

97% of our private therapy patients would recommend our service to others

"I do look forward to my sessions; it's the only time I feel I can talk truly and in confidence."

"The therapy has given me a lot of insight and tools that will help me for the rest of my life."

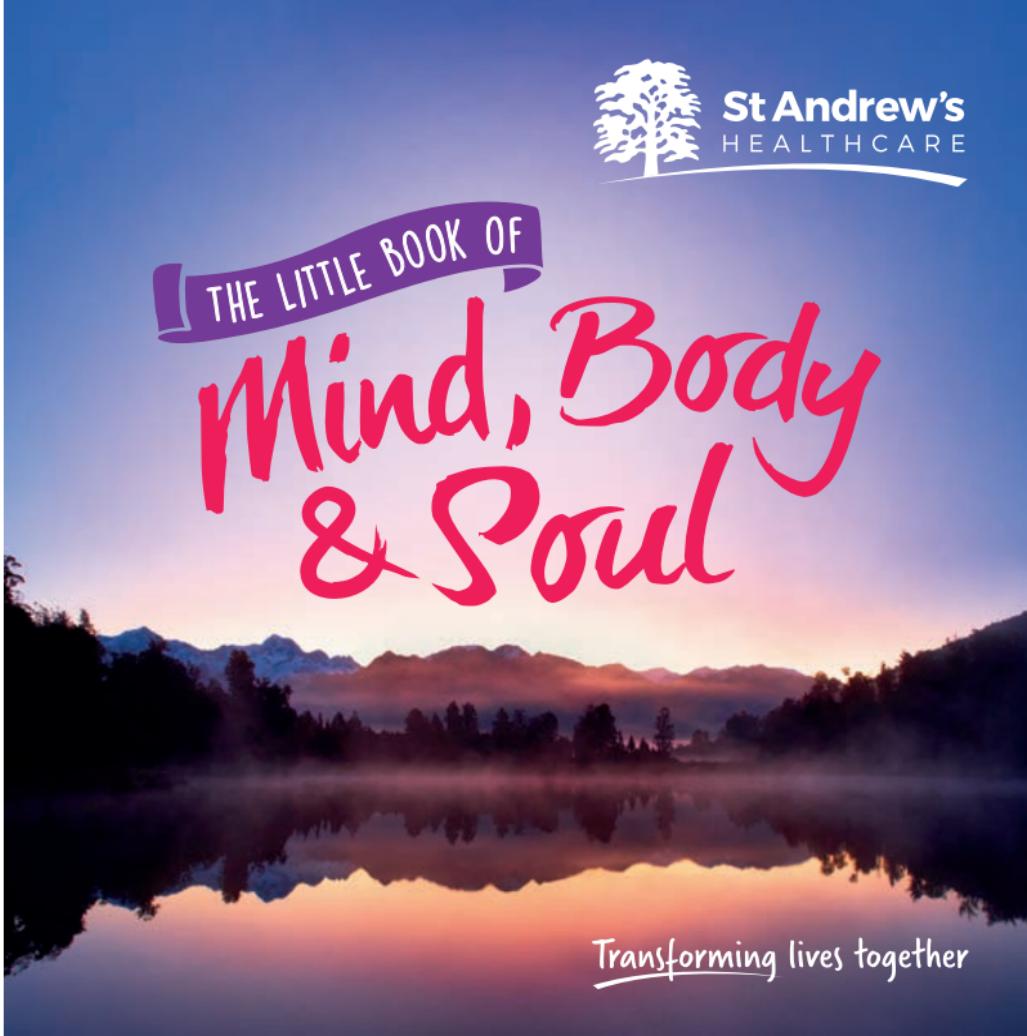
St Andrew's Private Therapy patients

To find out how you can access help and support, contact us:

**t:** 01604 616 050

**e:** [therapyclinics@standrew.co.uk](mailto:therapyclinics@standrew.co.uk)

**w:** [standrewstherapy.co.uk](http://standrewstherapy.co.uk)



THE LITTLE BOOK OF  
*Mind, Body  
& Soul*

*Transforming lives together*

## Compassionate care

At St Andrew's we are proud of our rich heritage in the provision of mental health care. Our history as a charity began in 1838 with the opening of our hospital in Northampton.

