

Where can I get further help?

If you'd like more information about how you could maintain a healthy lifestyle, make an appointment to see your GP or take a look at the Trust's website to see what services we offer and contact details. If you cannot get online please contact our Customer Services team on 0800 587 2108 for more details

Website – www.southwestyorkshire.nhs.uk

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Booklets available in this series:

- Anger – How do I manage it?
- Baby Blues – How can I best deal with them?
- Bereavement – How can I cope?
- Confidence – How can I get some?
- Healthy Sex – How can I be sure?
- Low Moods – How can I feel better?
- My body, my health. Check it out!
- Pain – What can I do to help myself?
- Self Harm – How can I help myself?
- Shyness – How can I manage it?
- Sleep – How can I get some?
- Stress – How do I manage it?
- The end of life – How can I prepare for it?
- Worries – How can I best deal with them?

Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust. Please speak to a member of staff or contact our customers services team on 0800 587 2108, who can also provide help in understanding this information, including in other formats.



Healthy living What should I do?

You are reading this booklet as you want to make some positive changes to your lifestyle. Through this journey there will be many hard parts where you want to give up; there will be times where you completely fall by the wayside. The most important thing to remember is that this is normal and to dust it off and try again.

Keep in mind the positive outcomes of leading a healthy lifestyle; whether it's losing weight, increasing self-esteem or being able to take part in and enjoy physical exercise.

We hope that this booklet will give you the inspiration and motivation you need to start your new life. We have covered four different lifestyle choices which can either be used together or on their own, depending on what you would like help with. These are 'Alcohol' 'Smoking', 'Healthy eating' and 'Exercise.'

The guidance included within this booklet should support you to make healthy lifestyle changes, however it is not intended to be a direct substitute for a consultation with a healthcare professional, such as your GP.

“ I think I might be drinking too much alcohol, I feel rough every day ”

Alcohol

It is legal for those aged 18 and over to buy and drink alcohol. In moderation alcohol can be enjoyed, however too much alcohol can be damaging to your health

Alcohol can affect your mood, general health and lifestyle. It can lead to your sleeping pattern and eating habits becoming affected. It can also contribute towards social, financial, employment and relationship issues.

Knowing your alcohol intake is important to ensuring a healthy lifestyle.

Know your alcohol intake

Alcohol intake is measured in units. This allows you to see how much you are drinking and how this compares with the recommended daily allowance set out by the Department of Health.

What is my recommended allowance?

Alcohol unit guidelines

The Chief Medical Officers (CMO) guideline for both men and women states that:

- To keep health risks from alcohol to a low level it is **safest not to drink more than 14 units a week** on a regular basis
- If you regularly drink as much as 14 units per week, it's best to spread your drinking evenly over three or more days. If you have one or two heavy drinking episodes a week, you increase your risk of death from long-term illness and injuries
- The risk of developing a range of health problems (including cancers of the mouth, throat and breast) increases the more you drink on a regular basis

“How many units are in my favourite drink?”

<p>1.5 units</p>  <p>Small glass red/white/rosé wine (125ml, ABV 12%)</p>	<p>2.1 units</p>  <p>Standard glass red/white/rosé wine (175ml, ABV 12%)</p>	<p>3 units</p>  <p>Large glass red/white/rosé wine (250ml, ABV 12%)</p>
<p>2 units</p>  <p>Pint of lower strength lager/beer/cider (ABV 3.6%)</p>	<p>3 units</p>  <p>Pint of higher strength lager/beer/cider (ABV 5.2%)</p>	<p>1.7 units</p>  <p>Bottle of lager/beer/cider (330ml, ABV 5%)</p>
<p>2 units</p>  <p>Can of lager/beer/cider (440ml, ABV 4.5%)</p>	<p>1.5 units</p>  <p>Alcopop (275ml, ABV 5.5%)</p>	<p>1 unit</p>  <p>Single small shot of spirits* (25ml, ABV 40%)</p>

* Gin, rum, vodka, whisky, tequila, sambuca. Large (35ml) single measures of spirits are 1.4 units.

If you want to work out the units in your drink, you can use the below calculation:

$$\text{Volume (ml)} \times \text{alcohol \%} \div 1000 = \text{number of units}$$

You will find the volume and alcohol percentage printed on the label of the bottle or can.

Worried about your drinking?

Are you always the one that always over does it?

Do you find yourself getting aggressive? Or getting into risky situations?

Do you feel horribly ashamed the next day or, worse, don't remember what you did or said?

Is all your money going on booze? Are your hangovers stopping you working?

Here are some painless tips

Eat before you drink: food slows down alcohol absorption.

Make your first drink a soft drink or water: this quenches your thirst and slows you down.

