

ULTRA ACCESS

Mental Health Awareness Month

Helping to raise awareness for an issue that does / will affect everyone

May in Britain is Mental Health Awareness Month (among others) and **Ultra Access** is always ready to raise awareness and offer support to all those who suffer with the many numerous mental health conditions recognised and diagnosed currently, as well as our sister company **Ultra Continuum** --->



What is mental health?

First recognised in the mid 19th Century as "Mental Hygiene", it evolved through decades of research into what we now know as Mental Health, and its something that affects ones emotional, psychological, and social wellbeing, directly impacting how someone thinks, feels, and acts.

It's a spectrum... and for most of us; a continuum, with periods of both good and poor mental health being normal experiences for everyone on the planet.

In Britain, the most common mental health condition types are **depression**, **anxiety**, and **stress**, and affect a significant portion of the population.

PTSD and (various)**phobias** are also very common conditions, along with **ADHD**, **BiPolar Disorder** and **Autism** to name a few more...



According to sources: **1 in 4 people** in the UK will have some kind of mental health condition at some point in their lives, and **1 in 6 people currently struggling with one of the "common mental conditions" - as mentioned above.**

Thats (roughly) 15% of the population or 10 million people currently residing within Britain who are suffering to this very day...

How do we (as a collective group of peoples) help to combat to reduce the impact mental health has on our daily lives?

- **Sunlight and Fresh Air:** and generally making the time to be outside in good weather helps reduce ones depression and stress levels significantly - an hours walk - taking in nature, or just sitting in the sunshine has shown to be very helpful.
- **Being Active:** as much as one can is also a great way to elevate ones mood, with the natural release of various endorphins after exercise - this could be a light run, or a brisk walk, or even things like breathing exercises and closed-eye meditation can help.
- **Self-Care:** a decent amount of sleep (although not too much) - with 8 hours per day recommended, combined with a nutritious and balanced diet, protein rich, with plenty of water consumed - potentially 2L per day and reducing the intake of alcohol and other substances that could be classified as a depressant also helps massively.

As time progresses more and more people are becoming involved in the battle to help those suffering with their mental health and this is fantastic to see. Lets keep up the good fight!

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