

Find **connection** this Mental Health Awareness Week

Two of the biggest drags on emotional well-being are things we all experience from time to time: anxiety and poor sleep. Another common concern is loneliness, a feeling which is associated with both feelings of anxiety as well as poor sleep quality. One way to protect yourself from struggles like these is by increasing your connectedness to friends, family, and community. In honour of Mental Health Awareness Week, here are some more practical mental health tips.

1 Find connection in everyday life
A sense of belonging and connectedness can help you feel supported and accepted, which leads to better overall mental and physical health.

2 Good sleep leads to good mental health
To combat loneliness, you need a good night's rest so you have energy for connection and community. Plus, healthy sleep protects you from conditions like anxiety.

3 Leave anxiety behind
If it feels like anxiety is holding you back from making the kinds of connections you want, try **Daylight**: a free, private app that offers evidence-based strategies to tackle anxiety.

4 Get sleep help if you need it
Sleepio, a digital programme to help with poor sleep, can guide you through addressing disruptive habits or difficult emotions that may be keeping you up at night.

Daylight is a science-backed, clinically proven programme built by leading mental health experts that can help you gain control over your worry and anxiety. And **Sleepio**, an online sleep improvement programme that's based on cognitive and behavioural techniques, and is proven to help people fall asleep faster and stay asleep longer.

Get started with **Daylight** or **Sleepio** now.

www.trydaylight.com/nhs

www.sleepio.com/nhs

