evening Support

Telephone: 0808 175 1369

Email: [breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk)

This is a free service. Every day 5.30pm-11pm.

## Access Community Mental Health

Telephone: 0808 175 1369

[access@bathmind.org.uk](mailto:access@bathmind.org.uk)

Self refer by phone or email.

This is a free service. Monday to Sunday 9am to 5.30pm

## Befriending

Telephone: 0300 247 0050

[befriending@bathmind.org.uk](mailto:befriending@bathmind.org.uk)

Self refer by phone or email.

This is a free service.

## Counselling

[counselling@bathmind.org.uk](mailto:counselling@bathmind.org.uk)

This is a chargeable, low-cost service.

## Wellbeing Support Groups

Groups and activities

Self refer by phone or email.

[wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk) / 07538 113890

Suggested donation of £4 per session.

## Safe Space Youth Group (age 16-25)

Telephone/Text: 07538 113890

email: [wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)

Self refer by phone, text or email.

This is a free service.



For more information and opening hours  
visit our website:  
[www.bathmind.org.uk/our-services/](http://www.bathmind.org.uk/our-services/)