



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Look to implement a weekly wellness plan to keep you fit and strong both physically and mentally. This will give you the strength to deal with any future challenges much better in the future.

FITNESS TIP

Training is not just for fitness, the positive impact on your mental health is massive. Whether it be a gentle walk or a full-on fitness session, we all need exercise to help our mental stability.

Don't miss David's tips every Saturday in your Journal

A RECENT ONS (Office for National Statistics) survey has published data for the nation's sense of wellbeing and life satisfaction post-covid. It suggests that anxiety levels are higher than they were before the pandemic.

The survey, which also looked at happiness, life satisfaction, whether things done in life are felt to be worthwhile, gives an important insight into the current mental health state of the nation.

It is not all doom and gloom, however, as the ratings showed continued improvement between 2020-2022 for happiness, life satisfaction and feelings that activities are worthwhile.

The biggest recorded deterioration in 'wellbeing' was understandably between 2020-2021 and the largest year on year improvement was 2021-2022.

The survey is important in demonstrating several things about wellbeing and mental resilience:

- Our mental health will always be affected by challenging and uncertain times;
- Even the toughest of situations are transitory, and rarely become permanent;
- We are never alone in our affected state;
- Mental resilience will see us through.

It can be difficult to keep things in perspective when we are overcome with worries and today more than ever, we are facing uncertainty about what the future holds. Financial worries are at the forefront of most people's minds.

What can we do to help ourselves through this challenging time?

- Focus on the belief that things will improve;
- Try not to overthink situations you have little or zero control over;

Look after your physical wellbeing - keep active, eat well, stay hydrated and get plenty of rest;

Look after your mental health - stay positive, talk things through, spend time with people who support you and help lift your mood;

Help others, be a support. It can help keep things in perspective to know you are not the only one with worries.

During lockdown I spent more time on clients' mental health than physical. Lockdown affected us all in so many different ways that none of us had ever experienced before. It was a challenge, with the ripple effects still affecting many of us today.

This is why it's hugely important to move forward, the best you can, and implement a wellness plan to keep you fit and strong both physically and mentally, giving you the strength to deal with any future challenges far better in the future.

Asking for help is a sign of strength

Motivational quote of the day



> Try not to worry about things over which you have no control