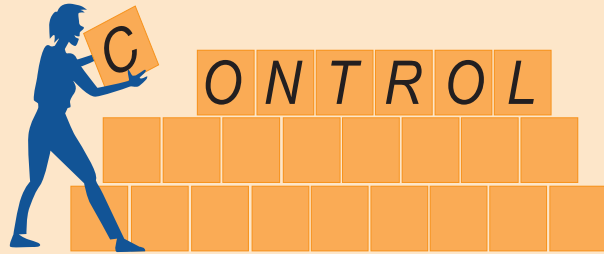


## Choose to... look after your Mental Wellbeing



- **Look after yourself**  
Be aware of the warning signs that you are not coping. Develop a plan of action and slowly structure a routine to give a sense of achievement. Don't be manic. Slow down and take time out to relax and enjoy things.
- **Increase your physical activity levels**  
The enemy of depression is physical activity. Although it may be difficult to find the time or motivation, being active can give you more energy and help you feel better about yourself.
- **Eat a healthy balanced diet**  
By not getting enough nutrients you risk prolonging feeling low.
- **Give up Smoking**  
Giving up can be an empowering experience because you are taking control of the situation.
- **Check out what you think**  
Learn to change or distract your thoughts and replace the sad negative ones with something more positive and constructive.
- **Seek help**  
Even though it may feel difficult don't be afraid to ask for help before things get too much. Friends, family, GP, nurse, a local support group or help line are there for you.

**C** - consider yourself and set more realistic goals  
**O** - open up and talk  
**N** - notice the small pleasures around you  
**T** - take care of yourself  
**R** - relax and make time for yourself  
**O** - organise your own time  
**L** - learn to laugh again

## Choose.... Good Sexual Health



- **Say yes to the sex you want, and no to the sex you don't**  
Love, affection, and the wish to please a partner may mean people sometimes say 'Yes' when they would really like to say 'No'. It is OK to say 'No', and your partner has a duty to respect this.
- **Choose Safer Sex, choose to use condoms**  
Use condoms correctly to protect you and your partner from sexually transmitted infections. Be creative! - not all sex has to involve penetration.
- **Choose when to have a baby - choose contraception**  
Various other forms of contraception are available, free of charge, to reduce the likelihood of pregnancy – these include the pill, coil and injection. These however do not protect you from sexually transmitted infections.
- **Choose to get a sexual health check-up**  
If you feel you have put yourself at risk, or plan to stop using condoms with your regular partner it's a good idea to visit a sexual health clinic for a full screen. Taking care of your sexual health by getting checked is as normal as getting an eye test or dental check-up. Services are free and confidential so they won't tell your GP. Most infections can be cleared or managed with treatment, and there is plenty of support and advice available.

## Choose to... Manage Your Weight



- **Stabilise your eating behaviour**  
Eat well regularly, starting with breakfast. Keep a diary of what you eat and cut out unnecessary, unhealthy snacks. Recognise and stop unhealthy eating behaviours, eg buying chocolate at the petrol station or keeping a draw full of snacks.
- **Eat a balanced variety of foods**  
As illustrated by the EatWell Plate. Eat at least five portions of a variety of fruit and veg a day in place of foods higher in fat and calories. Avoid foods containing a lot of fat and sugar such as fried foods, sweetened drinks, sweets and chocolate.
- **Monitor how much you eat**  
Aim to lose a realistic amount of weight ie approx 1lb – 2lbs a week. Aim to reduce your normal daily intake by 500 calories. Be aware that alcoholic drinks can be high in calories. Watch portion sizes and make them smaller.
- **Incorporate activity into your life**  
Helps you feel good and uses up those extra calories. Avoid sitting too long in front of the television. Aim for a total of 60 mins of brisk walking or an activity that fits into your daily routine. Try to avoid using transport whenever possible.
- **Change 4life**  
Change the way you think about food and being active. Get friends and family's support to keep the changes going. Make small realistic changes gradually so that everyone gets used to them.

