Stress and Mental Health

It is normal to feel stressed, anxious, confused or depressed at some time but if these feelings persist or affect your life it is important to seek help. Remember to take time out to relax!

However, if you ...

- feel tired or low
- sleep badly or wake very early
- cannot concentrate
- feel irritable, short-tempered or anxious
- have a reduced sex drive
- find life hard to cope with

then it is important to talk to family or friends, don’t “bottle things up”. If the symptoms don’t go away or get worse ask for help – speak to your G.P.
Healthy Men

How to make your lifestyle healthier

By making a few simple lifestyle changes you can improve your health now and for the future.

Start slowly and make small changes and in time these will become part of your daily routine.

Moving to a healthier lifestyle doesn't mean changing everything all at once – try one or two suggestions that you would find easy and practical and then gradually build more changes into your everyday life.

Looking after your body and mind will help you to keep fit, healthy and active.

If you are worried about your health don't delay, see your G.P. or Practice Nurse for more information and advice.
For more information

British Heart Foundation
Tel: 020 7935 0185
www.bhf.org.uk

NHS Direct
Tel: 0845 4647
www.nhsdirect.org.uk

NHS Smoking Helpline
Tel: 0800 169 0 169
www.givingupsmoking.co.uk

National Osteoporosis Society
Tel: 01761 471 771
www.nos.org.uk

MIND
Tel: 020 8519 2122
www.mind.org.uk

Sport England
Tel: 020 7273 1500
www.sportengland.gov.uk

Alcohol Concern
Tel: 020 7928 7377
www.alcoholconcern.org.uk

Cancerbacup
Tel: 0808 800 1234
www.cancerbacup.org.uk
Advice & tips for a healthier lifestyle

Healthy Men
Physical Activity

Regular exercise helps you feel fit, relaxed and gives you more energy. It also helps protect against heart problems, high blood pressure, diabetes, obesity and depression.

Aim to slowly increase your activity to half an hour's moderate exercise at least five times a week. Moderate exercise means you breathe deeper, feel warmer but you still should be able to talk. Try to...

- use the stairs instead of the lift
- walk briskly
- garden energetically
- get off the bus early and walk the rest of the way

Why not enjoy... walking more, swimming, cycling, jogging, dancing or playing team sports; such as football, rugby or tennis.
Heart Health

Heart disease kills more than one in four men in Britain. Looking after your heart now can help reduce problems later. Try to:

- eat a healthy balanced diet... too much saturated fat damages your arteries and puts a strain on your heart
- keep physically active... half an hour a day makes all the difference
- be smoke free... give up now
- drink sensibly... one or two glasses of wine or half to one pint of beer a day won't do harm
- keep your weight under control... the more overweight you are the harder your heart has to work.

If there is heart disease in your family take advantage of a health check with your G.P. or Practice Nurse.
Five quick tips for a healthier lifestyle

- Eat a balanced diet and try to maintain a healthy body weight
- Aim to do thirty minutes physical activity five times a week
- Enjoy a drink, keep it moderate and follow the sensible alcohol guidelines
- Try to give up smoking as this is one of the most important benefits to your health
- Make time for yourself, relaxation helps you to cope with the pressures of everyday life
Healthy Eating

Making small changes to your eating habits can ensure you are having a balanced diet. Try to...

- eat five portions of fruit and vegetables each day
- eat more chicken, fish, beans and lean meat instead of processed foods such as burgers, pies and sausages
- reduce your fat intake by choosing lower fat alternatives
- cut down on sugary foods such as cakes, biscuits and sweetened drinks
- reduce your salt intake – try not to add to your food

Eating healthier doesn’t mean cutting out all your favourite foods at once, why not make changes gradually that will fit into your lifestyle.