



The First Steps newsletter!

First Steps is an NHS-led service offering friendly advice and information on mental health and emotional issues. Our aim is to help individuals, communities and local services to improve their knowledge and understanding of mental health and emotional well-being.

What's new at First Steps?

- Commissioners of health and social care services have been working with residents to explore how emotional wellbeing and mental health services can be improved. Make sure you have your say. Submit your views by [clicking here](#) or alternatively visiting www.healthysurrey.org.uk/your-views/emotional-wellbeing-and-adult/
- We've welcomed a new member of staff to the team. Look out for Richard at our Emotion Gyms!

Ruminating on the past

It's normal to worry and have negative thoughts about past situations and events from time to time. Nonetheless, continually ruminating can have a negative impact on our emotional wellbeing and mental health.

Ruminating can be detrimental in a number of ways. We may use harmful ways to cope such as alcohol consumption or binge-eating. Ruminating can also become a vicious cycle whereby dwelling on past events and experiences brings up more unhelpful thoughts leading to feelings of helplessness.

In light of this, here are a few tips to help reduce rumination:

- Problem-solving - we often replay situations continually in our heads. It may be helpful to write down what your ruminating about to identify exactly the situations and concerns. For each situation you've identified, ask yourself is there anything I can do to overcome this problem?
- Engage in an activity - actively planning time to engage in an enjoyable activity such as a hobby or physical activity can give your mind a break from your ruminations.
- Relaxation - ruminating can often leave us overwhelmed, anxious and stressed. Practice some relaxation techniques such as deep breathing or muscle relaxation to help with this.

Top tip

Try to reduce your consumption of caffeine if you're feeling anxious or stressed. Caffeine is a stimulant that increases your heart rate, and blood pressure, mimicking the physical symptoms of anxiety. This can therefore just add 'fuel to the fire' if feeling on edge.

Emotion Gym

**No need to register or give personal details!
Just show up!**

Coping with frustration and anger

Farnham Mon 22 September 6:30pm to 8:30pm
Caterham Tue 28 October 9:30am to 11:30am

Stress at work and at home

Farnham Mon 29 September 6:30pm to 8:30pm
Caterham Tue 4 November 9:30am to 11:30am

Low mood

Farnham Mon 6 October 6:30pm to 8:30pm
Caterham Tue 11 November 9:30am to 11:30am

Anxiety

Farnham Mon 13 October 6:30pm to 8:30pm
Caterham Tue 18 November 9:30am to 11:30am

Self-esteem

Farnham Mon 20 October 6:30pm to 8:30pm
Caterham Tue 25 November 9:30am to 11:30am

Communication and assertiveness

Farnham Mon 27 October 6:30pm to 8:30pm
Caterham Tue 2 December 9:30am to 11:30am

Venues:

Farnham - 40 Degreez Centre, Dogflud Way, Farnham, GU9 7UE

Caterham - Douglas Brunton Centre, Park Road, Caterham, CR3 5TA

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First Steps Surrey

If you know of anyone else who would like to be included in the distribution of this newsletter, please ask them to email us at first.steps@nhs.net Many thanks!