

HEALTH AND WELL-BEING



CHAPTER 6 – A guide to health, wellbeing, sleep and healthy eating

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A guide to Health and Wellbeing

This part of the manual has been written to give you some positive steps to increasing your health and well being. We will then look at some of the steps in more detail.

Be kind to yourself

Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs and life experiences make us who we are. We all have bad days. Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly

Being active helps lift our mood, reduces stress and anxiety, improves physical health and gives us more energy. Get outside, preferably in a green space or near water. Find an activity you enjoy doing and just do it.

Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.

Have some fun and/or be creative

Having fun or being creative helps us feel better, and increases our confidence. Enjoy yourself!

Help Others

Get involved with a community project, charity work, or simply help out someone you know. As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Relax

Make time for yourself. Allow yourself to chill out and relax. Find something that suits you- different things work for different people. Breathe...imagine a balloon in your belly, inflating and deflating as you breathe in and out.

(See the relaxation section of the manual for further relaxation techniques and visualisations)

Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables and drink water
(We will look at this in more detail later in this part of the manual)

Balance Sleep

Get into a healthy sleep routine including going to bed and getting up at the same time each day.

(We will look at this in more detail later in this part of the manual)

Connect with others

Stay in touch with family and friends-make regular and frequent contact with them.

Beware drink and drugs

Avoid using alcohol) or non-prescribed drugs) to help you cope-it will only add to your problems

See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture. What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now, that will help most?

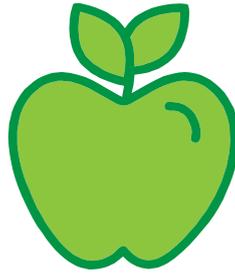
Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle. Some situations we just can't change. We can

surf those waves rather than try to stop them. Allow those thoughts and sensations just to be- they will pass.

Source www.getselfhelp.co.uk

Healthy Eating guide



This section of the manual will support you in beginning to look at eating healthily and incorporating a balanced diet into your lifestyle. It also gives links to websites that will help you explore this in more detail if you wish to.

What is a healthy diet?

A healthy diet is a diet based on breads, potatoes, and other cereals and is rich in fruits and vegetables. A healthy diet will include moderate amounts of milk and dairy products, meat, fish or meat/milk alternatives, and limited amounts of foods containing fat or sugar.

There is no single food which can provide all the essential nutrients that the body needs. Therefore, it is important to consume a wide variety of foods to provide enough of vitamins, minerals and dietary fibre, which are important for health.

The key to a healthy balanced diet is not to ban or omit any foods or food groups but to balance what you eat by consuming a variety of foods from each food group in the right proportions for good health

Did you know that you should aim to eat at least five portions of a variety of fruit and veg every day.

Why is it important to have a healthy diet?

There is evidence that eating a healthy diet can reduce your risk of obesity and illnesses such as diabetes, heart disease, stroke, osteoporosis and some cancers. The food you eat contains several different types of nutrients, which are all required for the many vital processes in your body. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best

Top 8 Changes to your diet to get started

1. Base your meals on starchy foods

Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties when you can: they contain more fibre, and can make you feel full for longer. Starchy foods should make up around one third of the foods you eat. Most of us should eat more starchy foods: try to include at least one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat.

2. Eat lots of fruit and veg

It's recommended that we eat at least five portions of different types of fruit and veg a day. It's easier than it sounds. A glass of 100% unsweetened fruit juice can count as one portion, and vegetables cooked into dishes also count. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for some dried fruit?

3. Eat more fish

Fish is a good source of protein and contains many vitamins and minerals. Aim for at least two portions a week, including at least one portion of oily fish. Oily fish is high in omega-3 fats, which may help to prevent heart disease. You can choose from fresh, frozen and canned; but remember that canned and smoked fish can be high in salt. Oily fish include salmon, mackerel, trout, herring, fresh

tuna, sardines and pilchards. Non-oily fish include haddock, plaice, coley, cod, tinned tuna, skate and hake. Anyone who regularly eats a lot of fish should try to choose as wide a variety as possible.

4. Cut down on saturated fat and sugar

We all need to have some fat in our diet, but it's important to pay attention to the amount and type of fat we're eating. There are two main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Saturated fat is found in many foods, such as hard cheese, cakes, biscuits, sausages, cream, butter, lard and pies. Try to cut down, and choose foods that contain unsaturated rather than saturated fats, such as vegetable oils, oily fish and avocados. For a healthier choice, use a just a small amount of vegetable oil or reduced fat spread instead of butter, lard or ghee. When you're having meat, choose lean cuts and cut off any visible fat.

