

Physical Health



Our physical and mental health are closely linked. Having any sort of long term health condition or chronic pain can impact on our mental wellbeing.

What is a long term health condition?

A long term health condition is something that at present cannot be cured, but that can be managed with medication or other treatment, some examples being:

- Diabetes
- Asthma
- Arthritis
- High blood pressure
- THIS IS NOT AN EXHAUSTIVE LIST

Dealing with a long-term health condition can be time consuming and can interfere with our ability to sleep. This can be due to side effects of medication, or because of chronic pain., leading to interruption of sleep, anxiety around our physical health will also affect our sleep and our mental wellbeing.

It is important that we are pro-active in dealing with any health concerns we might have, and



attend any clinics we are invited to by our GP practice. It is not always possible to get a GP appointment when we feel we need one, but we should arrange to follow up any health concerns with our GP even if we resolve immediate issues via Pharmacist advice/consultation. There is a wealth of information available on the NHS website, and some GP practices are now offering online GP consultations. There are some self-referral routes that we can access such as:

<https://www.esht.nhs.uk/service/msk-therapy-services/self-referral/>

This allows us to self-refer for any Musculoskeletal problems (back and joint pain) this being a common issue for Carers.

<https://www.healthinmind.org.uk/news/42-new-online-self-referral>

This allows self-referral to for mental health support

<https://www.sussexstaffinmind.nhs.uk/>

This allows access to the staff hub for mental health support. Social care staff can now also access this.

Physical Wellness

- Diet - make/try a new, healthy food, share a recipe
- Challenge your co-residents to a steps challenge



- Are you drinking enough water? Track your intake today
- Vitamin D for the soul - Go outside and catch some ray's





