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Energy and physical activity benefits...



People who are regularly physical active halve their risk of coronary heart disease and reduce stroke by a quarter. If you are usually inactive you can improve your health and wellbeing by becoming moderately active on a regular basis.

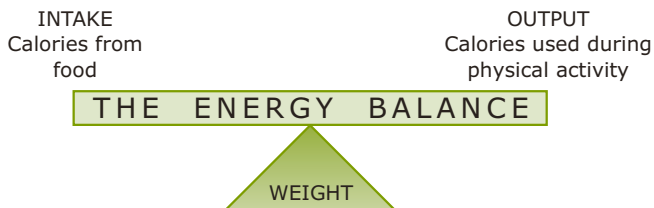
If you don't usually take much exercise or very little exercise you can improve your weight if you use the guide set by the energy balance diagram below. Generally when calories eaten in food are equal to the calories burned by the body each day, your weight will remain the same. Physical activity can burn extra calories which can help reduce weight or positively maintain it.

Physical activity need not be strenuous to achieve health benefits. Greater health benefits can be achieved by increasing the amount (how long, how often and how hard) of physical activity.

Exercise facts you might not have known

Evidence shows that regular exercise can:

- Increase levels of "good" cholesterol.
- Lower high blood pressure.
- Help improve body shape.
- Promote healthy blood sugar levels.
- Reduce the chance of obesity.
- Boost the immune system.
- Helps with de-stressing and relaxation.



What is a moderate amount of physical activity?

As the examples listed in the box show, a moderate amount of physical activity can be achieved in a variety of ways. People can select activity which fits into their daily lives. Health benefits can be achieved by taking physical activity for 30 minutes five times a week, 30 minutes can be broken down into three 10 minutes of exercise in a day.

Physical activity uses energy which burns calories. For the average person - some examples could be:



Washing the car or windows	45 to 60 minutes	120 - 180 calories
Gardening	30 to 45 minutes	165 - 230 calories
Walking the dog	30 to 60 minutes	125 - 250 calories
Cycling	40 to 60 minutes	250 - 375 calories
Pushing a shopping trolley	30 to 60 minutes	100 - 200 calories
Playing football	20 to 60 minutes	140 - 420 calories
Running approximately 2 miles	15 to 20 minutes	142 - 190 calories

Use our weekly calories burn guide below for tracking your recent physical activity rating.

Could do better 1000	Average 1500	Good 2000	Excellent 2500
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Benefits to giving up smoking...



Here are just a few benefits of giving up smoking

Smoking is the single most important preventable cause of death. Around 106,000 people in the United Kingdom die prematurely every year because they smoke(d). Half of these premature deaths occur in middle age.

Quitting smoking is not easy, but there are plenty of good reasons to do it. There are also many ways to go about it, and lots of help is available.

Smoking causes a very long list of diseases and health problems including:

- Lung cancer.
- Chronic obstructive pulmonary disease (chronic bronchitis and emphysema).
- Heart, lung disease and strokes.
- Erectile dysfunction (man has difficulty with either getting an erection or with keeping an erection).
- Cervical cancer in women (cancer in the cervix).
- Osteoporosis (brittle bones), making them more likely to fracture.
- Can also affect your breathing, taste and sense of smell.

By stopping smoking, you can improve your health and enjoy a longer, healthier life. You will also save money; a 20 a day smoker spends around £1600 a year in cigarettes (correct at time of print).

Regular smokers who die of a smoking related disease lose on average 16 years of life expectancy compared to non-smokers.

Contact the Specialist Stop Smoking Service for more information on quitting. Telephone 0845 603 21166.

Try to avoid difficult situations

- For a while after you quit, try to avoid places where lots of other people smoke or that you associate with smoking, such as pubs. Smoking is often associated with drinking alcohol.
- If people offer you cigarettes, ask them not to. Remind yourself that most smokers wish they too could stop.
- Break the usual routines, avoid situations that you associate with smoking. For example, if you usually smoke after dinner, leave the table and do something else instead.



Within a few hours your body starts to notice the difference!

Within hours

You get your breath back. Smokers often become short of breath more quickly than non-smokers. Your circulation will improve in your hands and feet, making them feel warmer.

Within days

Your body's defences are boosted against coughs, colds and other viruses. Your sense of taste and smell returns. The stale smell of cigarettes will disappear from your clothing and furniture. Your appetite will begin to increase, so try to keep healthy snacks to hand such as fruit and vegetables.

Within months

Your blood circulation continues to improve and walking becomes easier. You'll see the financial benefits, see how much money you will have saved by not smoking.

Longer term

Can help to keep your heart healthy. Because smoking increases wrinkles in the skin, quitting will help you look younger for longer.



Drinking sensibly...



Many people enjoy drinking as a social and relaxing past time and can drink without it causing harm.

How does alcohol affect us?

Alcohol is a toxic, mind-altering substance. Getting drunk can lead to antisocial or violent behaviour, accidents, traffic offences, absence from work etc.

In the long term, chronic drinking may lead to many health problems such as cancers, heart disease and stroke, liver disorders, depression, psychiatric disorders. Some can prove fatal. It can also result in relationship breakdown and financial problems.

Some tips for drinking sensibly

- Know what you are drinking and know your limit.
- Eat food while you drink, or if drinking is not part of a meal eat before you go out. Do not drink on an empty stomach.
- Have some alcohol free days, at least 2 after drinking heavily.
- Remember that the drinks you pour at home are often larger than pub measures.