Most people in the UK eat and drink too much sugar. Sugary foods and drinks, including alcoholic drinks, are often high in calories, and could contribute to weight gain. They can also cause tooth decay, especially if eaten between meals. Cut down on sugary fizzy drinks, alcoholic drinks, cakes, biscuits and pastries, which contain added sugars: this is the kind of sugar we should be cutting down on rather than sugars that are found naturally in foods such as fruit and milk. Food labels can help: use them to check how much sugar foods contain. More than 15g of sugar per 100g means that the food is high in sugar.

5. Eat less salt

Even if you don't add salt to your food, you may still be eating too much. About three-quarters of the salt we eat is already in the food we buy, such as breakfast cereals, soups, breads and sauces. Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Use food labels to help you cut down. More than 1.5g

of salt per 100g means the food is high in salt. Adults and children over 11 should eat no more than 6g of salt a day. Younger children should have even less.

6. Get active and be a healthy weight

Eating a healthy, balanced diet plays an important part in maintaining a healthy weight, which is an important part of overall good health. Being overweight or obese can lead to health conditions such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight could also affect your health. Most adults need to lose weight, and need to eat fewer calories in order to do this. If you're trying to lose weight, aim to eat less and be more active. Eating a healthy, balanced diet will help: aim to cut down on foods that are high in fat and sugar, and eat plenty of fruit and vegetables. Don't forget that alcohol is also high in calories, so cutting down can help you to control your weight. If you're worried about your weight, ask your GP or a dietitian for advice.

Physical activity can help you to maintain weight loss or be a healthy weight. Being active doesn't have to mean hours at the gym: you can find ways to fit more activity into your daily life. For example, try getting off the bus one stop early on the way home from work, and walking. Being physically active may help reduce the risk of heart disease, stroke and type 2 diabetes. After getting active, remember not to reward yourself with a treat that is high in calories. If you feel hungry after activity choose foods or drinks that are lower in calories but still filling.

7. Don't get thirsty

We need to drink about 1.2 litres of fluid every day to stop us getting dehydrated. This is in addition to the fluid we get from the food we eat. All non-alcoholic drinks count, but water, milk and fruit juices are the most healthy. Try to avoid sugary soft and fizzy drinks that are high in added sugars and can be high in calories and bad for teeth. When the weather is warm, or when we get active, we may need more.

8. Don't skip breakfast

Some people skip breakfast because they think it will help them lose weight. In fact, research shows that eating breakfast can help people control their weight. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. Wholemeal cereal, with fruit sliced over the top is a tasty and nutritious breakfast.

Source <http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>

Healthy Eating Tips When on a Budget



Often, when thinking about changes to your eating, the thought of it being expensive can be quite daunting. Below, there is a plan which you can fill in which will help you to reduce the costs of your healthy eating plan

Step One: Change the way you shop

- Plan your shopping to avoid costly impulse buys.
- Try not to go shopping on an empty stomach – you'll be tempted to buy more than you need.
- Buy store brands instead of well-known brands – they're usually cheaper.
- Beware of Buy One Get One Free's. They can be good value but often they can tempt you to buy more than you will actually use.
- It's worth checking prices at local suppliers or markets, as they can sometimes be cheaper than your regular shops.
- Buy frozen vegetables and add them to your pasta sauces, rices etc to boost your five a day intake

Step Two: Try making your own meals

Give yourself the goal of avoiding takeaways and ready meals. Both can often be more expensive than making the food yourself. Takeaways and ready meals are also often high in fat, salt and sugar making it hard to monitor how much you are consuming.

Though Cooking can take up more time, the benefits will be worth it in terms of your health and saving money. Think about how much your typical takeaway would cost and times this by the amount of times you have it a week. Check out local publicity for healthy cooking courses.

Eg.

Beef or chicken curry, prawn crackers and chips = £7.95

Costs the same as...

2.5kg Potatoes

500g Satsumas

340g Turkey Breast

600g Carrots

Pack of 4 low fat yoghurts

Eat a proper breakfast of fruit, wholemeal bread or cereal; you'll be less tempted to snack later.

