

Taking care of your Health and wellbeing



Introduction

What is Health and Wellbeing?

Health and wellbeing is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors.

The importance of good health and wellbeing

Health and wellbeing is important at all times of our lives. Children, young people and adults thrive in situations where they feel safe, secure and respected. Family and friends have a strong influence on health and wellbeing and shape the habits and behaviours which can last a lifetime.

Good health is about the mind as well as the body - feeling physically fit, and feeling good about ourselves, means that we can go and achieve more of the things we want to do in life.

Staying in good health is important to all of us, and can become particularly important in later years.

The best way to stay healthy - physically and mentally - is by learning how to take care of yourself, and about the support you can get to help with any health problem you might already have.

Sometimes it's difficult to find the motivation, the time and the energy to make a few changes in our lives. We're all human! However a bit of effort can pay off in many ways.

Taking care of yourself

Any of us can find ourselves experiencing unexpected health problems, and sometimes they can have a huge impact on how we live our lives. We cannot predict what is round the next corner or guarantee that we will remain completely healthy, but we can do a lot to reduce the risks of becoming unwell, and to give ourselves the best possible chance of living a healthy, active, happy life.

Better health is central to human happiness and wellbeing.

Getting More Active

If you want to stay healthy, you have to be active!

There are loads of great ways to achieve your 60 minutes or more of activity a day and it's not as difficult as you might think.



How can I get fitter?

To get fit you don't have to train like an Olympic athlete or run until you can't breathe. The best way is to choose activities that make your body feel warmer and your heart beat faster. If you don't feel any different or any warmer, you need to move a little faster or for a little longer. Choose things that you enjoy and it will make getting fit much more fun. When you add it all up at the end of the day it's easy to get to 60 minutes or more a day.

60

Different Forms/Ideas of Activity

Some people think being active is playing football or netball. Others think it means going for a walk, doing push-ups or playing in the park. They are all correct! There are loads of ways your body can be active:

- *Walking to school or walking the dog*
- *Jogging or running*
- *Playing sports such as football, netball, rugby or basketball*
- *Dancing, Zumba, aerobics, yoga or gymnastics*
- *Swimming, cycling or scooting*
- *Playing chasing games like Hide n seek, tig or dodgeball*
- *Karate, judo, taekwondo, Jiu-jitsu or wrestling*
- *Trampolining, soft play or bouncy castles*
- *Skipping, jumping, hopping or rolling*
- *Throwing and catching games*



Here are some examples of how to keep active

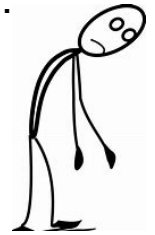


<p>Everyday Active Play</p>	<p>Turn up your music and dance the day away. Dancing is a great way to keep fit, so get your friends round and make up some routines to rival your favourite artists.</p> <p>Get outside and play ball games, tag, trampoline, frisbee, skateboarding, swing ball, backyard cricket and anything else you fancy.</p>
<p>Everyday Movement</p>	<p>Ditch the boring lifts and slow escalators. Make it your mission to always take the stairs.</p> <p>Help your grandparents, neighbours or family with jobs like gardening, house chores or running errands for extra pocket money.</p>
<p>Active Transport</p>	<p>Walk to school (or part of the way) - it's a good chance to catch up with friends or listen to music and podcasts.</p> <p>Stop talking to your friends online or by phone and walk/cycle to their house to chat face to face instead.</p>
<p>PE and other Physical Activity</p>	<p>Have fun with your friends or participate in local exercise class?</p> <p>Find an activity to suit you - if you're a sporty type, what about football or netball?</p> <p>If you're creative, try street dance, trampolining or martial arts?</p> <p>If you enjoy the outdoors, go for a brisk walk, have fun in a play park or get together with your friends and play some team games like hide and seek, rounders or tig?</p>
<p>Family activities</p>	<p>Plan a trip to the park or a family bike ride every Sunday.</p>
<p>Active Leisure</p>	<p>Don't watch TV all weekend. Go to the swimming pool for example, or arrange some ball games in the park or get on your bike.</p>



Why does your body need food?

Just the same as an aeroplane needs fuel, your body requires fuel to function effectively. If you do not consume adequate food amounts, you will not have the energy to allow your brain and body to operate.



How does food turn into fuel?



As soon as food enters your mouth, your teeth begin to breakdown the food into adequate sized pieces to be swallowed. Once swallowed, food gets to your stomach and digestive enzymes are released which then break the food into small pieces of energy and then this diffuses into your bloodstream. From there, energy (fuel) is transported all around your body allowing you to function.

What do we do with the fuel?

The energy we get from eating food allows us to concentrate in the classroom, participate in sports/exercise, or walk to school.



What if we don't use up all the fuel?

If the energy from the food you eat does not get used, then it turns to fat and gets stored in your body.

Activity - The plane facts

Using the words below, can you complete the blanks?

weight **shrink** **food** **heavy** **fat cells**
exercise **bigger** **fuel** **grow** **more** **holiday**

Uh oh. This plane doesn't have enough fuel

If a plane has too little _____ it can't fly. In the same way, if a person doesn't eat enough _____ they won't have enough energy to go to school or hang out with their friends.