What is sensible drinking?

UK government daily guidelines are no more than 3 to 4 units a day for men and no more than 2 to 3 units a day for women. If you are pregnant it is better not to drink at all but if you do decide to drink guidance suggests no more than 1-2 units per week.

Men drinking 8 or more units and women drinking 6 or more units on at least one day in the week is considered to be binge drinking.

Be sensible, drink sensible

Standard beer (3.5% vol)	→ 1 pint (568ml)	2 units
Premium beer/lager (5% vol)	→ 1 pint (568ml)	2.8 units
Premium beer/lager (5% vol)	→ 1 bottle (330ml)	1.7 units
Super strength lager (9% vol)	→ 1 can (440ml)	4 units
Regular cider (5% vol)	→ 1 pint (568ml)	2.8 units
Strong cider (7.5% vol)	→ 1 pint (568ml)	4.2 units
Wine (12% vol)	→ Small (125ml) Large (250ml)	1.5 - 3 units
Spirits (37.5% vol)	→ Small (25ml) Large (50ml)	0.9 - 1.3 units
Alcopop (5% vol)	→ 1 bottle (275ml)	1.5 units



Benefits of increasing knowledge on sexual health...



Sexual health matters!

Sexual relationships can be a natural and enjoyable part of our lives and if we take care of ourselves and others it can be a positive and rewarding experience.

The Health Trainers will be able to offer support, guidance and can share information e.g. advice on safer sex and where services are to help you make informed and safer choices.

If we take responsibility for our own sexual health we can reduce our risk of sexually transmitted infections, unwanted pregnancies, exploitative relationships and resulting worry and stress.

Did you know?

- Using a condom can reduce sexually transmitted infections, some cancers and unwanted pregnancies.
- People are available to discuss any worries or concerns about sexual relationships or sexual health.
- The use of alcohol and drugs may increase your confidence but will reduce your ability to make safe choices.
- It is easy to obtain free contraception for both men and women.
- That certain sexually transmitted infections can lead to serious long term health problems and even infertility in men and women.

Take control:

Take responsibility

For your own health, treat each other with respect and use a condom.

Show respect to others

Men and women feel confident to carry a condom, and are prepared to make informed choices.

Make a choice

Don't feel pressurised; it's OK to say no if you feel unprepared or uncomfortable.

Communicate

Speak to your partner; discuss your feelings and fears.

Seek support and guidance

Ask for information on local sexual health and other health services.



Benefits to eating healthily...



Here are just a few benefits of eating healthily

In adults, healthy eating can help you manage your weight. (see energy equation on page 12). It can improve your overall well-being and reduce the risk of developing diseases and becoming over weight or obese.

What is a healthy diet?

- Plenty of starchy foods such as bread, rice, pasta, breakfast cereals, potatoes, yams and sweet potatoes. Look for higher fibre versions where possible (eg. wholemeal bread or pasta).
- At least five portions of a variety of fruit and vegetables daily (frozen and tinned in juice are equally as good as fresh).
- Moderate (not too much) amounts of dairy products (cheese, yoghurt or milk). Look for low fat versions where possible.
- Moderate (not too much) amount of lean meat, chicken skin removed, fish or alternatives such as eggs, beans, peas, lentils or nuts. (try not to add extra fat and to use low fat cooking methods e.g. grilling, steaming, boiling).
- The occasional treat that is high in fat and/or sugar should only be eaten in moderation.
- Use little or no salt in cooking and try not to add extra salt at the table.

Some healthier options to everyday meals and snacks

Healthy eating should be important to us all. Eating healthily, together with a better lifestyle, may reduce your risk of developing heart disease, bowel disorders and cancer, as well as other less serious problems.



Why not try some healthier alternatives?

White bread/toast with butter	→	Granary wholemeal bread/toast with low fat spread
Bag of crisps, dry roasted or salted nuts	→	Bread sticks, fruit or vegetable sticks
Pie, pasty, sausage roll or scotch egg	→	Lean meat, tuna, egg salad, pasta or sandwich
Thin chips or roast potatoes	→	Oven chips, mash or baked potato (low fat spread)
Biscuits or wafers	→	Handful of raisins, grapes or apple pieces
Pasta with creamy pasta sauce	→	Try wholemeal pasta with tomato sauce
Creamy curry (korma or Thai coconut)	→	Tandoori chicken, stir-fry or grilled kebab
Sausages or beef burgers	→	Chicken, turkey (no skin) or lean meat (grilled)
Fizzy drinks, pop, tea and coffee	→	Fresh fruit juice, tap water or sugar free squash
Chocolate mousse or Ice cream	→	Low fat yoghurt, fruit sorbet or fresh fruit



A simple guide to a healthy meal

Follow the healthy plate guide...

If you are aiming to lose weight, this leaflet can help. It explains how to enjoy a healthy but filling main meal by following the simple guidelines shown on the plate below. For most people, making their main meal healthier means having MORE foods like pasta, rice, potato, fruit and vegetables and having LESS meat. It is also important to make the meat you do eat as lean and healthy as possible.

