

SMALL CHANGES



SLEEP & WELLBEING

1

BETTER HEALTH

Sleep and wellbeing start with one small step

For adults. Sleep and emotional wellbeing affect each other. A difficult night can make the next day harder, while worry, low mood, pain or loneliness can make sleep more difficult.

You do not need to fix everything at once. Choose one small action that feels manageable and repeat it for a week.

Start with your daytime routine

- Open the curtains and get some daylight after you wake.
- Eat regular meals and drink enough fluid unless you have been advised to limit fluid intake.
- Add a few minutes of movement that is safe for you.
- Make contact with another person, even if it is only a short phone call.
- Choose one useful task, then allow yourself to stop.

For detailed sleep advice

Trusted advice

Use the separate Marsh Medical Practice Sleep Well Programme. It covers why sleep matters, night-time waking, snoring and sleep apnoea, practical sleep changes and how to get help.

Marsh Medical Practice Sleep Well Programme
www.marshmedicalpractice.com/sleep-well-programme

A steady daytime routine can support your mood and help your body recognise the difference between day and night.

Notice rather than judge

For one week, briefly note your sleep, energy and mood. Look for patterns without blaming yourself. A difficult day does not mean that your plan has failed.

My small step

This week, I will:

I will review it on:



Marsh Medical Practice
www.marshmedicalpractice.com

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BETTER HEALTH

Build a day that supports your wellbeing

Small actions during the day can make stress easier to manage and can support better rest at night. Choose what fits your health, mobility, responsibilities and local surroundings.

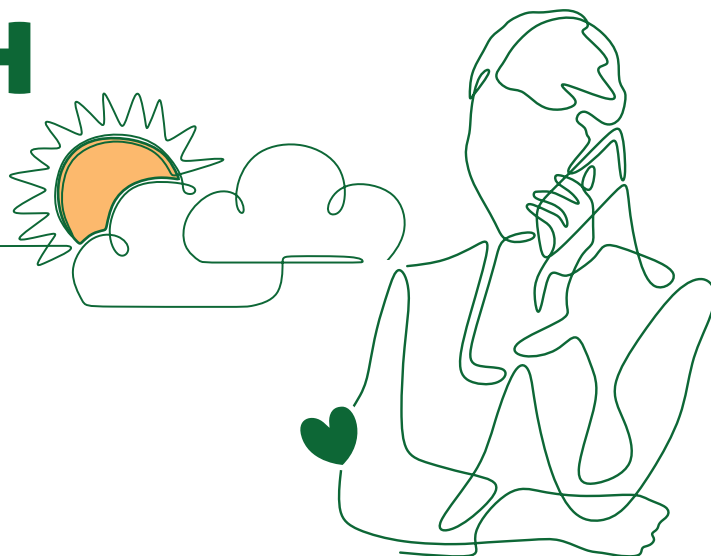
Use light and movement

Try to spend some time outside in daylight. You could walk, sit in the garden or stand by an open doorway. If the weather is poor or the ground is unsafe, use a bright room and choose gentle indoor movement.

Follow any personal exercise advice. Start with an amount you can manage and build gradually.

Give your day a simple shape

- Choose a regular time to get up and begin your day.
- Plan one necessary task and one enjoyable activity.
- Take short breaks before you feel exhausted.
- Prepare tomorrow's first task before you finish for the day.



If pain, caring duties, shift work or illness disrupt your routine, aim for one reliable anchor, such as breakfast, medication or a morning phone call.

Make space for something you value

Reading, music, gardening, crafts, faith, learning or caring for a pet can give the day purpose. Choose something realistic rather than waiting until you feel completely motivated.

Keep the change small

A plan is more likely to last when it is specific. Instead of 'I will feel better', try 'I will sit outside for five minutes after lunch' or 'I will telephone my sister on Tuesday'.

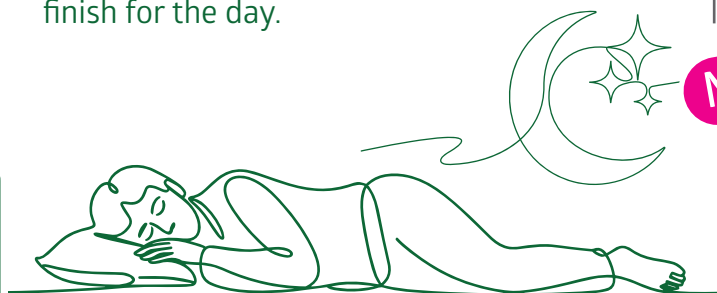
My small step

My daytime step will be:

.....

