

National Safeguarding Adults Week 2020

Safeguarding and Wellbeing



What is mental health?

There is a strong connection between physical and mental health, and both need to be maintained.

‘Mental health is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community’

‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity’. (WHO)

How has lockdown impacted wellbeing?

- In the UK more than 20% of people reported low levels of happiness between 20 and 30 March 2020.
- Half of British adults ‘felt anxious about Covid-19 lockdown’.
- More than 25 million people, 49.6% of the adult population, were affected by high levels of anxiety in late March as the decision to put the UK into lockdown triggered fears about health, job security and making ends meet among half the adult population.
- The Office for National Statistics (ONS) said its regular update on wellbeing showed the number of people over 16 reporting deep levels of concern and stress had more than doubled since late 2019.

What are the signs and symptoms of stress, anxiety and depression?

- Loss of appetite
- Headaches
- A lump in the throat
- Tight or aching muscles
- Neck or shoulder pain

How can depression, anxiety and stress affect you?

Different people may experience anxiety, stress and depression in different ways. Some common symptoms include:

- Negative thoughts
- Feeling tired
- Sleeping a lot/not sleeping at all
- Pacing/ not being able to settle
- Heart racing
- Feeling worthless
- Loss of enjoyment in previously enjoyed things
- Under eating/ Over eating
- Increased use of alcohol

Learn here [how to improve your mental wellbeing](#)

There are lots of factors that contribute to our wellbeing, this could involve:

- Feeling you are contributing to society
- Your physical, emotional, and mental health
- Living free from abuse and neglect
- Having positive and safe relationships with others
- Opportunities for social and economic stability
- Opportunities to engage in work, study, or training