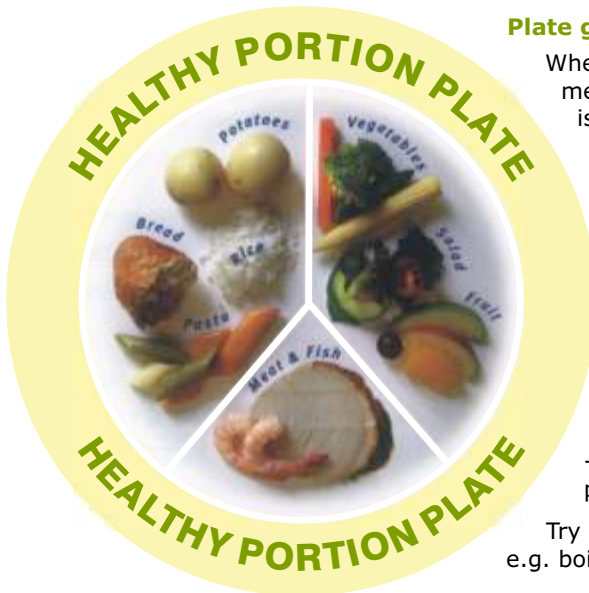


Plate guide:

When you are serving your main meal, imagine that your plate is divided into three sections, just like the one shown here.

- Use the smallest section, about 1/4 of the plate, for your meat or fish.
- Divide the rest of the plate into two equal parts:
 - Use one part for your vegetables, salad or fruit.
 - Use the other part for your pasta, rice or potato.

Try to use lower fat cooking methods e.g. boiling, steaming or grilling.

Try to make sure that the food in each section does not cross any of the lines.

Here is an example of a healthy meal using the plate guide above.



Handy portions...

When thinking about portions of the foods you eat use this 'Handy' guide to help you...

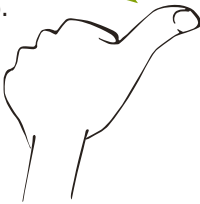


3oz of Meat:

Same size as the palm of your hand.

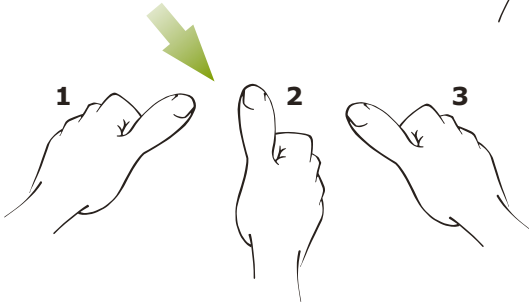
1oz of Cheese:

Same as length and width of your thumb.



1 Tablespoon:

Same as three thumb tips.



$\frac{1}{2}$ Cup cooked Vegetables or Pasta:

Same as one cupped hand.



1 Teaspoon:

Same as the tip of your thumb. (from the knuckle to the end).



1 Cup of raw leafy Vegetables or Spinach:

Same as two cupped hands.



1 Cup of dry cereal/popcorn or 1 medium piece of fruit

Same as the size of your fist.



We need to stress that portion sizes play a large part in healthy eating and maintaining a healthy weight.



Good Grub...

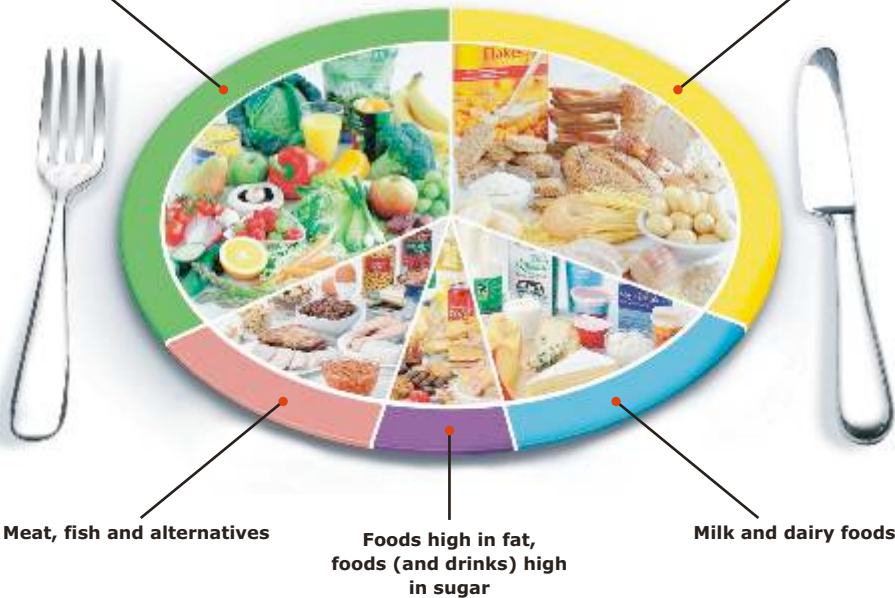
Balance of good health basics

The Eatwell Plate is a simple pictorial guide showing the types of food you need to eat, and the proportions in which you should eat them, if you're to have a healthy balanced diet.

Food provides nutrients to help the body work. But no single food contains them all in the amounts you need, so you have to eat a mixture. **If you choose a variety of food in the proportions suggested by the Eatwell Plate, you'll get all the nutrients your body needs.**

Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Foods high in fat,
foods (and drinks) high
in sugar

Milk and dairy foods

There are **5 good groups**, shown as segments of a pie chart or "plate". The size of the segments shows the best proportions (by weight) for each food group. The foods in each group contain **similar nutrients**, so you can select from among them for variety.

