



**Q4 PRESS HIGHLIGHTS**  
**01/10/2017 – 31/12/2017**

## LIFESTYLE

## This Is How To Talk About Your Mental Health In A New Relationship

It doesn't mean the honeymoon period is over ❤️

For anyone starting out in a new [relationship](#), there are bound to be lots of things you don't know about your partner - their favourite hobbies, the foods they hate, and any unsavoury bathroom habits (yes, we know).

But what about the things that people might feel less comfortable disclosing on those first few dates, such as the state of their mental health or any underlying conditions they may be dealing with in private.

Because with an estimated [1 in 6 people](#) in the UK experiencing a common mental health problem every week, according to [The Mental Health Foundation](#), this is a conversation that lots of people need to be having.

But at what point should you start sharing? And what reaction can you expect?



A spokesperson from Anxiety UK agreed that there is no deadline but it is about when you feel comfortable: "Some may feel ready to talk straight away, for others it may take weeks or even months."



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By Neil Johnson [Career](#)

## How to beat post-holiday and pre-Christmas blues

26 Oct 2017

### Jingle hell

And if feeling glum after

“The holidays can be an escape from the day-to-day stresses which can underlie mental health problems, and once it’s over many people find themselves agonising over facing these problems once more.”

“Post-holiday blues may at a glance appear focussed on the holiday coming to an end, but the anxiety often lies in returning to work,” says Nicky Lidbetter, chief executive at Anxiety UK.

“The dread that some experience can be a genuine concern, especially when combined with Seasonal Affective Disorder (SAD), leading to the feeling of ‘the winter blues’ feeling insurmountable. The build-up of SAD and Christmas-related anxiety can make the return to work a challenge. The pleasure of the holiday can be replaced by a sense of loss and a desire to escape.”

### Coping

Dr Law’s

- “If you’re feeling stressed, try to take a break from work and enjoy the holiday.”
- “Start to make plans for the next trip away so you know it’s in the calendar and you can start to have fun planning it”
- “Look to join some kind of club or go to a meet-up event where you’ll meet like-minded people who share your passion for that type of holiday/trip etc.”

## How You Can Help A Friend Who Has Panic Attacks

'With my first panic attack, I asked a colleague to call an ambulance because I thought I was dying.'



GETTY

BY OLIVIA BLAIR NOV 30, 2017

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When model and writer [Stina Sanders](#) had her first panic attack, she asked her colleague to call an ambulance because she thought she was dying.

'I thought I was having a heart attack,' she tells ELLE UK. 'My arms went numb and my chest became heavy. I went really dizzy, my heart rate sped up and I felt like I couldn't breathe.'

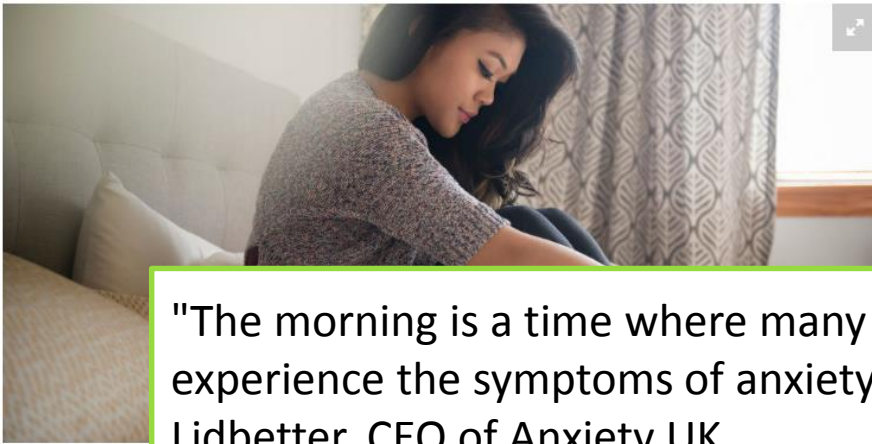
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Nicky Lidbetter, the Chief Executive of Anxiety UK says: 'Getting your friend to focus on other things such as noticing different things in their environment, eg. 5 things you can see, 5 things you can touch, 5 things you can smell - can all help to get your friend to shift their focus onto the external world rather than on themselves and the panicky feelings they are experiencing.'

known as the "fight or flight response", when adrenaline and other chemicals are released to enable a person to either fight the predator, or run away extra fast.'

# Why some of us experience 'morning anxiety' and how to cope with it

Do you feel anxious in the morning?



Getty - JGI/Jamie Grill

"The morning is a time where many people will often experience the symptoms of anxiety," says Nicky Lidbetter, CEO of Anxiety UK.

