

## LWAW – Maintaining a Healthy You

To stay mentally and physically healthy we need to be aware of our diet.



There is a link between what we eat and how we feel – so eating the wrong foods can affect our moods!

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So this is me:	Lack of	So Eat More:
Lethargy, and, feeling weak and tired all the time – having difficulty concentrating	<b>Iron</b>	Red meat, fish poultry
Tiredness, low mood, irritability	<b>B vitamins</b>	Whole grain cereals, meat/fish eggs and diary
Low mood, lethargic, weakness, ( particularly as we get older)	<b>Folate</b>	Liver, green vegetables, oranges and citrus fruits. Beans, marmite, all bran
Low mood in general, also mental fog, weakened immune system and fatigue	<b>Selenium</b>	Brazil nuts, meat, fish and wholemeal bread

The usual foods you would expect to find, and also some are repetitive because they serve more than one purpose. You may be able to add more?

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As Well as eating the right foods to avoid low moods you should consider the following:

How Regularly do you eat?	If your blood sugar drops you can feel tired, irritable and depressed. Choose foods that release energy slowly and eat regularly.
Do you get your 5 a day?	As above you need to eat vegetables and fruit that contain the necessary vitamins and minerals that you need, lack of not only affects your mental health but your physical health too
Do you keep yourself hydrated	De-hydration can cause lack of concentration, keep a water bottle with you and keep hydrated.
Are you eating the right fats?	Omega 3 and 6 are needed to keep your body well, foods such as oily fish avocados and brazil nuts contain healthy fats
Are you having too much caffeine?	Too much caffeine can make you feel anxious and depressed – try slowly introducing camomile tea or decaffeinated coffee as an alternative, if your intake of caffeine is high then dropping quickly can cause headaches.

### Making Eating interesting!

As well as enhancing the taste of our food we can also benefit healthwise using Herbs and spices:

<b>Cinnamon</b>	This tasty and versatile spice is said to help fight inflammation and has been shown to lower cholesterol and blood sugar levels.
<b>Sage</b>	Is said to improve brain function and memory
<b>Turmeric</b>	Contains curcumin which is said to be a remarkably powerful antioxidant and can help to slow the process of aging such as brain function.
<b>Ginger</b>	Appears to have strong anti-inflammatory properties and can help with pain management and nausea. Ginger also appears to have strong anti-inflammatory properties
<b>Rosemary</b>	Can Help Prevent Allergies and Nasal Congestion

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Eating Healthy – Action Plan

## Starting this week: –

make a meal from scratch using herbs and spices

create a healthy dessert using fresh or frozen fruits

eat a healthy breakfast – i.e. using oats or homemade granola

Eat at two oily fish meals a week (alternatives are acceptable)

replace at least two snacks with nuts or fruit

Cut down on coffee and tea by at least 2 cups a day

Write down what you did on each day, it helps to look back and feel a sense of achievement

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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## LWAW – Maintaining a Healthy You

### Sleep Well

How Many of us Actually Sleep Well?

What happens when we sleep?

Once we actually get to sleep then our bodies go through 4 stages of sleep + REM–

- Stage 1 --being very light sleep
- Stage 2 -- still light sleep but your heart rate and breathing pattern starts to slow down
- Stage 3 – Deep sleep begins, heart rate and blood pressure continue to fall, at this stage you are not easily awakened
- Stage 4 – Very deep sleep – rhythmic breathing and limited muscle activity
- Stage 5 -(REM) Rapid Eye Movement – This is when you may dream

So now you know; when you get up feeling as if you have not been to bed, its because you have spent most of the night between stages 1 and 3.

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What helps with a good nights sleep? Check how much you know!

### 1 Should your bedroom be

- A. Cold
- B. Dark
- C. Hot
- D. Light

### 2 What should you do just before bedtime?

- A. Work on your laptop to make you feel drowsy
- B. Have a good substantial supper
- C. Strenuous exercise just before bedtime
- D. Listen to some soothing music

### 3. What helps you get to sleep?

Choose as many of the answers as you think apply

- a. A gentle walk in the fresh air
- b. Reading a horror story

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- c. Light reading
- d. Having your mobile phone next to you
- e. Gentle exercise
- f. A nice strong cup of coffee
- g. A cup of camomile tea or decaffeinated coffee
- h. A cold shower
- i. A hot bath
- j. Smoke your last cigarette before getting into bed

### 4. What can I do now to help me understand and improve my sleep pattern?

Choose as many of the answers as you think apply

- A. Use a sleep diary
- B. Go to bed as late as possible then you are sure to be tired enough to go to sleep
- C. Go to bed around the same time every night and get up the same time every morning
- D. Take a nap everyday

Check how much you knew below:

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### ANSWERS

#### 1. The answer was B – dark

(your bedroom should always be at the right temperature for you, not too hot or cold and also a light bedroom may keep you awake)

#### 2. The answer was D - Listen to some soothing music --it relaxes your mind and consequently your body

(Working on your laptop would heighten your brains activity making it less likely that you would be able to fall asleep.

A heavy meal would make your digestive system work hard keeping you awake but also could give you indigestion

Again, strenuous exercise in the day or the morning is good for you but not at bedtime, it doesn't help to relax your brain function or your muscles.)

#### 3. The correct answers were:

- a. A gentle walk in the fresh air
- c. Light reading
- e. gentle exercise
- g. A cup of camomile tea or decaffeinated coffee
- i. a hot bath

Reading a horror story would heighten brain activity



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Advice is to not have mobile phones in the bedroom because of the blue light

Strong coffee containing caffeine is a stimulant that would keep you awake

A cold shower - it would have the opposite affect and wake you up!

Smoking apart from the usual health warnings, is again a stimulant that would keep you awake

### 4. The correct answers are:

A – use a sleep diary ( this helps to get the facts straight about your sleep, hrs patterns, what worked what didn't

c. Go to bed around the same time every night and get up the same time every morning (your brain will get used to the routine and eventually know when its time to sleep!)

Going to bed as late as possible then you are sure to be tired enough to go to sleep, it would seem sensible enough, but unfortunately it's a myth, going to bed late and tired does not necessarily mean a good nights sleep, it could mean a restless night.

Taking a nap everyday, may be a good idea if you are tired, but it could stop you from going to sleep and hinder your routine, if you have to take a nap, make sure its only for a very short spell, under an hour.