The **Bread, other cereals and potatoes** group should make up about a third of the total you eat. **Fruit and vegetables** another third. The other three groups together should add up to the remaining third. Of these eat most from the **Milk and dairy** group, less from the **Meat, fish and alternatives** group, and least from the **Fat and sugar** group. You don't have to eat exactly these proportions at any one meal just over a day.

The Balance of Good Health **applies to almost everybody over the age of 5**. (Young children under 5 years of age have slightly different nutritional requirements for growth and development. For example they need the energy and vitamins that fatty foods such as full fat milk and dairy products provide. **Similarly, people with medical conditions and pregnant and breast-feeding women, may require special diets.**)

Combination foods

Many meals we eat such as sandwiches, pizzas, lasagne, curries, pies and so on are a **combination** of foods from different groups. We can break down their ingredients into different food groups:

For example, a **chicken and mushroom pizza** contains ingredients from the four main food groups:

Dough base "Bread, other cereals and potatoes" group.

Mushrooms and tomato puree "Fruit and veg" group.

Cheese "Milk and dairy" group.

Chicken "Meat, fish and alternatives" group.

The proportion of mushrooms and tomato is small but you could make the pizza into a balanced meal by adding a mixed salad or a glass of pure fruit juice or piece of fruit.

The Eatwell plate helps you to choose a healthy diet built on a base of energy-giving starchy foods, vegetables and fruit. It will be low in saturated fat and sugar, moderate in protein, but full of fibre, vital vitamins, minerals and antioxidants.

Follow the Good Grub guidelines and you'll get all the nutrients your body needs to work well, to grow, and stay healthy.



Good grub: The food groups explained

Food groups

Bread, other Cereals and Potatoes

This group includes all breads, rolls, chapatis, breakfast cereals, oats, pasta, noodles, rice, potatoes, yam, plantain, dishes made from maize, millet and cornmeal, and green bananas.

These foods provide "complex" carbohydrates (starch), minerals such as calcium and iron, and B vitamins.

Choose wholegrain varieties e.g. wholemeal bread, brown rice. These are often high in fibre and low in fat. Energy from these foods is released into the body slowly, which stops you from feeling hungry for longer.

Remember if you increase your fibre intake to increase your fluid intake around 8 cups of fluid per day.

The group is the most important source of energy and warmth.

Picture Cards

- | | |
|-------------------|-----------|
| Bread - white | Rice |
| Bread - wholemeal | Rolls |
| Chapatis | Spaghetti |
| Cornflakes | Toast |
| Macaroni | |
| Potato | |
| Puffed wheat | |



Fruit and Vegetables

Eat at least 5 portions of fruit & veg every day. One portions is about a handful or 80g. All kinds count fresh, frozen, canned, dried or juice. One glass of 100% fruit juice counts as 1 portion, but don't count any more no matter how much you drink. Beans and other pulses only count once.

Potatoes are a starchy food that belong to the Bread, other cereals and potatoes group above so they don't count as a portion.

Fruit and veg provide a wide variety of nutrients including vitamin C and other vitamins, minerals such as potassium and fibre. They're an important source of anti-oxidants. Eat a rainbow of different colours and kinds.

Fruit and veg help protect against colds and other infections, heart disease, stroke and cancers. They're also important in keeping the skin, gut and lungs healthy.

- | | |
|--------------|------------------|
| Apple | Mixed Vegetables |
| Banana | Mushrooms |
| Baked Beans | Onion |
| Bean Sprouts | Orange + Juice |
| Broccoli | Peaches |
| Cabbage | Peas |
| Carrots | Pepper |
| Cauliflower | Salad |
| Cucumber | Sweetcorn |
| Grapes | Tomato + tinned |
| Lettuce | |



Good grub: The food groups explained

Food groups

Milk and Dairy

This group includes milk, cheese, yoghurt, fromage frais, milkshakes and custard. (But not butter and cream, which belong in the "Foods high in fat" group). Choose lower fat versions,

Try to include 3 portions of these foods per day (1 portion is 1/3 pint of milk, 30g cheese or 1 small pot of yoghurt).

Milk and dairy foods provide the mineral calcium, protein, and vitamins B12, A and D.

Calcium is needed to make strong bones and teeth.

Meat, Fish and alternatives

This group includes meat (beef, pork, bacon, lamb), meat products (sausages and beef burgers), poultry (chicken, turkey), fish (fresh, frozen and canned), fish products (fish fingers, fish cakes), offal (liver, kidney), eggs, pulses (baked beans, chickpeas, lentils), nuts and nut products (peanut butter), textured vegetable protein and other meat alternatives.

These provide protein, B vitamins, and minerals such as iron, zinc and magnesium.

Eat at least 2 portions of fish a week, one of which should be an oily fish (such as mackerel, sardines, salmon, fresh tuna or herring). Oily fish and some nuts and seeds contain omega 3 fatty acids that help your heart beat more regularly and help your blood to flow more easily.

Protein is needed for growth and repair of muscles, skin and other parts of the body.

Picture Cards



Cheddar Cheese
Cottage Cheese
Edam Cheese
Fromage Frais
Milk
Yoghurt - plain
+ Strawberry

Baked Beans
Chicken
Chop
Eggs

Fish Fingers
Humous
Kidney Beans
Lentils - Red
Minced Meat
Nuts
Peanut Butter
Salmon
Sardines
Sausages
Tuna





Good grub: The food groups explained

Food groups

Foods high in fat, foods and drinks high in sugar

This group includes margarine, butter, other spreading fats, cooking oils and fats, oil-based salad dressings, mayonnaise, salad cream, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, gravies, jam, sugary soft drinks, sweets, sugar and jelly.

