

ONE YOU MERTON

FRIENDLY LOCAL SUPPORT TO A HEALTHIER YOU

Coronavirus has affected the way we all live our lives and how we think about our health. In these difficult times it's more important than ever that we all do our best to look after our own physical and mental health and wellbeing.

EAT WELL

Our health advisors can help you to set healthy eating goals & you can also find lots of great recipes on the 'Eating' page on our website.



KEEP ACTIVE

We can help you to be more active and you can find lots of activities for all the family on our the 'Moving' page on our website.



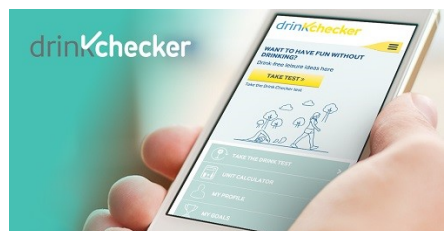
STOP SMOKING

With our support and the right medication you are 4 times more likely to become a non-smoker compared to quitting by yourself.



DRINK LESS

Find out how many units you are consuming a week and how you can get support to cut down on your alcohol consumption.



MENTAL WELLBEING

As well as keeping physically active and eating well we need to make sure we look after our own mental wellbeing as well.

SLEEP WELL

Our health advisors can provide advice on how you can get a good night's sleep. There are also some very useful resources on our website 'Sleeping' page.



STRESS LESS

We can help you with techniques and different activities that can help you to be more calm. You can also find advice on working with stress on the 'Stress' page on our website.



EVERY MIND MATTERS

The 'Every Mind Matters' page on our website allows you to get your personal 'Mind Plan'. You can also find links to information on maintaining good mental health whilst staying at home as well as ways of dealing with COVID-19 anxiety.



CALL: 020 8973 3545 **EMAIL: ONEYOU.MERTON@NHS.NET**

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