Captain, we have a fuel overload!

If a plane had too much fuel, it would be too _____ and would not be able to take off and (in some rare cases) it might even explode! If people eat _____ food than their body needs it can get heavier over time, making it harder to exercise.

... Relax, this plane has just the right amount of fuel

That means it can take its passengers to their favourite _____ destination and keep them all safe and happy. If people eat the right amount of food and do enough _____ they will have the energy to do well at school, have fun with friends and stay at a healthier _____.

What's the difference between a plane and the human body?

A plane will not grow _____ if it has too much fuel – but if your body gets too much food it begins to get bigger. When your body takes more fuel than it needs it stores it in _____.

When you eat unhealthy foods and spend too much time watching TV or playing computer games, the fat cells _____ and your body becomes bigger.

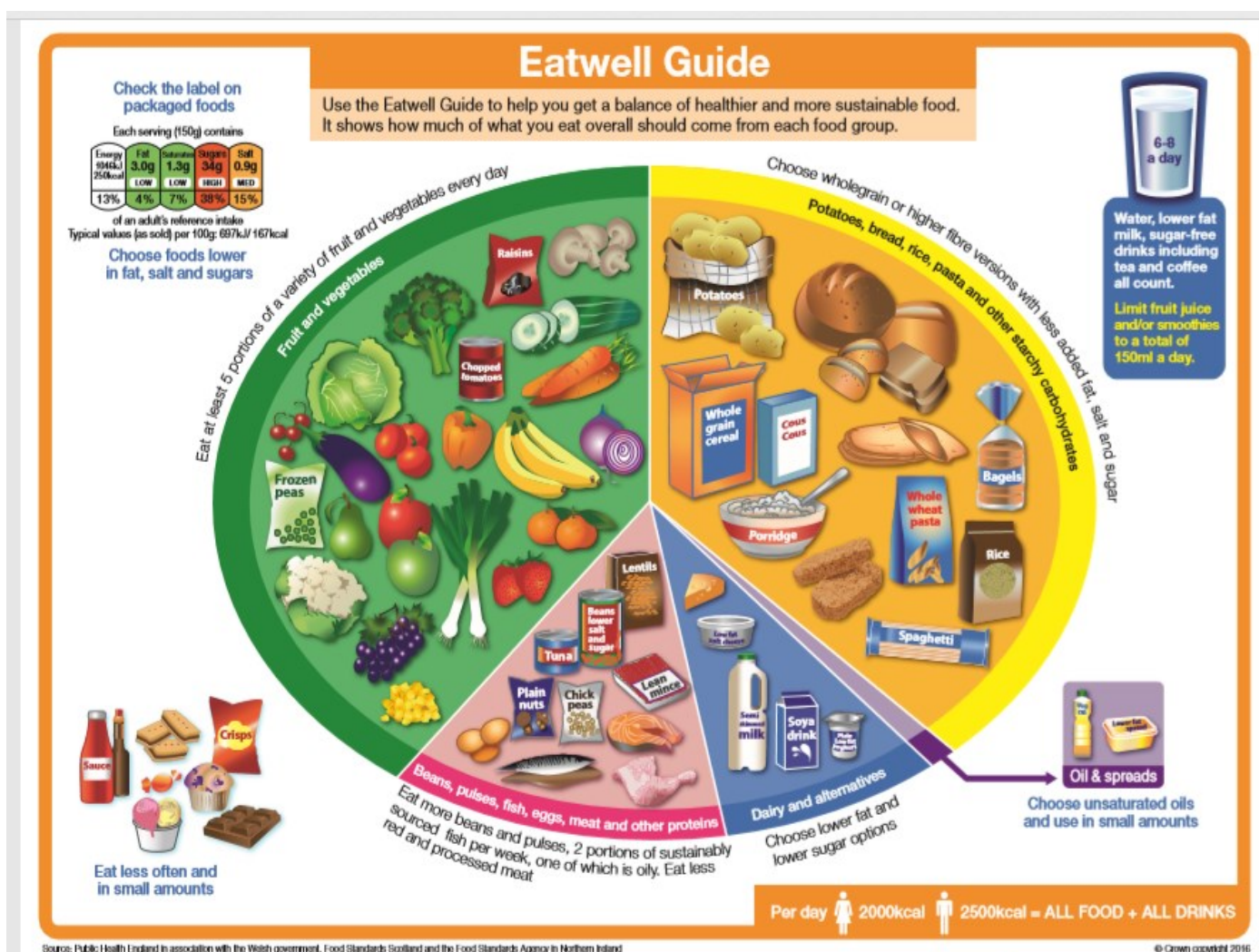
When you eat healthy foods and do more exercise the fat cells _____ and your body becomes thinner.

Well done! - Did you manage to get them all?

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

How do I eat a balanced diet?

The Eatwell Guide shows how much of what we eat overall should come from each food



You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

Fruit and Vegetables



Most of us still are not eating enough fruit and vegetables. They should make up over a third of the food we eat each day.