It's best not to eat too many of these foods. The energy they contain is usually surplus to requirements and they provide very few nutrients. Choose lower fat alternatives, where possible.

Eat as little saturated fat as possible it raises cholesterol

levels in the blood and increases the risk of heart disease. But small amounts of unsaturated fats (found e.g. in olive oil and rapeseed oil) may be helpful for heart health. Sugary foods and drinks are the major source of tooth decay.

Processed foods also tend to be high in salt. Too much salt can cause high blood pressure, heart and kidney disease, and stroke. Recommended salt intake for adults is no more than 6g a day, and less for children (depending on age). Babies should be given no salt at all.

Picture Cards

Biscuits
Chips
Chocolate
Cream Cake
Crisps
Currant Bun

Fizzy Drink
Ice Cream
Margarine
Olive Oil
Sweets
Vegetable Oil



What about combination foods?

Many meals such as spaghetti Bolognese, curries, stews, pies combine foods from different groups. Most home-cooked meals, takeaways, fastfoods and processed ready meals fall into this category. Their components can be separated into the different food groups to see if the meal is balanced.

But remember to try home cooked versions when possible as you can control the fat and sugar content in the recipe.

Burger
Fruit and Nuts
Pizza
Sandwich



Good Grub supports the UK Government's Guidelines for a Healthy Diet:

- 1** → **Enjoy** your food.
- 2** → Eat a variety of **different** foods.
- 3** → Eat the right amount to be a **healthy weight**.
- 4** → Eat plenty of foods rich in **starch** and **fibre**.
- 5** → Eat plenty of **fruit** and **vegetables**.
- 6** → Don't eat too many foods that contain a lot of **fat**.
- 7** → Don't have **sugary** foods and drinks too often.
- 8** → Don't eat too many foods high in **salt**.

For more information visit:

www.eatwell.gov.uk

www.5aday.nhs.uk

www.wiredforhealth.gov.uk


















www.healthyliving.gov.uk/healthyeating



What does a healthy portion look like?

Large portion sizes encourage you to eat more, which means you consume more calories than your body needs - this can lead to weight gain if the extra calories aren't used up. Use the guide below to measure your food portions.

Eating sensible portion sizes can help you stay healthy and control your weight.

Food	1 Portion	The size of
Vegetables 	3 tablespoons	1/2 tennis ball 
Salad 	80g	1 large cereal bowl 
Fresh fruit 	1 medium piece	1 tennis ball 
Dried fruit 	1 - 1 1/2 tablespoons	1 golf ball 
Cooked rice 	2 - 3 heaped tablespoons	1/2 tea cup 
Peas, beans & lentils 	2 - 3 heaped tablespoons (cooked)	1/2 tennis ball 
Nuts 	2 tablespoons	Small handful 
Cheese 	30g	Small matchbox 
Meat, poultry and fish 	30g	Pack of cards 

Procedures for Controlling Hyperventilation Catching it early

If it has happened to you before, you may be able to identify the 'warning signs', for example, a stifling feeling as if the window should be open, tightness in the chest, or noticing your breathing is fast. These should be your cue to:

- 1** → Stop whatever you are doing and try to find a quiet place to sit down.
- 2** → Close your eyes and focus on the word 'calm' in your mind.
- 3** → Try to release some of the tension in the upper body. Sitting in a tense hunched-up position increases the possibility of hyperventilation. Dropping shoulders in a sideways widening direction makes hyperventilation more difficult since the diaphragm muscles are stretched outwards.
- 4** → Breathe slowly from the stomach, not the chest. Breathe in to a count of four slowly and out to a count of four slowly. Or visualise your breathing in as going up one side of a hill, experiencing a plateau at the top, and then breathing out as though coming down the other side. Slow your breathing rate to 10 to 12 breaths per minutes.
- 5** → It may also help to place your hands with your fingertips together on your stomach; make sure that each time you breathe in, your fingertips come
- 6** → Concentrate on breathing out. Try to breathe through your nose.

The re-breathing technique

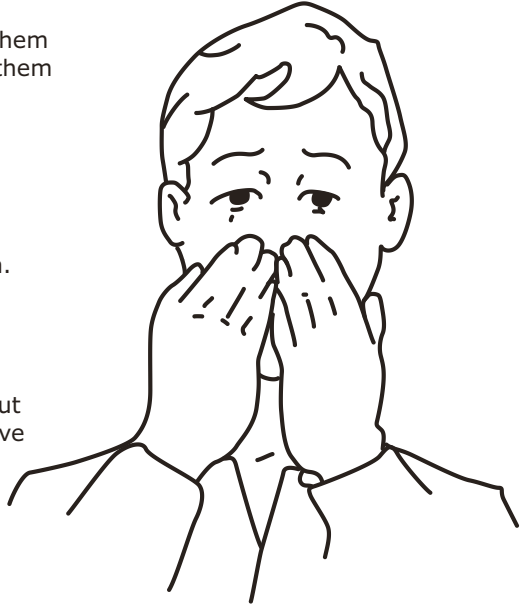
If your symptoms don't go away after a few minutes it is probable that you haven't caught it quickly enough, and you will need to use the re-breathing technique. This involves breathing in the air you have just breathed out. This air is richer in carbon dioxide and will thus quickly replenish the carbon dioxide you have been exhaling.