I will review on:

Trusted advice

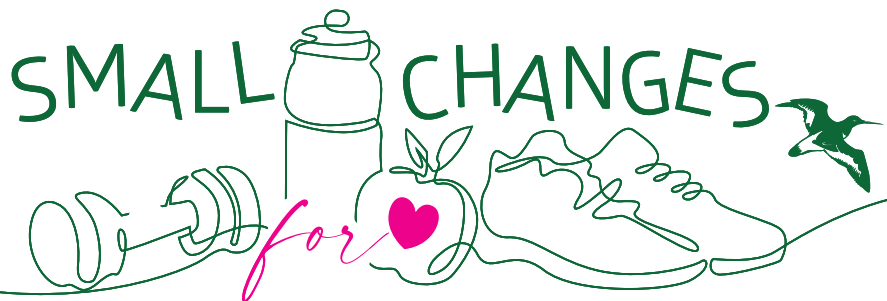


NHS Every Mind Matters
www.nhs.uk/every-mind-matters/



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BETTER HEALTH

Ease worries and stay connected

Worry can keep the mind busy, especially when life feels uncertain. Loneliness can also affect mood and sleep. One practical step or one supportive conversation can make the day feel more manageable.

Give worries a place

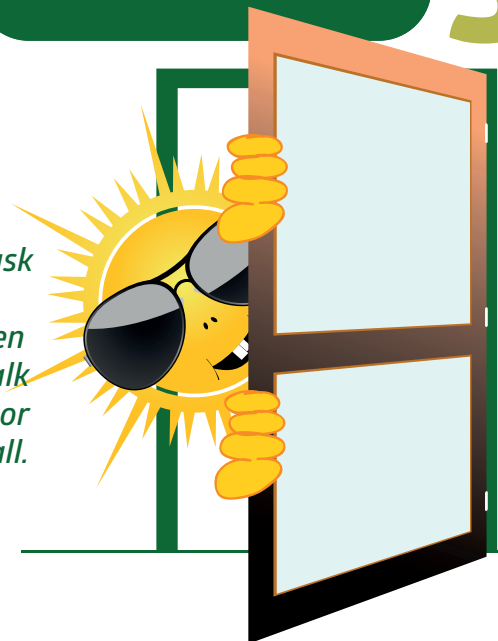
- * Write down what is worrying you.
- * Circle anything you can act on today.
- * Choose one small next step, such as making a call or finding a bill.
- * Leave problems that cannot be solved today until your next planned review.

If thoughts keep returning, gently bring your attention back to what you are doing. Slow breathing, quiet music or a familiar activity may help you settle.

Stay in contact

Choose contact that feels comfortable. This could be speaking to a neighbour, arranging a regular telephone call, attending a local group or asking someone to join you for a short walk.

Break the task down: get dressed, open the door, walk to the gate, or make one call.



Travel can be difficult in rural and coastal Lincolnshire. Telephone and online groups may help. Use H.A.Y. Lincolnshire to look for nearby activities and support, and ask organisers about access or transport before deciding that a group is not possible.

When motivation is low

Do not wait to feel ready. Break the task down: get dressed, open the door, walk to the gate, or make one call. Stop after the agreed step if you need to. Completing a small plan still counts.

My small step

I will connect with:

.....

I will review on:

Find local wellbeing activities

How Are You Lincolnshire
<https://haylincolnshire.co.uk/>



If you cannot use the internet or are unsure where to start, ask the practice team about local support.

Trusted advice



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www.marshmedicalpractice.com

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BETTER HEALTH

Know when to ask for help

Self-help is a useful starting point, but it is not a substitute for care when symptoms continue, worsen or affect everyday life.

Speak to the practice team

- Your low mood has lasted for two weeks or more.
- Anxiety, worry or poor sleep is affecting work, relationships or daily tasks.
- Pain, breathlessness, hot flushes, medicines or another health problem may be disturbing your sleep.
- You are struggling with bereavement, caring responsibilities, loneliness, money or housing worries.

Check possible sleep apnoea

Ask for medical advice if someone notices that your breathing stops and starts during sleep, you make gasping or choking noises, or you are always very tired during the day. The Sleep Well Programme explains this in more detail.

Do not drive or operate machinery if sleepiness affects your alertness. If you have suspected or confirmed sleep apnoea with excessive sleepiness, stop driving and check the current DVLA guidance; you may need to tell DVLA.

New or severe breathing difficulty needs urgent medical assessment. Call 999 if breathing is severely difficult.

NHS Talking Therapies

If you are aged 16 or over in Lincolnshire and feel stressed, anxious, low or depressed, you can self-refer to Lincolnshire Talking Therapies. You can also ask the practice team for help.

Lincolnshire mental health and wellbeing support

<https://lincolnshire.icb.nhs.uk/choosewell/mental-health/>

My small step

If I need support, I will contact:

.....

The number or service is:

.....

If you need urgent help

If you need urgent mental health support, call NHS 111 and select the mental health option. If you cannot keep yourself or someone else safe, call 999 or go to A&E now.

For free listening support at any time, call Samaritans on 116 123.

Trusted advice



NHS Every Mind Matters urgent support
www.nhs.uk/every-mind-matters/urgent-support/
Marsh Medical Practice
www.marshmedicalpractice.com

For help without internet access, contact the practice team.



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