Aim to eat at least **5 portions** of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

Remember that fruit juice and smoothies should be limited to no more than a combined total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables a day



Starchy Foods

Starchy food should make up just over a third of the food we eat.

Choose higher fibre wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes.

There are also higher fibre versions of white bread and pasta.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates



Milk and dairy foods



Have some dairy or dairy alternatives (such as soya drinks and yoghurts)

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones strong.

Try to go for lower fat and lower sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.



Pulses, fish, eggs and meat

These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too. Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages.



Eat some beans, pulses, fish, eggs, meat and other protein

Aim for at least 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel.



Oils and fats



Choose unsaturated oils and spreads, and eat in small amounts

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.

Remember all types of fat are high in energy and should be eaten sparingly.

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, and ice cream.

They're not needed in our diet, so should be eaten less often and in smaller amounts.



Eat foods high in fat, salt and sugar less often and in small amounts

Refined foods vs Unrefined food

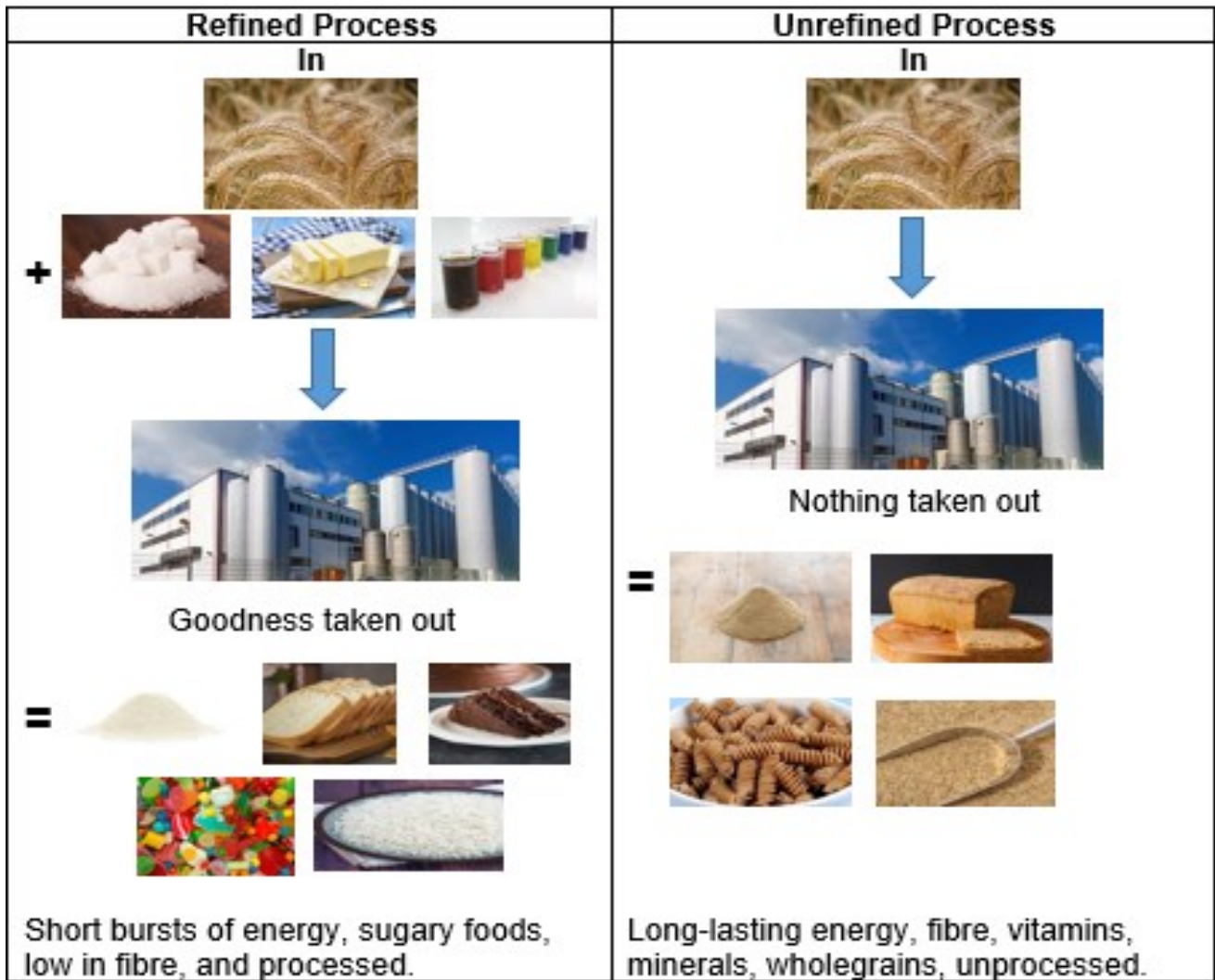
Refined foods are highly **processed foods** that have been stripped of their original nutrient content and fibre. Some examples of **Refined** foods are white flour, white pasta, and white sugar.