Mental health coping strategies

Procedures for Controlling Hyperventilation Catching it early

- Make a mask of your hands and put them over your nose and mouth and keep them there.
- Breathe in through your nose (if possible).
- Breathe out hard through your mouth.
- Breathe your own exhaled air.
- This should be done slowly and without holding your breath. Repeat four or five times (no more).
- All the time try to stay calm and relaxed.



It is even better to use a paper bag (not polythene) over your nose and mouth instead of your hands, if circumstances allow. Adjust your posture so that your elbows are on level with or above your shoulders, (this makes it difficult to overbreathe.)

Recognise hyperventilation

Try to occasionally monitor your breathing rate. Do you breathe too deeply or shallowly? Do you sigh and yawn more than others? Triggers for hyperventilation that should be avoided include low blood sugar, tobacco, tea, coffee and other stimulants which accelerate the fight or flight response. Do you breathe in but do not breathe out?

Progressive muscle relaxation exercise

This exercise involves tightening and relaxing all the different muscle groups in your body, one at a time. When you tighten a muscle it becomes hard and tightens around the bone, when you relax it loosens, creating a sensation of warm heaviness.

Sit or lie down in a comfortable position. Set aside 15 to 20 minutes with no interruptions or distractions. Relax yourself to the best of your ability. Consider the various muscle groups one at a time, and aim to learn the difference between tight and relaxed muscles. Try constantly to concentrate on the feeling in the muscle as it goes from tight to loose.

Hands and arms: Clench your fists, and tense your arms; feel tightness in your hands and arms, hold for 5 seconds then slowly relax them. Release and relax each muscle group for 10 to 15 seconds. See how far they will go, but do not push. Do not hold on at all; let everything go.

Shoulders: Hunch your shoulders, then gradually let them settle down. Proceed as above.

Forehead: Pull your eyebrows together, then gradually let your forehead smooth out.

Eyes: Screw your eyes up tight, then gradually let them smooth out, leaving your eyes close, feeling your eyeballs sink, and your eyelids droop. Let them get really heavy.

Jaw: Bite your teeth together, then gradually ease off, and let your jaw get heavy.

Back of neck: Pull your chin forward on to your chest, feel tightness, then relax.

Front of neck: Pull your chin forward on to your chest, feel tightness, then relax.

Breath: Slow and steady, letting yourself go each time you breathe out.

Tummy: Pull in your tummy tight, then gradually let it go, feeling it relax.

Thighs: Push your heels down hard against the floor, feeling the tightness in your thighs, then gradually let that go.

Calves: Point your toes, then gradually let that tightness go.

Let everything go, further and further, and think about a really relaxing scene, for example, lying in the grass by a river, under a warm sun and a blue sky, or sitting by a fire in the a big, comfortable chair. Feel yourself getting heavier and heavier.



Mental health coping strategies

Progressive muscle relaxation exercise cont.

Once you can tell the difference between tension and relaxation, you should be able to notice more quickly when your body is getting tense. When this happens, this should be your cue to try any of the following techniques of cued relaxation.

Relax the particular area of your body that feels tense. Tighten the muscles, then relax. Think about that muscle relaxing. Imagine your pulse rate slowing and your whole body slowing down.

Change your posture to a relaxed one when you notice yourself getting tense. Drop your shoulder in a sideways widening direction.

Repeat a sound or word which you find relaxing, for example, the word 'calm', or say to yourself, 'I am going to relax my body. It is feeling heavy and more relaxed'.

Gaze at a fixed object in the room, such as a picture or ornament which you particularly like.

Think of an image that you find particularly calming and soothing and imagine yourself there, for example, lying on a deserted beach or floating on a feather mattress through the clouds. Imagine the different sights, sounds, smells and sensations. Imagine your body feeling heavier and warmer.

Breathe through your nose and become aware of your breathing. As you breathe out focus on your mental device (from preceding box). Breathe easily, slowly and naturally. Breathe from your stomach, not higher up in your chest.

Acute Hyperventilation 'Life is in the breath' - *Indian Yoga*

Hyperventilation means overbreathing, that is breathing in excess of your body's needs.

Acute hyperventilation is very common during panic attacks. This is understandable because some degree of overbreathing is part of the body's normal response to threat. Recall how when you are suddenly shocked you might gasp. The function of overbreathing is to supply the muscles with more oxygen for 'fight or flight'. It often happens after a combination of strong emotion (fear, excitement, anger etc) and physical exertion, although either can bring it on. If the extra oxygen isn't needed by the muscle, the effect can be dramatic and terrifying and can cause the following symptoms:

- Rapid breathing, but difficulty in getting breath.
- Tightness in the chest.
- Very rapid heartbeat.
- Sweating.
- Tingling or numbness.
- Feeling of faintness.
- Feeling of unreality
- Visual problems/blurred vision.
- Rigid muscles, cramps.
- Sudden emotional outbursts, eg, crying.
- Feeling too hot or too cold.

When you begin to overbreathe, the balance of gases in the lungs is upset. Breathing in an excess of air too frequently pushes out carbon dioxide which normally forms a reservoir in the lungs. Because there is too little carbon dioxide in the lungs, the blood becomes more alkaline, which causes the above symptoms. It is important to remember that the symptoms are the effects of too little carbon dioxide.