Our years of experience and understanding of people's mental health needs mean that we are proud to offer services to the community through our private therapy outpatient clinics.

## Slow down

*'Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering.'*

Winnie the Pooh

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex cocktail of hormones and chemicals, preparing the body for physical action. Stress in small amounts can help us to achieve and focus, however, when stress becomes a way of life the negative impact on our physical and mental wellbeing can be huge.

Faced with the challenges of busy work and home lives it's important to try and commit some time during the day to just, in the words of Pooh, 'Doing Nothing.' Giving yourself permission to switch off for a short time can give you the chance to calm your mind and gain some perspective.

# Can Mindfulness help me to manage my stress?

Learning to be mindful is proven to help with stress, anxiety, depression and addictive behaviours.

*'Tension is who you think you should be.  
Relaxation is who you are.'*

Chinese proverb

Mindfulness is about paying attention to the present moment without getting stuck in the past or worrying about the future. Training your mind to become more aware and accepting of your thoughts, feelings and present experience can be a powerful tool in managing stress.

...and when it all gets too much

# Don't be afraid to talk about your feelings

*'Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.'*

**Mental Health Foundation**

Sharing your feelings isn't a sign of weakness, it's an investment in your wellbeing and doing what you can to stay healthy.

If you need to talk to someone there are many services and organisations that can offer help and support:

- Your GP
- Local mental health services in your community
- Samaritans
- Rethink Mental Illness
- Mind
- Relate

# You're only **Human** *give yourself* **A BREAK**

› You're a human being not a machine –  
you need time to relax and recharge your  
batteries ready for the next challenge.



**No.1**



# Be BRAVE

> Don't avoid the person or situation that is triggering your stress. Be honest with yourself and them about how you are feeling. The sooner you can reasonably confront the situation, the sooner the stress will be over.

No.2

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# Nurture something you love

› Looking after something is known to reduce stress levels, whether it's growing plants in the garden or cuddling a pet.

**No.3**  

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LAUGHTER  
**REALLY**  
*is one of the*  
**BEST**  
*medicines*



➤ Share a laugh with people.  
Laughing can actually turn  
off the stress response.

No.4

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# LEARN to ask FOR **HELP**

› Have you got too much responsibility in your life? If so, ask people to help share the burden or simply give up some of the responsibilities that are not currently essential. Stop saying to yourself "I have to..." because at least some of the time you don't.



**No.5**

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# Make breakfast count

› Feeling good, and therefore being better equipped to manage stress, comes from a diet that provides adequate amounts of healthy choice carbohydrates at regular times to keep blood glucose levels stable, AND EATING BREAKFAST IS A VERY SENSIBLE HABIT.

**No.6**

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# *Get creative*

› Being creative is meditative. Taking the time to use your hands, mind and energy doing something that you enjoy can reduce your stress levels and enhance your feelings of mental and physical wellbeing.

**No.7**

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# Stop AND smell the FLOWERS

› Just stop. Take the time to focus on what's happening right now in this moment, because that's all you can actually influence – that's what mindfulness is all about.

No.8

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# *How can St Andrew's private therapy outpatient clinics help me?*

Within our outpatient clinics we employ over 20 practising Psychiatrists and Psychologists, meaning that we can match you with the most appropriate clinician and tailor your treatment to your needs and requirements.

The therapies we use are evidence based and National Institute for Health and Care Excellence (NICE) recommended. We use a variety of different therapeutic approaches, which we tailor to the specific needs of our clients.

The most commonly used psychological therapy is;

## **Cognitive Behavioural Therapy (CBT)**

This involves identifying and breaking out of the unhelpful thinking and behaviour patterns which can cause problems, such as anxiety, depression and stress.

Our private therapy outpatient clinics help individuals overcome many common mental health issues, enabling them to function better in their everyday lives. We support people with:

- depression
- stress
- anxiety
- mood swings
- poor work performance
- sleeping difficulties
- panic attacks
- low self-esteem
- relationship difficulties
- anger
- autistic spectrum disorders
- attention deficit hyperactivity disorder.

To speak to someone about how we can help

t: **01604 616 050**

e: **therapyclinics@standrew.co.uk**