Alternate drinks with water or soft drink; this means you drink less alcohol, keeps you hydrated and helps you feel better the next day. It will also save you money.

Or maybe **don't drink alcohol at all.** If you're drinking at home, experiment with different soft drinks or teas. You might find they're just as good and you're going for booze out of habit.

Sip and enjoy; drinking for speed and quantity might get you drunk quicker but it also diminishes the pleasurable effects of alcohol and increases the negative effects. Stop when you've had enough.

Don't mix; stay with the same drink.

Keep an eye on how much you are drinking: count your drinks – this will make you more aware of how much you are consuming.

Take a break from boozing; set aside an alcohol-free period every now and then. This respite will boost your health no end and help break the habit.

All your social life revolves around drink? Spend time with other friends or find an activity that isn't alcohol related. You'll be surprised that it is possible to have fun and not be drunk.

You need a drink to boost your confidence? In the long run this doesn't work – you can get into a vicious circle which increases your anxiety.

Tried all this and none of it works?

Contact Alcoholics Anonymous: 0845 769 7555

www.alcoholics-anonymous.org.uk

www.1421.co.uk

www.unitcheck.co.uk

www.drinkaware.co.uk

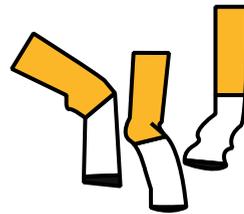
www.talktofrank.com

Living smoke free

Living smoke-free is an opportunity to live a healthier and probably longer life. It also means a better quality of life with better sensations, tastes and smells. You will have more stamina that can be used to support the other parts of living a healthy lifestyle.

Stop and see the effects quickly. In one day the carbon monoxide leaves your body and your lungs start to clear out mucus. After five years your risk of a heart attack falls to about half that of a smoker.

“ I've been told I need to stop smoking, where do I start? ”



Step one: Understand what smoking does

It's important to understand the risks of smoking on yours and your family's health:

- Before quitting, smokers lose an average of 16 years of life
- It damages your lungs, affects your breathing and can cause lung cancer. You might find it hard to do everyday tasks because of your breathing.
- Smoking kills about 80,000 people in England every year. Almost enough people to fill Wembley Stadium
- Cigarette smoke contains nicotine and carbon monoxide which increase blood pressure and reduce your blood's ability to carry oxygen
- If you smoke 20 a day, you'll spend almost £48,000 over the next 20 years - money which could be spent paying off bills, going on holiday or on your loved ones

- The smell of smoking stays in carpets, sofas and clothes
- Children exposed to smoke are more likely to suffer from breathing problems, allergies & chest infections. By not smoking you protect the health of those close to you.
- If you smoke your children are twice as likely to smoke when they grow up.
- Anyone that is around you when you smoke is more at risk of getting lung cancer, heart disease or having breathing problems than those who can stay completely away from smoke.

Step two: Do something!

"How can I help myself?"

Willpower on its own often isn't enough. Get in touch with your local NHS Stop Smoking service and speak to a professional to get advice and support on how to quit. In the meantime here are a few hints and tips to help you on your way:

- Work out what makes you want to smoke and try to avoid being in this situation
- Work out how much you are spending on smoking. When you give up/cut down use that money to reward yourself or put towards something you wouldn't be able to afford if you still smoked as much as you did.
- Try and find a partner to quit with and support each other through it.
- If your fingers feel fidgety try sugarfree lollipops or healthy snacks like fruit or nuts, or take up a craft that uses your hands, for example knitting.
- Reward yourself every time you fight the urge to smoke, with a pat on the back

When will I start seeing the benefits of stopping smoking?

AFTER 48 HOURS

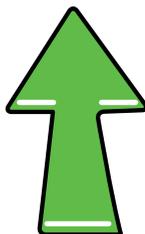


Carbon monoxide will have left your body. Your lungs will start trying to clear out the mucus and other debris left by smoking. You might start noticing that your **smell and taste is improving already!**

AFTER 72 HOURS

As your bronchial tubes begin to relax, you will notice that your breathing is starting to get easier and

energy levels are on the rise



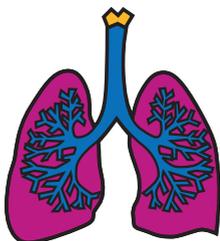
AFTER 2-12 WEEKS



Your circulation has improved and you should find it easier to get around and

exercise

AFTER 3 - 9 MONTHS



As your lung function gets better, your breathing will too.

Say goodbye to any coughs, wheezing or shortness of breath caused by smoking!

AFTER 5 YEARS

The risk of you having a heart attack is now **half** that of a smoker.



After 10 years

Risk of lung cancer falls to half that of a smoker and the risk of you having a heart attack is the same as that of a non-smoker.