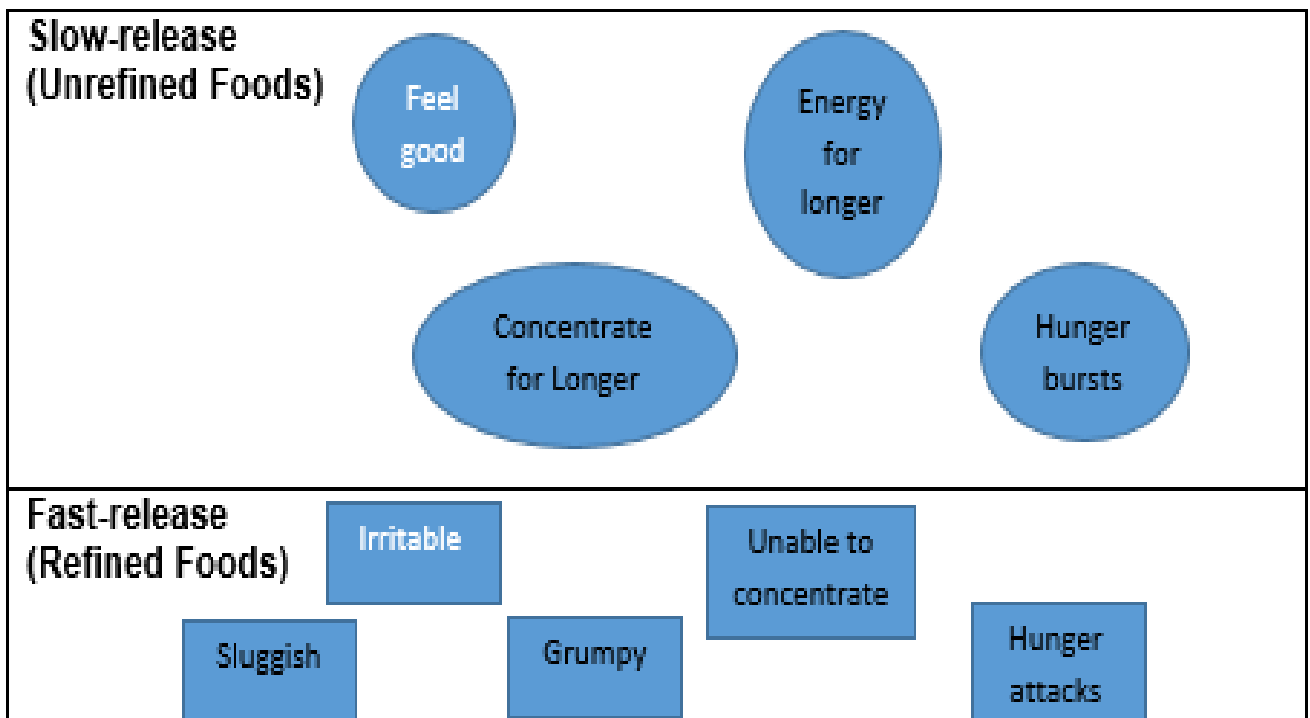
Whole foods are plant foods that are unprocessed and unrefined (or processed and refined as little as possible.) Examples of whole foods include whole grains, tubers, legumes, fruits, vegetables.

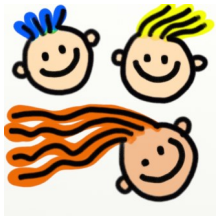


Refined/Unrefined



Effect Refined/Unrefined can have on Mood (please see below)





Child-size portions



Try to avoid feeding your child oversized portions. There's very little official guidance on precisely how much food children require, so you'll need to use your own judgement.



A good rule of thumb is to start meals with small servings and let your child ask for more if they're still hungry.



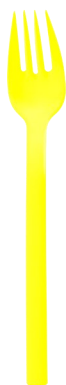
Try not to make your child finish everything on the plate or eat more than they



Explain to your child how to get the balance of their diet right using the *Eatwell Guide*. It shows how much they should eat from each food group.



Avoid using adult-size plates for younger children as it encourages them to eat oversized portions.



It may also help if you encourage your child to eat slowly and have set mealtimes. You can use mealtimes as an opportunity to catch up on what's happened during the day.



Food Wordsearch

N F V Y B S F D L B A A N D L Y L D P E
D A I R Y M I N E S D S K W O C N E K O
K X R A T I Z D I N J F X K O B C N Y T
V V Y K B L Z T Q U I H X X E R X I S Z
W K Q Z Y K Y D I T F F W W H L B F N X
H L A C A Q M C A K Y G E V B F F E V T
S U G A R N E N Q I V L P R S D L R G B
L R E J K P F D X V M O C H N I T P M Q
W Q P V E F G J C S A L B Q B U C A C X
J V Y G S B R U L M B C X C D F R N E C
B G W A T D P U B B F T U N T I Q J K M
S G G E G N C N I G U W S E T C N T Y I
Z L A S D E N O W T R T T D C R F Z V I
S E L B A T E G E V E I F A U C T A I R
O J W E X A D C Z E H I G E D C I O T J
E C N W U F M L W W S B S R I S F D L S
O L X Y S K C S N H V T G B T L I Z J Z
R E T A W C I M K V P S Z N M I K A J F
P S X D R B D V N Z J K K U U O X T R U
D O U B U P F I K L M E H B D Y Y J Q I

BREAD
EGGS
FIZZY
MEAT
REFINED
UNREFINED
WHITE

BROWN
FATS
FRUIT
MILK
SUGAR
VEGETABLES

DAIRY
FISH
JUICE
OILS
SWEETS
WATER



Watching What You Spend



Even though food prices have risen in the past, you can buy healthier foods and still stay within your food budget. Here's how ...