By Lydia Smith 13 November 2017

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If you've ever woken up with a churning knot in your stomach, you're not alone. Most of us have experienced 'morning anxiety' at some point - whether it's over an upcoming meeting at work, or a generalised feeling of anxiety over something you can't quite pinpoint.

## Reasons for anxiety in the

So why do some of us feel so anxious in the morning? One reason may be that we are more

"After a restful night's sleep, we are more alert and have more information. Having relaxed so well, we can be caught off guard by the anxious brain that is refreshed and ready

"Throughout the rest of the day we have a much less capacity to explore these worries

Another factor is that we're also more likely to think about the day ahead, which as Lidbetter says, can be both a good and bad thing for people with anxiety.

"Mornings are also usually a time to think about the day ahead which can generate lots of hypothetical 'what if' anxiety about new or difficult situations which may be due to happen that day," she adds.

Even our dreams can affect our anxiety levels when we wake up, such as having a nightmare, which can trigger anxious feelings when we aren't consciously aware of them.

"Mornings are also usually a time to think about the day ahead which can generate lots of hypothetical 'what if' anxiety about new or difficult situations which may be due to happen that day," she adds.

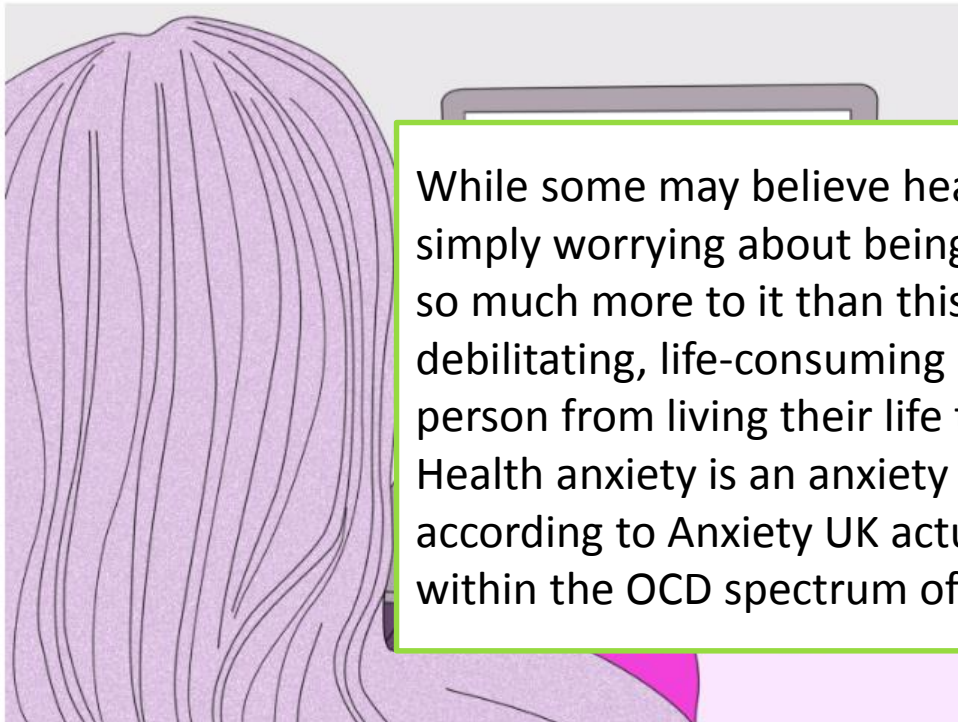
## Can we please stop telling people they're hypochondriacs?



Hattie Gladwell for Metro.co.uk Monday 4 Dec 2017 3:54 pm



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While some may believe health anxiety is simply worrying about being sick, there's so much more to it than this. It can be debilitating, life-consuming and can stop a person from living their life to the fullest. Health anxiety is an anxiety condition that according to Anxiety UK actually falls within the OCD spectrum of disorders.

(Picture: Ella Byworth for Metro.co.uk)

While we're becoming vastly more aware of mental illness, focusing on the likes of depression, anxiety and mood disorders in particular, there are still a few disorders that seem to get overlooked.

**Health anxiety** being one of them.

# Additional Press

Telegraph 4.10. 2017  
[\*How to spot if you're suffering from mental health issues\*](#)

Netdoctor 27.10.2017  
[\*Why some of us experience 'morning anxiety' and how to cope with it\*](#)

Guardian 13.11.2017  
[\*The fear factor: how should we deal with alarmist health reporting?\*](#)

Niche 27.11.2017  
[\*\(Awkwardly\) walking the floor: supporting quality walks and service visits\*](#)

Huffington Post 27.11 2017  
[\*This Is Why Your Mental Health Can Get Worse Around Christmas\*](#)

Metro 4.12.2017  
[\*Can we please stop telling people they're hypochondriacs?\*](#)