Focus ON

NHS
East Sussex Healthcare
NHS Trust

Health and Wellbeing

Taking care of your health and wellbeing is essential for both physical and mental health. Poor health habits can contribute to ill health, low energy levels and increased stress levels. The sections below highlight a range of healthy habits which can have a big impact on improving your health and wellbeing.

Healthy Eating

- Do not skip breakfast.
- Eat a variety of different fruits and veg.
- Check labels for hidden fats and sugars.
- Prepare meals around the NHS Eatwell Guide website.
- Aim to eat at least one portion of oily fish per week for heart and brain health.
- Be mindful of portion sizes.

Hydration

- Drink 6-8 glasses water per day (approximately 2 litres).
- Add fruit slices if you don't like plain water.
- Keep water bottle with you throughout the day.
- When feeling hungry, drink water first, thirst is often mistaken for hunger.
- Choose hydrating healthy snacks like watermelon, cucumbers and berries.

Exercise

Top 3 Exercise Motivation Tips:

- Aim to exercise for just 20 minutes, you may decide to do more. If your training time is too long, you may talk yourself out of exercising.
- Be mindful of how good you feel after exercising. Think about how good you felt the next time you are about to train as this can help provide motivation.
- Diarise and plan when you are going to exercise, stick to it regardless of the weather or workload.

Sleep

- Stick to the same sleep schedule for bedtime, and wake up time, even weekends.
- Evaluate your room –cool, free from disturbing noise, free from light. Consider blackout blinds, eye shades, ear plugs.
- Make sure you have a comfortable mattress and pillows as they can last about 9-10 years.
- Exercise daily, vigorous exercise is best but light activity is better than none (GP advice if you have a medical condition)
- Wind down time-a warm bath, stretches, relaxation CD, reading or listening to music.
- Avoid smartphones and electronic devices

How Happy Are You? Checklist:

- ☐ I make time for myself and self-care daily (even for 10 minutes).
- ☐ I enjoy my home/family life.
- ☐ I wake up in the morning feeling refreshed and ready for the day.
- ☐ I make time for creative interests that allow me to express my passions.
- ☐ I eat properly and limit fast/junk food options.
- ☐ I take some pleasure in the majority of days.
- ☐ I am grateful for all that I have.
- ☐ I enjoy my job.
- ☐ Any unhealthy habits are limited and under control.

By thinking about the above, we can all start to be more aware of areas in our lives that could benefit from some positive changes. Happiness is linked to maintaining good mental health.

Contact the Health and Wellbeing team - Conquest Hospital, Ext 148147
Email: Esh-tr.healthandwellbeing@nhs.net

What We Do Really Matters