

# Self-Help Resources

Living with a long-term 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 well being, including guided mindful meditations and condition specific leaflets.

We have also released a new updated series of generic self-help leaflets:

- Making the Most of Your Life
- Living an Active Lifestyle
- Managing Anxiety and Worry
- Your Sleep
- Problem Solving
- Making Your Thoughts Work for You
- Finding More Help - psychological help explained
- What is the Mind-Body Link?
- Coping with Low Mood and Depression

To access them, use the link or the QR code below:

Visit: <https://imparts.org/resources-self-help/>