Mental health coping strategies

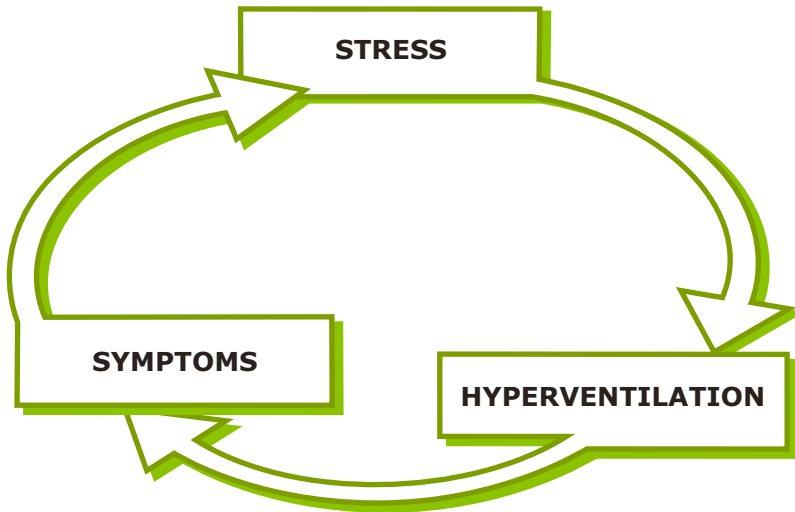
Acute Hyperventilation

'Life is in the breath' - *Indian Yoga*

Two things are necessary: to stop overbreathing, and to get enough carbon dioxide back into the lungs.

A general point to remember is that hyperventilation produces symptoms which are very frightening in themselves. These can cause more overbreathing.

It is very important to break the vicious circle of hyperventilation, leading to frightening secondary symptoms, leading to stress, by learning to control your breathing.



Hyperventilation is not always obvious to the person themselves. In many cases hyperventilation can be very subtle, and may be habitual or chronic going on over a long period of time. This makes the person more vulnerable to panic if placed in a stressful situation which increases the breathing very slightly.

As it is hard work to overbreathe, prolonged periods of hyperventilation will often result in tiredness or exhaustion.

Ten rules for coping with panic

- 1** → Remember panic feelings are only normal reactions that are exaggerated - they are not dangerous.
- 2** → They are not harmful and nothing worse will happen. The feelings will soon pass.
- 3** → Notice what is happening in your body now. Stay with the present. Slow down, relax, but keep going.
- 4** → Thinking about what might happen is unhelpful. Only now matters.
- 5** → Accept the feelings. Let them run through you and they will disappear more quickly. Try not to fight the panic. Float over it.
- 6** → Monitor your level of anxiety: 10 (worst) to 0 (least). Watch the level go down.
- 7** → Stay in the situation. If you run away, avoid or escape, it will be more difficult in the future.
- 8** → Take a few slow, deep breaths. Breathe from your stomach say the word 'calm' as you breathe out.
- 9** → Consciously relax your tense muscles. Feel yourself relaxing. Drop your shoulders.
- 10** → Now begin to concentrate again on what you were doing before. Slowly move on when ready.



Challenges to upsetting thoughts

What is the evidence?

What evidence do I have to support my thoughts?
What evidence do I have against them?

What alternative views are there?

How would someone else view this situation?
How would I have viewed this situation in the past?

What is the effort of thinking the way I do?

Does it help me, or hinder me from getting what I want? How?

What thinking error am I making?

- a. Am I thinking in all-or-nothing terms. *ignoring the middle ground?*
- b. Am I awfulising or catastrophising *overestimating the chances of disaster?*
- c. Am I personalising. *blaming myself for something which is not my fault?*
- d. Am I focusing on the negative. *looking on the dark side; ignoring my strengths?*
- e. Am I jumping to conclusions. *predicting the future and mind-reading?*
- f. Am I living by fixed rules. *fretting about how things ought to be; overusing the words should, must and can't?*

What action can I take?

What can I do to change my situation?
Am I overlooking solutions to problems on the assumption they won't work?

What is the worst possible outcome?

What is the worst thing that can happen and how bad would that really be?

Getting into treatment reduces the risk of overdose

Being put on a waiting list can be frustrating. But getting into (and staying in) treatment will reduce your risk of overdose.

Please don't give up.

Find out from your drug service what services are available to you while you're waiting for treatment.

Funding for this booklet has come from the National Treatment Agency known as the NTA (www.nta.nhs.uk) which has been set up to cut waiting times and improve access to, and the quality of, drug services.

The NTA has set targets to get waiting times down, and all services must move towards these targets as a matter of urgency.

Write to your local Drug Action Team, and ask them to look into the delay. Send a copy of your letter to your NTA regional manager. You can find out their addresses by ringing 0800 77 66 00.

The main things that cause overdose are:

Injecting: People who inject heroin are much more likely to overdose, and much more likely to die, than people who smoke it.

Mixing drugs and alcohol: Most overdoses happen when people have alcohol or downers (like valium and temazepam) in their system at the same time as heroin.

Using opiates when tolerance is low: If you stop or cut down it only takes a few days for your tolerance to drop. After a week or so without opiates like heroin or methadone, a dose that at one time wouldn't have touched you could kill you.

Getting into treatment reduces your risk.





