There may be things that feel out of your control right now: Your mental health doesn't have to be one of them.

From the cost-of-living crisis, to post-pandemic challenges, we are all feeling the impacts of change in our lives. It can be easy to feel overwhelmed at the moment, but our top three tips are designed to help you navigate this challenging time:

LET'S TALK: You are not alone in your struggles, and while it may feel embarrassing to share your thoughts, there is nothing to feel ashamed about. Sharing our problems opens up the opportunity to find solutions, or at the very least, some comfort during a difficult time. Whether it's friends, family, a colleague, or a help-line service - there are safe spaces for you to reach out to.

TIME FOR YOU: While self-care and wellbeing practices may not eliminate the source of your stress, they do allow you time and space to look at it from a different perspective. Going that little step further to caring for yourself can really help during those more stressful times, giving you greater clarity and sense of mind to handle difficult periods. [i]

Some free and effective ideas include:

- Going for a walk or self-led exercise
- Spending time with people who make you feel good
- Write it out: Getting worries and fears out on paper can feel like an odd practice but can actually be effective in calming your mind and working through feelings

SEEK SUPPORT: Don't be afraid to get mental health support. Daylight is our digital mental health treatment available instantly and at no cost. You can access it today, and learn a wealth of CBT techniques to help you manage feelings of anxiety and worry.

Access safe and effective digital mental health support instantly, at no cost:

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