This document is available in other formats  
 please telephone 01209 313218 © 2010

# How to Choose Health



## Choose to be.... Physically Active



- **Make physical activity part of your life**  
by putting more effort and energy into every day activities. Get the whole family involved.
- **Start slowly and build up gradually**  
to avoid overdoing it and feeling uncomfortable.
- **Take part in a variety of activities that you enjoy**  
so that you are active more often.  
This can be structured exercise or sport or lifestyle activity eg housework, gardening, walking, dancing.
- **Aim to do more**  
**Adults:** 30 minutes of moderate activity at least five times a week.  
  
**Older adults:** 30 minutes of varied, moderate activity at least five times a week to improve strength, co-ordination and balance.  
This can be  
Three x 10 minute sessions or  
Two x 15 minute sessions  
aiming for one continuous 30 minute session.
- **Children and young people:** 60 minutes each day at least twice a week. Include activities that improve bone health, muscle strength and flexibility.
- **Be active at a moderate intensity**  
which will make you breathe a little faster, feel a little warmer and have a slightly faster heart beat. Check that you can still talk.
- **For weight loss walk most days for 60 mins.**

## Choose.... Healthy Eating



- **Enjoy your food**  
Take your time over your meal and eat with others where possible.
- **Have fun cooking**  
Cooking from scratch means that you know what you are eating. Try to reduce the number of ready meals as these are often high in fat, sugar and salt.
- **Eat a variety of foods**  
in the proportions illustrated by the EatWell Plate.
- **Eat plenty of fruit and vegetables**  
Five portions (each 80 gms, roughly a handful) of a variety of fresh, frozen, tinned, juiced or dried should be eaten each day.
- **Have some bread, potatoes, cereals, pasta or rice at each meal**  
to provide you with energy, instead of fat and sugar.
- **Include dairy produce, meat, fish or pulses**  
in meals to provide calcium and protein.
- **Keep fatty, salty and sugary foods to a minimum**  
as these are linked to chronic ill health
- **Drink plenty of liquid**  
Lack of water can trigger off daytime fatigue, headaches and can be mistaken for hunger. Aim for at least eight glasses a day.
- **Limit portion sizes**  
Eat a sensible amount to manage your weight.

## Choose.... Sensible Drinking



- **Know the strength of your drink**

Pint of premium lager	3.4 units	Bottle of alcopops	1.5 units
125ml white wine	1.5 units	250ml red wine	3.5 units
25ml shot of spirits	1 unit	35ml shot of sprits	1.4 units
- **Recognise the effect drink has upon you and define your own safe level**  
Individuals respond differently to the effects of alcohol – think about your own experiences, and take responsibility for your behaviour and its effects.
- **Avoid mixing alcohol with drugs as this can be dangerous**  
This applies to medicinal as well as illegal substances. As a general rule, the mixing of any drugs exacerbates the activity of both.
- **Less is better**  
Government guidelines for alcohol consumption are 3-4 units a day for men and 2-3 units a day for women. Women who are pregnant or trying to conceive should try to avoid alcohol altogether, and never drink more than 1-2 units of alcohol more than once or twice a week.

### Aim to:

Eat before you drink, so you don't miss out on essential nutrients. Have non-alcoholic 'spacers' between drinks. Try drinking more slowly - take smaller sips and pace your drinking. Refrain from drinking for 48 hours after a heavy drinking session.

### You can get free local support from Addaction on:

Liskeard (East): 01579 340616  
Penzance (West): 01736 365467  
Truro (Mid): 01872 263001

## Choose to.... Stop Smoking



- **Stopping smoking**  
is the greatest thing that you can do to improve your health.
- **Be ready to stop**  
The more you prepare the better your chance of quitting successfully.
- **Plan how you want to stop smoking**  
There is nicotine replacement therapy (patches, gum etc) to help you if you don't want to go cold turkey.
- **Identify alternative ways of**  
dealing with stressful situations / cravings.
- **To prevent weight gain**  
eat sensibly and keep as active as possible.
- **If at first you don't succeed**  
try again.
- **Protect yourself and those around you**  
from secondhand smoke.
- **Learn from your experiences**

**You can get free local support from the Stop Smoking Service on 01209 215666**