Beware of

Have you ever bought something when you didn't plan (or need) to? It's called 'impulse buying' - something which we're tricked into by clever advertising. Here's what to watch out for to make sure you don't fall for it.



Special offers: it's often healthier high fat and sugary foods that are on offer so steer clear.



Checkouts: here's where they stock healthier snacks to tempt you to add them to your shopping - don't even look at them.

Star selling: celebrities and sports stars who advertise food and drinks do it because they are paid to, not because they actually eat or drink the product.



Spend Less Money to get More Food



A little bit of planning goes a long way when it comes to shopping, so follow these top tips for a healthy wallet and a healthy trolley.



Make a shopping list: plan your budget and what you're going to buy and stick to it.

Ignore big brands: in general, in-store or economy brands cheaper than the big name brands.



Don't shop when you're hungry: eat before you go to shopping or you'll be more likely to buy more and choose less healthy foods.

Keep hold of coupons: remember to take any money-off vouchers or coupons and your store cards when you go shopping.



Choose cheaper proteins: instead of meat or fish, try beans, lentils or nuts a few times a week.



Look local: have some fun exploring your nearest market, green-grocer or butcher - they may be cheaper than the supermarket and they often reduce prices at the end of the day to clear unsold food.



Cook more and freeze it: it's a great idea to cook dishes in batches and freeze them. It saves time, money and food, and your family will love having healthy home-made fast food.

Find the discounts aisle: most supermarkets have one and you can find some great bargains (remember to check the 'use by' dates - see www.food.gov.uk for more info).

Shop in season: fruit and vegetables that are in season will be cheaper and tastier (find out what's in season at http://www.bbc.co.uk/food/in_season/). Buy frozen or canned fruit and veg: as long as there's no added sugar or salt then they are just as nutritious and can be cheaper.

Healthier Recipes

Simple and tasty recipe that serves 4 people

485 kcal per serving

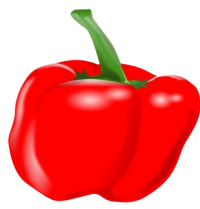
Chicken Curry

Ingredients to make the curry

- 4 chicken breasts (cubed into bite size pieces)
- 4 cups of wholegrain rice
- 1 tin chopped tomatoes
- 2 tablespoons of tomato puree
- 1 medium size onion
- 1 red or yellow pepper
- 6 medium mushrooms
- 2 chicken stock cubes
- 1 small carton of low fat crème fraiche

Ingredients to make the paste

- Small amount of olive oil
- ½ teaspoon of cumin
- ½ teaspoon of coriander
- 2 tablespoons of mild curry powder
- 1 teaspoon of garlic puree
- ¼ teaspoon of chilli paste or powder
- 1 teaspoon of wholegrain mustard
- ½ teaspoon of cracked black pepper



Method

- For sticky rice, place rice in a medium size pot, cover with cold water about half way up and leave to the side for an hour (1 cup of rice per serving)
- Add a splash of olive/sunflower oil and bring to the boil for 2 minutes, remove from the heat, place lid on the pot and leave to steam until the curry is ready
- In a large bowl, place all the ingredients for the paste and the tomato puree and chopped tomatoes and mix thoroughly. Add the chicken and mix together
- Chop the onion, pepper and mushrooms and leave to the side
- Heat the wok, add the contents of the bowl and cook for approximately 5 minutes, stirring all the time
- Add in the chopped vegetables and chicken stock together with 1 pint of boiling water and simmer for 10 minutes
- Add in some crème fraiche and heat for 5 minutes to reduce the sauce

Healthier Recipes (continued...)

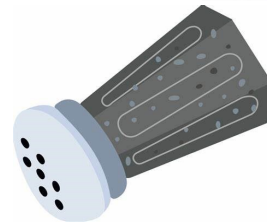
Simple and tasty recipe that serves 4 people

295 kcal per serving

Tomato Soup

Ingredients

- 1 tin chopped tomatoes
- 6 medium size tomatoes
- 1 large onion
- 2 vegetable stock cubes
- ¼ teaspoon of cracked black pepper
- 1 teaspoon of wholegrain mustard
- 1 teaspoon of garlic puree or powder



Method

- Roughly chop onions and tomatoes and place in a large pot
- Add tinned tomatoes and cover with 1.5 litres of boiling water
- Bring contents to the boil and simmer for approximately 15 minutes until the onions are soft
- Mix the stock cubes into a paste with a little boiling water and add in together with the pepper, mustard and garlic
- Simmer for approximately 5 minutes, remove from the heat and add in the crème fraiche and blend together
- Heat the soup gently for a few minutes

