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# Mental Health Awareness Week 2023

## Sharing ways we can support our Mental Health

This year's theme for Mental Health Awareness Week is Anxiety. Anxiety is a natural response to stress that can cause feelings of unease, fear, or worry.

It is a normal and often healthy emotion that can help people to stay alert and focused in stressful situations. However, when anxiety becomes excessive, it can interfere with daily life and become a mental health disorder.

We've put together a helpful resource that includes some of our own deverellsmith employee's experiences with anxiety and mental health, and tips that help them support their own well-being, in the hope that some of these tips may benefit you.



# What are the different types of anxiety?

## **01 - Generalized Anxiety Disorder (GAD)**

A chronic condition that involves excessive and persistent worry about a range of different events or activities.

## **02 - Panic Disorder**

Characterised by sudden, intense feelings of fear or panic that can be accompanied by physical symptoms such as rapid heartbeat, sweating, trembling, and difficulty breathing.

## **03 - Social Anxiety Disorder (SAD)**

A condition that involves intense fear and avoidance of social situations due to fear of embarrassment or humiliation.

## **04 - Specific Phobias**

Intense and irrational fears of specific objects or situations, such as heights, flying, spiders, or enclosed spaces.

## **05 - Obsessive-Compulsive Disorder (OCD)**

A condition that involves persistent and intrusive thoughts or obsessions that are often followed by repetitive, compulsive behaviors or rituals.

## **06 - Post-Traumatic Stress Disorder (PTSD)**

A condition that can develop after experiencing or witnessing a traumatic event, such as combat, sexual assault, or a natural disaster. It can involve intrusive memories or flashbacks, avoidance behaviors, and hypervigilance.

## **07 - Separation Anxiety Disorder:**

A condition that involves excessive and persistent fear or anxiety about being separated from a person or place that provides comfort or security.

It's important to note that anxiety disorders can overlap or co-occur with each other, and can also occur alongside other mental health conditions such as depression. A mental health professional can help to diagnose and treat specific types of anxiety disorders.

# Did you know?

**PRIORY**

# 36.9%

Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment - The Priory.

## Here's what helps Amiee...



Marketing Executive

A few years ago I was diagnosed with Panic Disorder, and I think like many I had no idea what was happening. The thing that helped me most understand my feelings was talking about it with others, realising I wasn't alone and what I was experiencing is, in fact, normal and not 'crazy'. Hearing other people's ways of coping helped me find what works for me, but of course, it's different for everyone.

Becoming a bit of a bookworm helped me and reading allows me to calm my thoughts. If I ever feel anxious I open a book and read a little to distract myself.

Now if I feel a panic attack approaching, I'll remove myself from the environment and try to 'ground' myself, for example doing things like counting things I can see, this has really helped me control them.



Say hi to Amiee!



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# Did you know?



The UK has the 62nd highest rate of anxiety disorder in the world.

## Here's what helps Nick...



Head of Build to Rent

Managing my mental health has become an essential aspect of maintaining my success in the workplace. As I've grown and matured, I've become more adept at establishing healthy boundaries and prioritising self-care. For example, I'm an avid believer in the power of physical activity and have made it a priority to engage in regular exercise and participate in Marathons & Triathlons on an annual basis. These activities not only help me stay physically fit but also provide a much-needed outlet for stress and a sense of accomplishment.

In addition, recognising the importance of preventing burnout, I also make sure to take regular breaks to recharge and rejuvenate. Finally, I have recognised the value of seeking professional support, such as therapy, which has been truly transformative in providing me with valuable perspectives and coping mechanisms during challenging times. I would advise this to anyone who is struggling.

Say hi to Nick!



# Did you know?

# 40 million

Anxiety is the most common mental illness, affecting 40 million adults.

## Here's what helps Natalie...



Senior Consultant  
AST

I first started getting anxiety probably 11 years ago just before I started my career in events and 'entered the real world and become an adult'.

Initially, I had no idea what it was so just ignored it and it got to the point where I had a couple of panic attacks before seeking professional help. Over the years I've worked on trying to manage my anxiety without the need for anti-depressants/diazepam/beta blockers (before I was quite reliant on them to function properly).

In general, I try to focus on things that I know naturally make me happy like travelling, getting some vitamin C and being by the seaside really helps.

But a few simple things I like to do are making sure I get an early night, and listening to podcasts at the same time with either talking methods to help relax or waves/rain sounds, which helps at night time if I can't get to sleep.



Say hi to Natalie!



# Did you know?

The number of people with common mental health problems went up by 20% between 1993 to 2014, in both men and women



## Here's what helps Ryan...



Manager  
Estate Agency & Mental  
Health Ambassador

Managing our well-being is one of life's toughest tasks, however, I adopted a strategy a few years back which I have found to really help. It involves me writing down anything and everything, which simply makes me feel great at that moment... whether that be a cold shower in the morning, going for a run, swimming, or even some white noise on the bedside cabinet at night to help me switch off.

Writing these simple things down will allow you to quickly recognise what to do more often... you could also do this for things which don't make you feel great of course!

Say hi to Ryan!



# Did you know?

## 1 in 4



people will experience a mental health problem of some kind each year in England - Mind.

## Here's what helps Ross...



Senior Consultant  
Build to Rent



I have always been into sports and fitness, but I have found over recent years that exercising is the best way to ensure a positive mindset and take care of my mental health. Either in the gym lifting weights or running to improve my endurance, both give me the opportunity to alleviate any stress or anxiety and focus on improving my mental and physical well-being.

Say hi to Ross!



# How can flexible working improve your mental health?

## Louise Deverell-Smith

Founder of The Daisy Chain 



There has been a growing emphasis on the importance of mental health in the workplace, as more people are opening up about their mental health struggles.

Working flexibly is one way to help improve your mental health at work, and below I have detailed the positive impact it can have on your well-being.

### A better work/life balance

Flexible working can enable you to better balance your work and personal commitments, which can help to reduce stress and improve overall well-being. For example, flexible working arrangements such as part-time working, job sharing, or flexible schedules can allow you more time to care for dependents or delve into your personal hobbies.



### Cutting down commute time

According to a Good Move survey of 2,000 UK workers, 43% of people think that their commute negatively impacts their stress levels. Flexible working can enable employees to use the spare time they have from not commuting to the office to better balance their work and personal commitments, for example, the pursuit of personal interests. It can also help to alleviate anxiety for those that find travelling on crowded public transport a worry.

### More time for physical activity

Therapy For You suggests that there is a 20%-30% lower risk of depression and general feelings of distress for adults participating in daily physical activity.

Flexible working unlocks more free time, allowing you to prioritise your physical health. This could be anything from going for a nice long walk at lunch or popping to the gym in the morning when you might otherwise have been commuting into the office.

Being able to do this regularly will improve your general mood and well-being, and lead to a more positive outlook when working.

If you are looking for a flexible role or an employer that fits around you, [we'd love to help you find them.](#)





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**A problem shared is  
a problem halved**

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