

'Five Ways to Wellbeing' for Every Day

Connect

- Being well connected and sociable with people around us is good for wellbeing and mental health
- Develop positive relationships with your family, friends and neighbours that enrich your life every day
- Going out and mixing with other people will help you stop focusing on your worries and fears
- Plan in more time to be sociable, join a club or meet new people
- Consider old friendships you would like to remake.

Further information:
www.mindingyourhead.info

Be Active

- Physical activity can improve wellbeing, reduce anxiety and depression
- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity eg. 30 minutes on at least 5 days a week
- Find an activity you enjoy and that suits your mobility and lifestyle
- Build exercise into your daily life.

Further information:

www.getalifegetactive.com
www.armagh.gov.uk
www.banbridgeleisure.com
www.discovercraigavon.com
www.dungannon.gov.uk
www.newryandmourne.gov.uk

Take Notice

- Taking notice, being aware and mindful is associated with positive mental health and wellbeing
- Take time to notice and appreciate nature, everyday life and moments
- Be aware of the world around you and how your body responds to this and what you are feeling
- Pause and reflect
- Learn to recognise signs of poor mental health and stress in yourself and your friends and family :
 - Changes in sleep or eating patterns
 - Angry for no reason
 - Anxiety
 - Difficulty concentrating and making decisions

Further information:
www.get.gg

Keep Learning

- A lifestyle that values learning is positively associated with mental health and wellbeing
- Try something new or rediscover an old interest
- Take on a challenge you will enjoy achieving
- Think about what you would like to learn, what your interests are and what would be useful in your life
- You can access books and other resources to support your wellbeing through your library.

Further information:

www.librariesni.org.uk
www.src.ac.uk
www.yourhealthinmind.org

Give

- People who enjoy giving are open to receiving, have improved mental health and wellbeing
- Do something nice for a neighbour or friend
- Thank others who give you their time
- Smile more
- Enjoy helping friends and doing things to help other people like volunteering or fundraising for a local charity.

Further information:
www.volunteernow.co.uk

Steps Towards Health and Wellbeing



It's my life... my way forward

'Five Ways to Wellbeing' for Every Day

- **Connect**
- **Be Active**
- **Take Notice**
- **Keep Learning**
- **Give.**

Steps Towards Health and Wellbeing

- **Eat Well to Feel Well**
- **Avoid Alcohol and Drug Misuse**
- **Sleep Well to Feel Well**
- **Cancer Awareness.**

Eat Well to Feel Well

- Eat 3 regular meals a day to maintain your blood sugar levels and mood
- Missing meals can lead to low blood sugar, irritability and fatigue
- Eat a rainbow of colours of five or more fruit and vegetables every day
- Eat wholegrain bread, cereals and pasta at every meal - as they contain thiamin (B1) folate and zinc to help control mood
- Eat two or more portions of fish a week, especially oily fish like tuna, rich in Omega 3 for brain health
- Include protein foods at every meal for brain health and to control mood eg. meat, fish, eggs, milk, cheese, nuts, beans, lentils
- Manage your weight by limiting foods high in fat and sugar and limit fizzy sweet drinks.

Further information:

www.eatwell.gov.uk
www.enjoyhealthyeating.info

Avoid Alcohol & Drug Misuse

There is a close link between alcohol and drug misuse and our mental health and wellbeing.

Health Recommendations:

Men - no more than **3-4 units of alcohol a day** and no more than **21 units over a week.**

Women - no more than **2-3 units of alcohol a day** and no more than **14 units over a week.**

Units:

- ½ pint of ordinary beer, lager or cider = 1 unit
- A standard glass of wine = 1½ units
- A 440ml can of lager or cider = 2 units.

If you're concerned about your drinking speak to your GP, who may refer you for specialist support.

Further information:

www.knowyourlimits.info
www.drugsalcohol.info

Sleep Well to Feel Well

Sleep keeps us healthy and feeling well. Simple tips to get a good night's sleep:

- Go to sleep and get up at the same time every day
- Avoid drinking caffeine after 6pm and alcohol as it disturbs sleep patterns
- Get some exercise everyday
- Do something relaxing before bedtime.

Quit Smoking:

Give up smoking to reduce your risk of cancer and many other long term diseases.

Free Smoking Cessation Services:

Armagh/Dungannon
07769 256756

Craigavon/Banbridge
07788 209984

Craigavon Hospital
028 3833 4444 Ext: 2963

Newry/Mourne and Daisy Hill
07788 209184

Further information:

www.want2stop.info

Cancer Awareness

Women:

- Be breast aware, know what is normal for you and check your breasts monthly
- Attend free breast screening every 3 years between 50-70 years old
- Have a cervical smear every three years
- Contact your GP if you notice any changes.

Men:

- Be body aware and check your testicles monthly
- Contact your GP if you notice any changes or have difficulty passing urine.

Look after your Sexual Health:

- Protect yourself from unwanted pregnancy and sexually transmitted infections.

Further information:

Gum Clinic for screening and treatment:

John Mitchell Place, Newry:
028 3083 4215

Free Sexual Advice Line:
0800 567123

www.macmillan.org.uk