“ I want to make the most out of my life ”

Healthy eating

Healthy eating is not about depriving yourself of foods you like. It's about feeling great, helping to stabilise your mood, having more energy and keeping yourself as healthy as possible. Eating well can help us to reduce the chance of diseases that are linked to being overweight such as high blood pressure, diabetes, heart problems, stroke, cancer and joint problems.

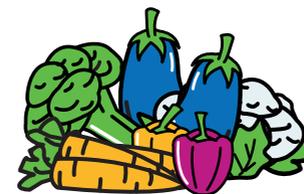
Learning about the basics of healthy eating can help you to use them in a way that works for you. Expand your range of healthy food choices and learn how to plan ahead to create and maintain a tasty, healthy diet. Eating a wide range of foods can help make sure you are having enough vitamins and minerals, and in feeding the body, you are also feeding the mind.

“ I eat a lot of fatty foods and feel really tired ”

Step one: Understand what healthy eating is

“What should I be eating?”

A meal should be based on starchy food, such as rice, potatoes, bread or chapattis and be accompanied by plenty of fruit and/or vegetables. Protein should be in there too, and this can be found in meat, eggs and fish and alternatives.



Food is broken up into 5 food groups (see **Eat Well Guide below**), and you should eat a balance of these foods. These food groups contain all of the nutrients which you need to keep your body feeling and looking good. They are:

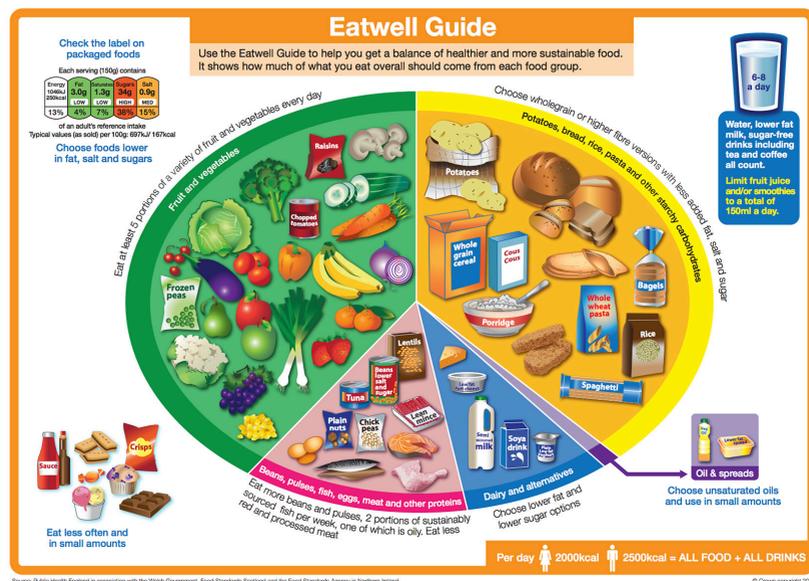
Carbohydrates - such as rice, whole wheat pasta and bread, potatoes, chappatis and cereals

Fruit and vegetables - aim to eat at least 5 portions a day

Meat, fish or alternatives such as pulses (beans / lentils / peas), eggs or quorn - aim to eat 2-3 portions per day. Aim for at least two portions of fish a week, including one portion of oily fish. You can choose from fresh, frozen or canned, but remember that canned and smoked fish can often be high in salt.

Milk and dairy - again try to aim for 2-3 portions per day and try to use low fat alternatives where you can

Fat and sugar - you should try to eat as little as possible from this food group



“How should I be eating?”

People often think of healthy eating as all or nothing and this builds a lot of pressure. However you must remember that the key to healthy eating is moderation. This leads to the question of how much is a moderate amount? This is unique to the individual and it is important to create a diet plan that you can maintain over a lifetime, not just a short period of time.

Moderation basically means eating less of foods that are higher in refined sugar, saturated fat, and more of foods such as fresh fruit and vegetables. Don't panic though this does not mean never having those foods you love. Examples include; if you have a cooked breakfast, make sure you follow it with a midday and evening meal that are lower in fat. If you eat 200 calories of biscuits one afternoon, you could try to balance it out by having 200 calories less in your evening meal. If you're still hungry, fill up with an extra serving of fresh vegetables.

Step two: Think about food

We are aiming for a good variety of foods and aiming for less processed foods (tinned/packet foods). Don't think of any foods as 'off limits'. When we see a certain food, such as chocolate, as off limits this will give us feelings of guilt if we fall by the wayside. Instead of off-limits think of it as downsizing. Just have a little bit and if you do have a larger portion brush it off and carry on with your healthy eating.

If you need to lose weight, try serving up smaller portions. Remember the size of the food you are eating; a portion of meat should be the size of a deck of cards, a slice of bread the size of a CD case and a vegetable/fruit portion the size your fist.

