

## Mental Wellbeing and Healthy Living

Our mental health and how we think, feel and behave towards our muscle, joint and bone concern can be an important part of recovery.

### How can I help myself?

**Exercise and regular physical activity has been proven to help some common mental health issues such as anxiety, low mood and depression.**

Go to the [Activity and Exercise](#) section to learn more.

If you feel your mental health is the main factor in how you are coping with and behaving towards your muscle, joint and bone concern, consider contacting your GP Practice for the support and services they can offer with this.

Should you require further help and support from an ABUHB therapy service be confident that they are trained in the identification and general management of muscle, joint and bone related mental health concerns. It is important that you work together with your healthcare professional to improve your self-management and achieve the outcomes you want.

For further information and support with mental health, go to the ABUHB mental health websites:

[Mental Health - Aneurin Bevan University Health Board \(nhs.wales\)](https://www.nhs.uk/mental-health)

[Melo](https://www.melo.cymru/) - <https://www.melo.cymru/>

[NHS 111 Wales – Living and Feeling Well](https://111.wales.nhs.uk/livewell/) - <https://111.wales.nhs.uk/livewell/>

**This information has been printed from MOVE BETTER GWENT**

**For more information, please visit our website: <https://movebettergwent.nhs.wales>**