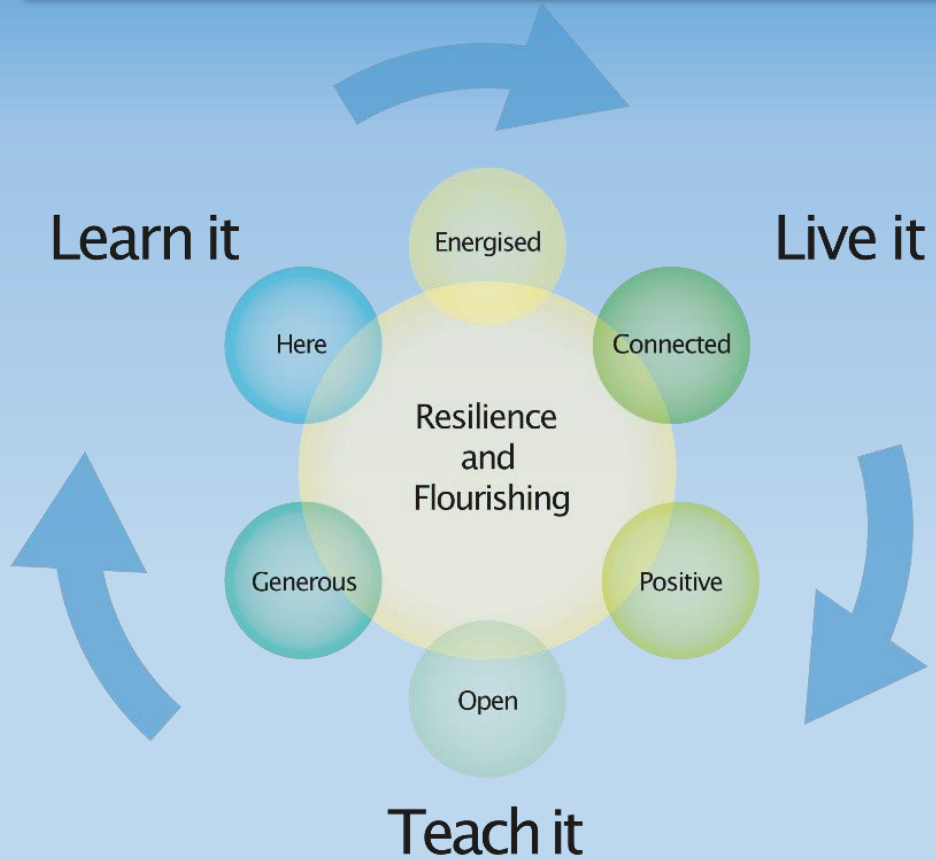


KHS Well-Being – The 6 Strands



Be Connected

Be Energised

Be Positive

Be Here

Be Open

Be Generous

To be **ENERGISED** means doing regular **ACTIVITY**, but also eating well and drinking plenty of water (**NUTRITION**) as well as good **SLEEP** patterns. Getting fresh air and sun or listening to uplifting music are other things that can help.

BE ENERGISED



FEELING ENERGISED FOR WELLBEING

Better **self-esteem** – being more active can make you feel better about yourself as you improve and meet your goals.



Connecting with people – doing group or team activities can help you meet new and like-minded people, and make new friends.

Reducing the **risk of depression** – studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression.

What you eat and drink affects how you feel - food can also have a long-lasting effect on your **mental health**

Sleep and mood affect each other. Not getting enough sleep can take its **toll on your mind**

PHYSICAL ACTIVITY

How can we help ourselves?

- Regular ACTIVITY is the key!
- It does not have to be strenuous/ organised exercise.
 - NHS guidelines state:
 - Adults do 5 x 30 minutes each week (enough to make you breath hard)
 - Children & young people do 7 hour sessions per week (with 2 hours being High Intensity)
 - Different activities will help to keep it fresh, MIX IT UP.
 - Organised Sports, Classes, Gym and Exercise Programs are great...
 - But even household chores are Physical Activities!

Think about different ACTIVITIES...



EVERYDAY EXERCISES THAT YOU'RE ALREADY DOING

- 1 SHOPPING:** Enjoy strolling through stores? Is that really so different than the mall or treadmill?
- 2 CLEANING:** If you routinely mop, scrub, and sweep, you're likely squinting, planking and sweating!
- 3 CHASING THE KIDS:** Fun kids' games usually offer a great cardio challenge.
- 4 WALKING THE DOG:** A four-legged friend may already double as your workout buddy!
- 5 TAKING THE STAIRS:** Taking the stairs can boost your heart rate, just like the stair climber!



And when you will fit them in.....

NUTRITION

How can we help ourselves?

- ❑ Balanced and Healthy diet with plenty of water.
- ❑ YOU ARE WHAT YOU EAT! Put good stuff in.... Feel better!



- ❖ 5 portions of different fruit and veg a day (a portion fills your palm)
- ❖ Eat more cereals/ bread/ potatoes/ rice/ pasta
- ❖ Less meat/ eggs/ fish/ pulses
- ❖ Even less dairy: milk/ cheese/ yoghurt. Avoid too much sugar.



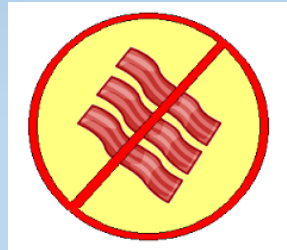
- Eat little and often rather than 3 big meals a day
- Some of the best foods for energy are Bananas, Green Veg, Eggs, Nuts, Cereals.
- WATER!! Always keep a bottle with you. Avoid sugary drinks.

SLEEP

How can we help ourselves?



- ACTIVITY and NUTRITION will play a big part!
- These are all interlinked – Activity in particular will help you sleep better
- Avoid eating too much before bed – especially sugary, salty and fatty foods!



- Most people require around 8 hours good quality sleep a night to function properly.
- Good quality sleep is most important.

Prepare for a GOOD NIGHTS SLEEP...



- ✓ Your hours before sleep are important – get ready for a good nights sleep
- ✓ Light from phones/ tablets/TV/ laptop stimulates your brain and makes it harder to get to sleep



- ❖ Take a nice bath!
- ❖ Prepare a TO- DO list for the next day – so you are not worrying about it at night.
- ❖ Read something relaxing before bed time.
- ❖ Listen to a relaxation CD



SOME MORE ENERGISING IDEAS...





**Its so important to 'Be
Energised'**



Useful links are resources

- <https://www.mentalhealth.org.uk/publications>
- <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/>
- <https://www.healthline.com/nutrition/how-much-water-should-you-drink-per-day>
- <https://www.bbc.co.uk/bitesize/guides/zpmq6fr/revision/1>
- <https://www.nhs.uk/oneyou/for-your-body/eat-better/>
- <https://www.nhs.uk/apps-library/>