Remember food is for nourishment. It is not to be used in times of boredom or something to fill time between meetings or appointments. Try to slow down and think about each type of food you're eating and learn about the nourishment that it gives.

Step three: Do something

If you can, eat with others. This will not only give you the opportunity to socialise it will ensure that there is no chance to overeat whilst watching TV. If you have children this is also a perfect opportunity to demonstrate healthy eating to them.

Enjoy your mealtimes and don't rush - try to remember the reasons why you need to eat.

Know your body. If you are hungry have a glass of water to see if this helps and ask yourself if you really are hungry. Try to stop eating before you feel full, eat slowly, as it takes between 10 and 20 minutes for your brain to tell your body that it has had enough food.

Eat smarter. Try to have a healthy breakfast and eat smaller meals throughout the day. This will keep your metabolism and energy levels up.

If you want to reduce your portion size, use smaller plates to serve food on.

Avoid eating at night. After dinner snacks tend to be high in sugar and calories so try to avoid.

Shop smarter. Plan your meals for the week and then take the list shopping with you.

Swap food. Try swapping those biscuits for a tangerine or those chips for a side salad.

Tips for eating on a budget

Many people think that eating well costs a lot of money. However, eating well can be made cheaper. Here are some tips which may help you eat well but more cheaply.

- Shop around. Local markets may sell fruit, vegetables, meat and fish at reasonable prices.
- Shop for seasonal fruits and vegetables. For instance, oranges and bananas are winter fruits, whereas strawberries and peaches are summer fruits. Broccoli and parsnips are winter vegetables, whereas courgettes and

peppers are summer vegetables. Buying fruits and vegetables out of season can be expensive.

- 'Own label' products from supermarkets are often much cheaper than popular brand names.
- Look out for 'buy 1 get 1 free' offers. (But make sure the food won't go out of date before you use it).
- If you have a freezer, cook double portions and freeze one. This cuts down on fuel bills and allows you to shop in bulk.
- Plan your meals and do a shopping list. This helps cut down on impulse buying!
- Limit takeaways and ready meals as they tend to be higher in saturated fat and salt and are more expensive than home prepared meals.

So in summary try to:

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on potatoes, bread, rice, pasta and other starchy carbohydrates; choosing wholegrain versions where possible
- have some dairy or dairy alternatives (such as soy drinks); choosing lower fat and lower sugar options
- eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- choose unsaturated oils and spreads and eat in small amounts
- drink 8 to 10 cups/glasses of fluid a day
- If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

For more information on healthy eating please see:

<http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

Exercise

As well as maintaining a healthy diet getting enough exercise is just as important to keep healthy. Getting active doesn't have to mean sweating it out in the gym or running yourself ragged on the treadmill. Exercise can be any movement that makes you slightly out of breath (this is how you know your body's working).

Exercise boosts wellbeing, raises confidence and cuts the risk of developing serious illnesses. It will also work wonders on your waistline and gives you energy so you feel motivated to wake up every morning and take on the day. It has been proven to help people suffering with anxiety, depression or low moods.

Step one: Know your limits

"How much exercise should I do a week?"

The amount of exercise depends on your age, general health and current activity levels. If you have any worries or questions about starting to exercise please see a medical professional who will guide you through it.

Adults should aim to do a minimum of 30 minutes moderate physical activity at least five days a week. You don't have to do the whole 30 minutes in one go. The 30 minutes can be broken down into three 10 minutes of exercise spread through the day. This can include any physical exercise such as walking, dancing or any structured exercise.

Step two: Get yourself moving!

"How can I help myself?"

Sometimes the hardest part of exercising is getting started, so start at the beginning and make small changes to your lifestyle. It won't be long until you start noticing the benefits. Try some of these tips to help you:

- Dance to your favourite song
- Stand while talking on the telephone

- Take the stairs instead of the lift or get off a few floors early and use the stairs the rest of the way
- Go for a walk during your lunch break, find different walks and try different ones during the week
- Cycle or walk part of your journey to work, why not get off the bus before your usual stop?

"I find exercise boring!"

You are more likely to keep up an activity if you enjoy it so find out what you like to do and build your type of exercise around that. You deserve to spend time doing something you enjoy.

Are you a fan of the outdoors? Get out for a walk. Bring your friends along or join a walking group and make some more.

Did you used to play a sport? There are so many clubs out there covering a wide range of sports, from beginners to competitive; you'll be amazed at what's going on in your area.

Do you love dancing, boxing or karate? Get to your local gym and see what classes they have.

And finally...

Make it happen!

You have taken the first step by reading this booklet and seeing how you can make changes to your lifestyle. Give yourself a pat on the back and start to take action!

“ I need to start doing some exercise, but I can't be bothered ”

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