Snack Ideas (NHS Ayrshire & Arran)

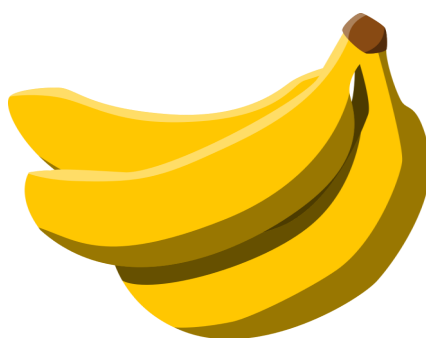
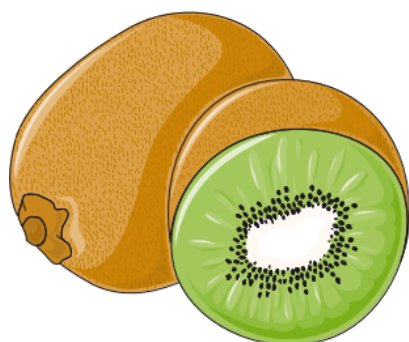
Crunchy Fruit Rocks

FOODS YOU NEEDS

- Any fruit, banana, kiwi, peach or nectarine
- Plain biscuit e.g. tea, digestive, oatmeal type biscuit

EQUIPMENT NEEDED

- Dinner knife
- Chopping board or plate
- Rolling pin
- Food bag
- Paper cases or small tub



TO MAKE

- Wash and peel fruit (if required)
- Cut fruit into large cubes
- Put biscuit into a food bag and BASH using a rolling pin/wooden spoon to crush the biscuits
- Drop the cut fruit into the crushed biscuit and SHAKE, SHAKE, SHAKE!
- Take the fruit rocks pout of the bag and serve in a paper case or small tub



Snack Ideas (NHS Ayrshire & Arran) (continued...)

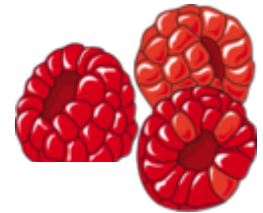
FRUITY PIZZA

FOODS YOU NEED

- Pancakes
- Fresh raspberries or strawberries
- Banana
- Pineapple fresh or tinned in natural juice or satsumas
- Grapes
- Desiccated coconut(optional)

EQUIPMENT YOU NEED

- Chopping board
- Fork
- Knife suitable for spreading



TO MAKE

- MASH the raspberries or strawberries to make a puree
- Thinly SPREAD puree on to the pancakes
- Slice the banana
- Cut the pineapple into small cubes
- Cut the grapes in half
- Arrange fruit on top of the pancake
- Sprinkle with coconut



Kcal Dense Drinks on a Balanced Diet & Alternatives



Lucozade Sport

Lucozade Sport has glucose levels of 6-8% and is therefore an isotonic drink. As such, Lucozade Sport is good for replenishing and building energy levels in the body.

Lucozade is supposed to be drunk before, during and after a sport event in order to boost energy levels.

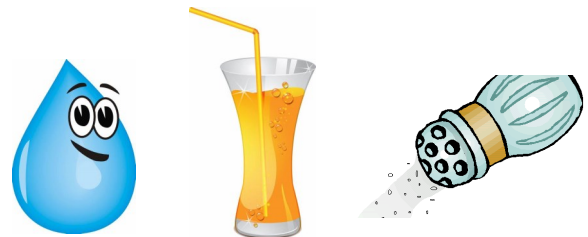
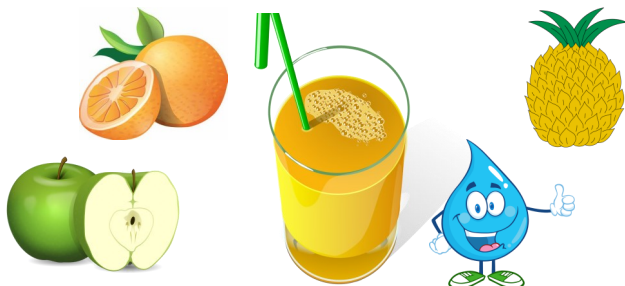
"Water is generally sufficient for shorter sessions, but for exercise lasting more than 60 minutes, an isotonic sports drink is recommended," says Wendy Martinson OBE, registered dietician and sports nutritionist.

Thirst Burst:

- 500ml unsweetened fruit juice (orange, apple, pineapple)
- 500ml water
- Mix them all together in a jug and cool down in fridge.

Fruit Juice:

- 200ml ordinary fruit squash
- 800ml water
- A pinch of salt
- Mix them all together in a jug and cool down in fridge.



Water

Drinking water aids hydration and rehydration as well as cooling the body temperature. It is important to remain hydrated as dehydration fatigues the body inevitably resulting in poorer performances. Water is better for hydration and for minerals and in that respect general health, as opposed to Lucozade which contains such a high percentage of sugar.



Water Intake



The Importance of Drinking Water?

It is important to drink lots of water to help your body flush out toxins. Water helps you concentrate for longer periods and keeps your brain awake.



