

## Non-ulcer Dyspepsia Mind-Stomach Connection Information Leaflet

This leaflet is written to supplement the Guts UK leaflet on Non-ulcer Dyspepsia by giving more information on the psychological aspects of the condition.

### **The symptoms feel real to me. They are definitely physical. So why should I consider psychological factors?**

Non-ulcer Dyspepsia is a condition that is both physical and psychological. Your symptoms are real and they are physical. Mind and body are connected in many ways. For example, we know that the stomach has its own nervous system and this is connected to the brain passing information in both directions. Thus, the brain is informed about distress in the stomach and similarly distress in the mind can be felt in the stomach.

### **How will I know if there are psychological factors?**

They may be obvious, for example if there is a pattern that they occur at times that are particularly stressful to you. But they may not be. If it is not clear, it may be helpful to have a discussion with a professional who understands the mind body link

### **I do not feel stressed or anxious. So it does not seem right to say my symptoms are psychological. How can they be?**

Not everyone is the same. Some people feel their nervousness as a physical symptom rather than as a mindful awareness. It is also possible that there may be more than one reason for the dyspepsia. The reasons may be both physical and psychological.

### **How does it happen that mental distress gives rise to non-ulcer dyspepsia?**

There is probably more than one way. It may be different in different people. If you have had investigations, even with normal results, there may be clues. There is a direct nerve supply from the base of the brain to the stomach. An overflow of nervous activity would not only give rise to normal test results but may result in spasm of the oesophageal muscles, excess acid in the stomach causing gastric irritation and gaseous distension causing stretching of the stomach wall.

### **What are the psychological causes or reasons giving rise to the non-ulcer dyspepsia?**

They are many and individual. It may be a reaction to stress. It can be more complex, relating to a trauma, bereavement, or representing an inner conflict. Talking to a professional may be advised.

### **If it is psychological how may I be helped?**

The best way is to understand the psychological reason why the non-ulcer dyspepsia has developed in you. It is possible that the realisation alone may be sufficient to help alleviate your symptoms.

### **Is physical or psychological treatment best for me?**

It depends. There is no one answer. Everybody should follow good lifestyle advice by eating healthily, not smoking, avoiding alcohol and by aiming for a healthy weight. Medication is easier, quicker and usually free from side effects. If the symptom is intense, psychological therapy may be recommended. If successful this usually has longer lasting benefits. For some people either physical or psychological treatment alone is sufficient. Some people may require both physical and psychological treatments.

# Mental Health and Wellbeing Resources / Services

## Tips for Mental Wellbeing

**Have Balance in your Life:** Avoid overdoing it.

**Plan your day:** It may be helpful to write a plan for your day or your week. Do 3 things each day; something useful, something enjoyable and some exercise.

**Media exposure:** Limit your exposure to media especially reporting on the COVID-19 pandemic

**Connecting with community:**

Connect with family, friends and neighbours via telephone, video call, in accordance with social distancing guidance.

**Be well:** (Social prescribing) Support service for well being including work, money, housing and family issues -<https://www.thebiglifegroup.com/service/be-well/>

**Self-help techniques:** Practise meditation and mindfulness techniques

**NHS Every Mind Matters advice on COVID-19-related anxiety:** <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

**NHS Mental Wellbeing audio-guides:** <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

**NHS Mindfulness:** <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

**Healthy eating:** <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

**Sleep well and hygiene:** NHS Every Mind Matters advice: <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>  
[https://www.t1resources.uk/fileadmin/usavirus/How\\_to\\_go\\_to\\_sleep.pdf](https://www.t1resources.uk/fileadmin/usavirus/How_to_go_to_sleep.pdf)

**Advice on exercise:** <https://www.sportengland.org/jointhemovement>

**NHS 10 Minute Workouts:** <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

**Physical and leisure activities:** <https://mcractive.com/>

## Stress/Anxiety/ Low Mood

**Self help services:** <https://www.selfhelpservices.org.uk/service/manchester-psychological-wellbeing-service/>

**Shout:** (text service) <https://www.giveushout.org/get-help/>

**Every mind matters:** <https://www.nhs.uk/oneyou/every-mind-matters/>

**Relaxation techniques:** <https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

**Workshop:** <https://www.youtube.com/watch?v=411lzduF-dc&feature=youtu.be>

**Living life to the full:** (online CBT) <https://hub.gmhsc.org.uk/mental-health/living-life-to-the-full/>

**NHS Mindfulness:** <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

**Mind:** (helpline 9-6pm) 0300 123 3393  
<https://mind.org.uk/>

**Samaritans:** (free 24-hour helpline) 116 123

**Suicide support**  
<https://www.shiningalightonsuicide.org.uk/>

**CALM:** (Suicide support for men)  
<https://www.thecalmzone.net/> 0800 585 858

**OCD Action:** [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

## Miscellaneous

**Benefits for carers:** [www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers](http://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers)

**Connect support:** <http://www.connectsupport.org.uk>

**Greater Manchester Mental Health:** <https://hub.gmhsc.org.uk/mental-health/free-mental-health-wellbeing-resources-for-employers-and-employees>

**Cruse:** Bereavement [www.cruse.org.uk](http://www.cruse.org.uk)

**Greater Manchester bereavement service:** 0161 983 0902  
<https://greater-manchester-bereavement-service.org.uk/map/>

**NHS Bereavement helpline:** 0800 2600 400

**Manchester Women's Aid:** 0161 660 7999

<https://www.pankhursttrust.org/contact-us>

**Manchester Domestic Abuse:** helpline 0161 736 7525

**Dad Matters:**

<https://dadmatters.org.uk/resources/manchester/>

**African Caribbean Mental Health Services:**  
0161 226 9562 [www.acmh-services.co.uk/](http://www.acmh-services.co.uk/)

**Alcoholics Anonymous:** (24-hour helpline) 0800 917 7650

**NHS Gambling support:** <https://www.nhs.uk/live-well/healthy-body/gambling-addiction/>

## Age Related

### For Young people

**42nd Street:** online support. [www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)

**Kooth:** online counselling [www.kooth.com](http://www.kooth.com)

**LGBT and young people network:**

<https://www.gmmh.nhs.uk/download.cfm?doc=docm93jjm4n6994.pdf&ver=9530>

**Childline:** 0800 1111

### For the more Elderly

**Age uk:** <https://www.ageuk.org.uk/information-advice/>

**Dementia Connect:** support line 0333 150 3456

**Dementia United:** <https://dementia-united.org.uk>

**Silverline:** - hotline for over 65s 0800 4 70 80 90  
[www.silverline.org.uk](http://www.silverline.org.uk)

## Digital Apps to support Mental Health

### Anxiety and low mood

**leso:** <https://www.nhs.uk/apps-library/ieso/>

**Silver cloud:** <https://www.nhs.uk/apps-library/silvercloud/>

**My possible self:** <https://www.nhs.uk/apps-library/my-possible-self/>

### Self harm and suicide

**Calm harm:** <https://www.nhs.uk/apps-library/calm-harm/>

**Distract Sleep:** <https://www.nhs.uk/apps-library/distract-sleep/>

**Sleepio:** <https://www.nhs.uk/apps-library/sleepio/>

### Physical Health

**Couch to 5K:** <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

**Smart recipes:** <https://www.nhs.uk/change4life/recipes>