Drug awareness

Myths

There are lots of myths about what to do to bring someone round when they have overdosed. But if someone has taken a lethal dose of drugs, there is nothing you can do to wake them up - call an ambulance. The paramedics can then give naloxone (the heroin antidote) and oxygen.

Myth 1: 'Walking people around helps' - wrong!

Trying to walk people around may make things worse because it wastes time, and there is a risk they might fall. It is also possible that, as the heartbeat increases with the exercise, the drugs will be absorbed into their bloodstream more quickly.

Myth 2: 'Putting people in a cold bath wakes them up' - wrong!

If you know of people who woke up when they were put in the bath, it was because they were lucky and hadn't taken a lethal dose.

It was not because they were put in the bath.

Putting people in the bath is dangerous because it takes time to run the bath - and they could die while it is filling. There is also a risk of injury while they are being put in the bath and taken out, and of drowning while they are in there.

Myth 3: 'Slapping or hurting someone can bring them round' - wrong!

You do need to know if someone is sleeping or unconscious. You can tell this by shouting at them, or pinching their ear.

Anything more drastic won't make a difference to whether or not they come round.

If shouting and pinching doesn't wake them, they are unconscious and you need to call an ambulance and start first-aid.

Myth 4: 'Injecting people with salt water is an antidote to overdose' - wrong!

Some people think that giving an injection of salt water to someone who has overdosed will bring them round.

Injecting salt water is dangerous because:

- It wastes time when you should be putting the person in the recovery position and calling for an ambulance; and
- if, in the panic, you give the salt water in a used syringe, it could give them HIV or hepatitis.

The idea of injecting people with salt water might have come from people seeing friends in hospital being given a saline (salt) drip. But the drip is only put up to keep a vein 'open' so they can inject medication. The salt doesn't affect the overdose at all.

Someone is unconscious they need an ambulance

If you are worried about the police coming, don't mention drugs when you dial 999. Tell them you've found someone unconscious and explain what has happened when the ambulance arrives.

Make sure there is no shouting or panic in the background when you dial 999 to reduce the chances of the police coming.

Remember: If you don't call an ambulance and someone dies, the police will always come so that they can inform relatives and investigate the death. If the person who died had been given an injection by someone else, there could be a charge of manslaughter.



Calling an ambulance saves lives

If the police in your area have a policy of coming to overdose calls, then you can ask your local Drug Action Team (DAT) to sort it out. The DAT is responsible for getting everyone to work together to prevent drug problems. There may be a drug user representative on the Drug Action Team who could help get this type of problem sorted.

You can find out how to contact your DAT by ringing 0800 77 66 00.

If there isn't a drug user representative on the DAT, tell the drug service or needle exchange if you hear of the police coming to an overdose. They can then keep up pressure to change the policy.

Signs of an overdose

If someone has overdosed, put them in the recovery position and keep watching them.

Your need to know if they are asleep or unconscious.

You can find out by shouting or pinching their ear.

They are unconscious if you can't wake them or they are showing other signs of unconsciousness such as:

- Snoring deeply
- Turning blue
- Not breathing

Don't panic. Put them in the recovery position.

Dial 999 and ask for an ambulance.

Stay with them until the ambulance arrives.



Top ten tips...

- 1 → Don't smoke and avoid breathing other's tobacco smoke.
- 2 → Eat at least 5 portions of fruit and vegetables each day and cut down on fat, salt and added sugar.
- 3 → Be physically active for at least 30 minutes, 5 days a week for adults. Children and Young People should achieve at least one hour of regular physical activity every day.
- 4 → Maintain, or aim for, a healthy weight.
- 5 → If you drink alcohol, have no more than 2-3 units a days (for women) or 3-4 units a day (for men).
A pint of ordinary strength lager = 2 units.
A 175ml glass of red or white wine = 2 units.
- 6 → Protect yourself from the sun – cover up, keep in the shade, never burn and use factor 15 plus sunscreen.
Children should take extra protection.
- 7 → Practice safer sex – use a condom.
- 8 → Go for cancer screening when invited to do so.
- 9 → THINK safety – especially when on or near roads.
- 10 → Manage stress levels – talk about how you feel, relaxation and physical activity can help.

Using your Kick Start to a healthier lifestyle planner...

- 1 SAFETY** – Do not begin any physical activity or other health tasks if it causes chest pain or extreme breathlessness, please contact your Doctor/health worker.
- If you are unsure about any of the goals and whether it would affect any medical advice/medication you have been given, please contact your Doctor or Practice Nurse. You may wish to take your Personal Health Plan with you.
- Work with your Health Trainer to identify personal goals that you think can improve your health.
- Start off with small, achievable goals. This will help you build confidence in working towards other goals.
- The Health Trainer may sign-post you to other services to help you. If you would like the Health Trainer to make an appointment or to come with you – ask them, they would be happy to help.
- If you achieve an action or goal, tick one of the boxes. Set yourself other goals as well. If you would like to set more goals, your Health Trainer will be happy to help you set more targets for better health.
- Your Health Trainer will meet you up to five times after your first contact/consultation, to review your progress as you work towards achieving your goals. After each consultation you will both agree when and where to meet again.
- Your Health Trainer will have access to a wide range of resources, which will provide you with information to help you with your plans to improve your health. If you would like more information about improving your health please ask your Health Trainer.

**Thank you for taking the time to read this guide,
good luck!**

Please sign after you have read all of the safety information.

Signature and date:

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