Water and exercise

You are more likely to do well, in education if you drink lots of water, and also in sports or any type of exercise.



Being well hydrated can stop your muscles from feeling tired, help you concentrate for longer and give you energy for longer bouts.

FACT

You can often tell how hydrated you are by looking at the colour of your urine.

A deep yellow colour may mean you are **dehydrated**.

Light yellow or clear, may indicate good hydration.



How much water intake per day?

A minimum of 6
cups per day



How can I drink more water?

Drink water with breakfast, lunch and dinner.
Replace an unhealthy snack with a cup of water.
Carry a water bottle with you and take sips throughout the day.
Log how many cups of water you have during the day on a chart.



Healthier options

Herbal or fruit teas
Sugar-free (no added sugar) squashes
Skimmed (fat-free) or semi-skimmed (low-fat) milk
No added sugar flavoured waters
Sugar-free fizzy drinks*.
(only small amounts to avoid tooth decay)



Is fruit juice healthier?

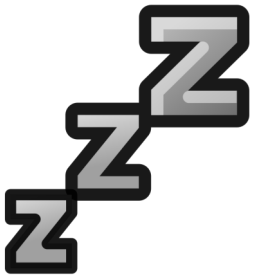
A maximum of 200ml of fruit juice per day - this can also count as 1 of your 5 a day!
Natural sugars are found in fruit. These are much better for you than the type of sugar you get in, for example, cakes and sugary drinks.



Did you know? There can be up to 8 teaspoons of sugar in a bottle of fizzy drink!



Sleeping Tank



Quality sleep is essential to everyone and we all require the right amount of sleep. Protecting against sickness, muscles, skin and bones grow and repair are just a few of the benefits adequate amounts of sleep can give us.

Sleep can also assist the brain to solve problems, create new ideas along with being inventive and concentrating more. The right amount of sleep can enhance your mood which in turn can make it easier to interact with family and friends.



Sluggishness, tiredness, and being grumpy are just some of the effects of sleep deprivation. This can result in finding it more difficult to make decisions or concentrate on work while at school. If you feel you are unable to concentrate or remain fully focused at school, it may be an indication that you are not getting the right amount of sleep.

How much sleep do you require?



Age	Hours of Sleep Required
2-4	12
5-13	10-12
14-18	10-11
+18	7-9



Top Tips for quality sleep

- *At least half an hour before bedtime the television should be switched off with the option of reading a book or doing something to relax should be done in preparation for quality sleep.*



- *No computers, games consoles or electric devices should be switched on at bedtime.*



Stick to the same routine and go to bed at roughly the same time every night, which will then assist your body in expecting to sleep at a similar time every night.

- *Try not to consume a large meal just prior to bedtime - at least 2-3 hours before bedtime is ideal.*
- *The more you exercise through the day, the easier it will be for you to sleep at night as your body will become tired.*



- *Caffeine-free drinks should be the only type of fluids consumed before bedtime. Tea or coffee will act as a stimulant due to the amount of caffeine in them.*



- *Ensure that your bedroom is a relaxing environment - try not to have a light on or have anything causing too much noise.*



External Triggers

Triggers for Healthy Behaviour	Triggers for Unhealthy Behaviour
Having healthier foods on display in, for example, a fruit bowl on the kitchen worktop or dining table.	Putting crisps, or sweets etc on display for everyone to see.
Having drawings or pictures of healthier foods in the house to act as a visual stimulant.	Sitting around the television watching unhealthier cooking programmes.
Having meals together.	Eating in isolation whilst watching the television
Observing friends and family consuming healthier foods whilst being involved in exercise activity.	Watching others eat unhealthier foods
Disagreeing and preventing people from indulging in large amounts of food at meal times.	Being peer pressured at school dinner times to eat unhealthier foods
Preventing access in the house to unhealthier foods.	Possessing disposable money at school break times allowing for the purchase of unhealthier foods
Being mindful of food labels on food packets to discover the amount of fat and sugar.	Opting to have unhealthier foods available in the home
Having premade healthier meals at home.	Keeping old habits such as checking the fridge when you get home
Knowing which foods are available in the house.	Failing to schedule mealtimes and plan/prepare meals
Praising people when you see them eating healthier foods.	Eating unhealthier foods when visiting family and friends
Embracing the outdoors as a family.	Watching television for long periods of time and eating unhealthier snacks
Having items available which allow you to be physically active like, for example, skipping ropes, tennis rackets, and footballs.	Playing any kind of games console for large amounts of time
Incorporating exercise as part of your day-to-day life. Rather than getting a lift to school, try to walk part of the way	Parents, friends or other family members displaying examples of inactivity
Minimising the amount of time given on games consoles	Failing to plan activities
Becoming a member of a club	Small amounts of activities due to bad weather
Having a friend or trustworthy person to participate in exercise or sporting activities with.	Being embarrassed because of size
Adding structure to daily routines	Not having any friends to interact with
If the weather is bad outside, plan activities indoors.	Interacting with inactive individuals

5 Steps to Mental Wellbeing

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences,
- provide emotional support and allow you to support others.