Below you can plan your breakfasts for the week ahead

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

- Make your own sandwiches, it will be cheaper than going out and buying one for lunch.
- Use tap water rather than bottled water.
- If you crave a snack, try having a hot drink or water instead. Drinks can sometimes help to stave off hunger pangs.
- Canned fruit or frozen vegetables can be cheaper than fresh ones and can be just as nutritious just remember to be mindful to choose the reduced sugar versions.
- Vegetables are often cheaper than meat and are loaded with important vitamins, minerals and fibre.

If you want to look at some healthy recipes, try this NHS website which has a huge selection of recipes

<http://www.nhs.uk/Livewell/healthy-recipes/Pages/Healthy-recipes.aspx>

or

<http://www.nhs.uk/Change4Life/Pages/supermeals-zone.aspx>



Sleep Hygiene

This part of the manual will now look at how to manage poor sleep and re-establish a healthy sleep pattern.

Lack of sleep may be a problem that you could encounter as you try to give up substances. We develop a natural pattern but using substances can override this system and then when you stop your body has to relearn a natural sleep pattern again. When we rely on substances as a way of getting to sleep the natural pattern and ability to get to sleep is disrupted. You may have the feeling with some substances of being 'knocked out' but will not sleep deeply or feel properly rested the next day. Also when using substances, people can often wake in the middle of the night as the effects wear off and then feel the need to take something else to get back to sleep. Not being able to sleep can be one of the main reasons that cause a lapse back into substance misuse. If you really want to give up your use of substances its helpful to be prepared to manage some poor sleep.

Sleep

Everyone needs sleep. It's almost as important to health and well being as food. Although your body always makes sure you get enough sleep to survive, getting enough sleep to feel refreshed and alert and ready to face the day isn't quite so easy.

There are two types of sleep:

REM – when you dream and go over the day's events

NON-REM – when the body is resting and recharging

We pass through cycles of these two types of sleep- every 90 minutes we have a period of REM sleep.

Some common myths about sleep:

People need an average of 8 hours sleep per night

FALSE

Different people need different amounts of sleep; some people can get by quite well on 5 hours, others need 10

As you get older you need more sleep

FALSE

The older you get the less sleep you need

If you don't get enough sleep I will become ill

FALSE

Our bodies take as much sleep as they need-lack of sleep might make us feel uncomfortable but it won't make us ill

If you don't get to sleep in 30 minutes you should give up and take a sleeping tablet

FALSE

The use of sleeping tablets will only mask any bad sleeping habits you might develop

Virtually everyone who stops misusing substances will have some trouble with their sleep pattern. You may have a problem with getting off to sleep or that you are constantly aware during the night. This can make you feel irritable, bad-tempered and worn out. It may also affect your concentration and memory.

It is not surprising that many people become frustrated by sleeping problems and that it is a common cause of relapse. Sleep problems tend to develop over a long period but in time it should improve, although this can take several weeks. There is not quick solution to sleep problems but there are some strategies that you can use to improve your sleep pattern.

Regulate your 'body clock'

Your body clock is your body's sense of whether it is time to be asleep or awake.

Your body clock can be affected by things like going to bed in the early hours of the

morning, getting up later in the day and sleeping during the day. Get into a routine-go to bed and get up at the same time each day. Avoid napping during the day. This may mean making fairly big changes to the way you organise your day and night. Getting into a routine that sets your body clock so you can sleep at night is a really important part of sorting out sleep problems.

Check your sleeping arrangements

Think about comfort, temperature, light and noise levels.

Learn to de-stress before bed

Dismiss nagging thoughts by writing them down. Have a warm bath, practice a relaxation technique, or listen to a relaxation tape (but don't read or watch TV in bed).

Don't eat late

Avoid rich, spicy or sugar-rich foods, red meat and cheese. Choosing wholemeal, low-fat, magnesium-rich foods (green salads, broccoli, nuts and seeds) may encourage sleep, as may drinking hot milk.

Get enough exercise

Fit people sleep better.

Don't toss and turn

If you can't sleep, get up after 30 minutes and go through your relaxation routine. Repeat this as often as you need to.

Avoid nicotine and caffeine

Both are stimulant drugs and they increase your heart rate and release adrenaline. Although many smokers feel that cigarettes calm them down, nicotine does not have any sedating effect-it only feels calming because it relieves nicotine withdrawal symptoms.

Fill out the health map, summarising your health in the boxes, if you have any areas or concern – speak to your key worker (www.texasinstituteofbehaviouralresearch.com)

