



Integrating Mental & Physical healthcare:  
Research, Training & Services



mind & body

# Self-Help Resources

Living with a health condition can be challenging and people might feel low, frustrated or worried. We've got together some resources to help you manage your mental and physical health and wellbeing, including guided mindful meditations and information about:

- Keeping active -
- Managing stress -
- Adjusting to your health condition -
- Overcoming sleep problems -
- Support tailored to specific conditions such as heart failure or skin conditions -

Scan the QR code below, or visit: <https://imparts.org/resources-self-help/>

