

**Clinician
Corner**

with
doctor care
anywhere.

World Wellbeing Week

A Practical Guide to Supporting Your Mental and Physical Health



Wellbeing is not something that improves overnight. It's shaped by small, consistent actions - and by having the right support when you need it.

This guide is designed to help you better understand your mental and physical health, with practical steps you can take, and clear guidance on when to seek clinical support.

Mental Wellbeing

Understanding, Managing, and Seeking Support

It's common to experience changes in mood when dealing with health concerns.

You might notice:

- Feeling more anxious or overwhelmed than usual.
- Low motivation or energy.
- Difficulty sleeping or concentrating.

These are not uncommon - but they are important signals.



How We Support You

Speak to a GP 24/7 for an initial discussion.

Access mental health practitioners for structured support.

Receive guidance tailored to your situation.

Early support can prevent symptoms from worsening.

Practical Techniques You Can Try

The “10-Minute Reset”

If you're feeling overwhelmed:

- Step away from what you're doing.
- Sit somewhere quiet.
- Focus on slow breathing (in for 4 seconds, out for 6).
- Repeat for 10 minutes.

This can help reduce immediate stress responses.

Behavioural Activation

When mood is low, activity often decreases - which can worsen how you feel. Try:

- Choosing one small activity per day (e.g. a short walk, calling someone, preparing a meal)
- Completing it regardless of motivation.

Action often comes before improvement in mood.

Managing Overthinking

If your thoughts feel constant or intrusive:

- Write them down to “externalise” them.
- Ask: Is this something I can act on right now?
- If not, schedule a time to revisit it later.



When to Seek Clinical Support

*Consider booking an appointment if:
Symptoms persist for more than 2 weeks.
Your sleep or appetite is significantly affected.
You feel unable to cope day-to-day.*

Physical Health

Small Actions That Make a Measurable Difference

Physical health doesn't require extreme changes - consistency matters more than intensity.

Movement: Start Where You Are

You don't need to feel "fit" to begin.

Simple approach:

- Start with 5–10 minutes of movement per day
- Gradually increase based on comfort

Examples:

- Gentle walking
- Chair-based exercises
- Light stretching

A Simple Weekly Movement Goal

- Aim for some movement on most days
- Mix:
 - Light activity (walking)
 - Strength or resistance (if appropriate)
 - Flexibility (stretching)

How We Support You

- *Physiotherapists can assess your needs.*
- *You can receive a personalised exercise plan.*
- *Adjustments can be made if you have pain, fatigue, or a long-term condition.*

This ensures your activity is safe, effective, and realistic.



Nutrition: Keep It Manageable

You don't need a perfect diet - focus on consistency.

Practical tips:

Eat at regular times, even if portions are small

- Include:
 - A source of protein (e.g. eggs, yoghurt, beans).
 - Carbohydrates for energy.
 - Fruits or vegetables where possible.
- Keep easy-to-prepare foods available for low-energy days.



Hydration: Often Overlooked

Even mild dehydration can affect:

- Energy levels
- Concentration
- Headaches

Simple strategy:

- Keep a drink within reach throughout the day
- Aim for regular sips rather than large amounts at once

When to Seek Support

Speak to a clinician if you experience:

Ongoing fatigue

Unintentional weight changes

Loss of appetite or difficulty eating

Pain affecting movement

How can Doctor Care Anywhere help



24/7 GP and ACP Appointments

- Same-day virtual consultations.
- Instant access to medical advice, prescriptions, and fit notes.
- Available anytime, from home, the office, or on the go.



Mental Health Services

- Confidential sessions with mental health practitioners.
- Early intervention for anxiety, stress, and low mood.
- Assessment, treatment and support, including access to therapy and digital health tools.



Tailored Physiotherapy Support

- Virtual assessments and recovery plans for musculoskeletal concerns.
- Clinician-led support for pain, injuries, and posture-related issues.
- Expert assessment, diagnosis and treatment plans to aid recovery and prevent long-term issues.