There are lots of things you could try to help build stronger and closer relationships:

DO



- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- arrange a day out with friends you have not seen for a while
- try switching off the TV to talk or play a game with your children, friends or family
- have lunch with a colleague
- visit a friend or family member who needs support or company volunteer at a local school, hospital or community group.
- make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart.

DON'T



Do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people

2. Be physically active

Being active is great for your physical health and fitness, however evidence shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

DO



- aim to be physically active every day. Any activity is better than none, and more is better still.
- do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week.
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.

DON'T



Do not feel that you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life.



3. Learn new skills



Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem.
- helping you to build a sense of purpose.
- helping you to connect with others.
- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some things you could try:

DO



- try learning to cook something new. Find out about healthy eating and cooking tips
- try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills.
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger.
- consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing.
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint.

DON'T



Do not feel you have to learn new qualifications or sit exams if this does not interest you. It's best to find activities you enjoy and make them a part of your life.

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people



It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.



Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home



5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

You can find out more about mindfulness by visiting:

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



Have regular health checks



In order to maintain good health and wellbeing it is important to have regular health checks.

These could include:

- GP appointments
- eye tests
- dental check-ups
- sexual health checks
- blood pressure screening
- cervical smear tests
- mammograms
- Prostate exam



These are key to helping monitor our health and identifying when further medical interventions may be required.



Although it is important to keep up with regular health checks. It is equally important to seek medical intervention if we notice any changes in our health and well-being.

Accessing support early can help identify risk factors before they become serious and if caught early, treatment is usually more effective.

Key points to remember:

<p>Health and Wellbeing</p> 	<p><i>The best way to stay healthy - physically and mentally - is by learning how to take care of yourself, and about the support you can get to help with any health problem you might already have.</i></p>
<p>Staying active</p> 	<p><i>There are loads of great ways to achieve your 60 minutes or more of activity a day and it's not as difficult as you might think.</i></p> <p><i>Choose things that you enjoy and it will make getting fit much more fun.</i></p>
<p>Healthy Eating and Nutrition</p> 	<p><i>Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.</i></p> <p><i>The energy we get from eating food allows us to concentrate in the classroom, participate in sports/exercise, or walk to school.</i></p> <p><i>You are more likely to do well, in education, sports or any type of exercise if you drink at least 6 cups of water per day.</i></p>
<p>Quality sleep</p> 	<p><i>Sleep can also assist the brain to solve problems, create new ideas along with being inventive and concentrating more. The right amount of sleep can enhance your mood which in turn can make it easier to interact with family and friends.</i></p>
<p>Mental wellbeing</p> 	<p><i>Good health is about the mind as well as the body - feeling physically fit, and feeling good about ourselves, means that we can go and achieve more of the things we want to do in life.</i></p>
<p>Health checks</p> 	<p><i>In order to maintain good health and wellbeing it is important to have regular health checks.</i></p>

Further Information and support

Physical Activity

NHS: Physical activity guidelines for children and young people 5-18

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

NHS: Physical activity guidelines for adults aged 19 to 64

<https://www.nhs.uk/live-well/exercise/#guidelines-for-adults-aged-19-to-64>

NHS: Physical activity guidelines for older adults 65+

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

Education Scotland: Physical education, physical activity and sport

<https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/physical-education-physical-activity-and-sport/>

10 Benefits of physical activity

<https://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/>

Exercise for Children - Factual Reasons and Tips To Get Moving (video)

<https://www.youtube.com/watch?v=Ejbdzt2586A>

Balanced Diet

Eat well

<https://www.nhs.uk/live-well/eat-well/>

Starchy foods and carbohydrates

<https://www.nhs.uk/live-well/eat-well/starchy-foods-and-carbohydrates/>

Healthy Eating

www.foodafactoflife.org.uk

Education Scotland: Food and Health

<https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/food-and-health/>

Healthy Eating Animation (video)

<https://www.youtube.com/watch?v=qRBFTL4PIZM>

Sleeping Advice

NHS: How to get to sleep - Sleep and tiredness

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

NHS: Healthy sleep tips for children

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

The 7 reasons your kid needs sleep

<https://www.parents.com/health/healthy-happy-kids/the-7-reasons-your-kid-needs-sleep/>

What a Good Night's Sleep Does for the Brain

<https://www.youtube.com/watch?v=WpkfMuXJnWI>

Obesity

NHS: Obesity in children

<https://www.nhs.uk/news/2007/Pages/Obesityinchildren.aspx>

NHS: Causes - Obesity

<https://www.nhs.uk/conditions/obesity/causes/>

BUPA: Obesity

<https://www.bupa.co.uk/health-information/childrens-health/obesity-children>

Health Risks Of Being Overweight Or Obese

<https://www.youtube.com/watch?v=SD1UPFNFAWQ>

Mental Health and Wellbeing

NHS: 5 Steps to mental wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Children 1st - What is good mental health and wellbeing?

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/mental-health-and-wellbeing>

Young Minds

<https://youngminds.org.uk/>

Action for Children

<https://www.actionforchildren.org.uk/what-we-do/our-impact/mental-health-overview/mental-health-for-parenting/>