

6 WAYS TO STAY HEALTHY AND HAPPY

Nobody likes to get sick or be unhappy. Here's some tips you can try to help you feel your best plus details on where to turn for more help and support.

1 EAT WELL

Eating well is not only good for your waistline, it ensures you're getting all the nutrients your body needs to stay healthy. Why not give these tips a try.

- ▶ **Get your 5 a day** > Fruit and veg can be fresh, dried, frozen or canned and eating your 5 a day can help reduce your risk of heart disease
- ▶ **Ditch the salt** > Reducing salty foods and by not adding any extra to your meals can help prevent heart disease and strokes
- ▶ **Go light** > Switch to lower fat options such as light mayonnaise
- ▶ **Watch out for high sugars** > Especially in 'low fat' products like breakfast cereals
- ▶ **More support** > <https://www.nhs.uk/live-well/eat-well/>

2 YOUR MENTAL HEALTH

Coping with life's ups and downs can be hard. Daily stress and other factors can lead to low mood or something more serious. Here's some ideas to help.

- ▶ **Connect with other people** > Keep in touch and spend time with your friends and family. Don't suffer in silence
- ▶ **Do things that make you happy** > Make time for you and what you like to do, maybe even learn a new skill
- ▶ **Get outside** > Sunlight has a positive effect on your mood
- ▶ **Sleep tight** > Make sure you're getting enough sleep
- ▶ **More support** > <https://www.nhs.uk/mental-health/> and <https://www.sthelensgateway.info/organisations/thinkwellbeing/>

3 BE ACTIVE

Being active has so many benefits, including healthier heart, bones and muscles, better sleep, more energy and maintaining a healthy weight.

- ▶ **Start small** > Even if it's just 10 minutes for now, make a start and feel the benefit
- ▶ **Walk it out** > A brisk 30 minute walk will burn about 100-300 calories (and it's free!)
- ▶ **Singing test** > If you can't sing while exercising, you've got your level just right
- ▶ **Do your own thing** > Forget what others do, just stay active in a way that works for you
- ▶ **More support** > <https://www.nhs.uk/better-health/get-active/>

More tips below ▼

4 DRINK LESS ALCOHOL

Lots of us enjoy alcohol now and then to relax, but cutting back can have big benefits to your health, mood and sleep. Here's some ways to try to reduce your intake.

- ▶ **Drink-free days** > Try having one or two more of these every week
- ▶ **Less is best** > Have one or two less alcoholic drinks than you normally would
- ▶ **Downsize your drink** > Why not swap pints for bottles or large measures for small
- ▶ **Try a mixer** > It reduces the calories too
- ▶ **More support** > <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

5 STOP SMOKING

This is one of the best things you can do for your health and wellbeing (and your pocket). Stopping smoking can have immediate and long term benefits so why not give these a try.

- ▶ **Get support** > You're 4 times more likely to quit permanently with support
- ▶ **Find your reason** > It could be for your kids or your own health. Keep what matters in mind
- ▶ **Avoid your 'triggers'** > When are you most likely to smoke?
- ▶ **Think of the money** > Most people who quit save around £250 a month
- ▶ **More support** > <https://www.nhs.uk/better-health/quit-smoking/>

6 CANCER SCREENING

Cancer screening saves thousands of lives. Screening can detect cancer at an early stage and sometimes it can prevent cancer developing. If cancer is picked up early it means that treatment is more likely to work and more people survive.

In the UK there are national screening programmes for bowel, breast and cervical cancer.

- ▶ **Find out more** > <https://www.nhs.uk/conditions/nhs-screening/>

▶ READY TO MAKE A CHANGE?

If you feel you're ready to make a change in your life then these tips we've shared are a great start. Even small changes can make a big difference.

Where you go from here is really up to you, but remember, advice and support is available whenever you need it.