

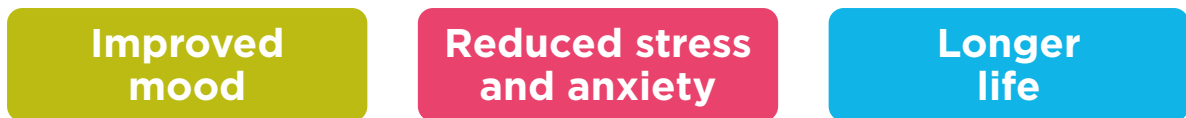
Physical Wellbeing: Overview

What is Physical Wellbeing?

Someone who has healthy physical wellbeing can undergo their usual daily activities without undue fatigue or physical stress. To help maintain your Physical Wellbeing you must focus on:



Maintaining a good quality of physical health has many benefits including:



Due to Physical Wellbeing having many elements (nutrition, exercise, sleep, hydration, hygiene and relaxation) it can be hard to understand how you can support all aspects of your Physical Wellbeing in one day.

Depending on your work environment, some aspects of Physical Wellbeing may be easier than others, for example, if you have a busy active job you may be doing enough exercise but not focusing on nutrition, whereas in an office role you may have a regular break to focus on nutrition but have a low exercise day.

In order to support yourself you need to analyse what you currently do or don't do, so you can put a plan in place.

Below are resources that may give you a better insight into the different aspects of Physical Wellbeing and how you can support yourself.

Exercise

Live Well NHS Exercise videos <https://www.nhs.uk/live-well/exercise/>
Change 4 Life (Family Activities) <https://www.nhs.uk/healthier-families/activities/>
Look after your mental health using exercise <https://www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-using-exercise#:~:text=Physical%20activity%20has%20a%20huge,can%20reduce%20stress%20and%20anxiety>

Nutrition

Live Well food guidelines <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
BEAT Eating disorder support <https://www.beateatingdisorders.org.uk/get-information-and-support/>
How can food affect mood? <https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>
Diet and Mental Health <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/diet-and-mental-health>

Sleep

Sleep Foundation <https://www.sleepfoundation.org/>
Trouble Sleeping? <https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>
Getting a good night's sleep <https://www.heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep#:~:text=Read%20a%20good%20book%2C%20do,least%2030%20minutes%20before%20bed>



Ways to support your Physical Wellbeing

Chair exercises in breaks at work

wellbeingweek.help

Make a smoothie

A formula for a great smoothie every time is to pick one from each of the categories below:

Fruit: Bananas, Apples, Strawberries

Extra nutrition: Kale, Spinach, Avocado

Base: Milk, Low-fat yoghurt, Water

Extra treats: Vanilla Extract, Peanut Butter, Honey

And blend!

Try yoga or meditation

A sport like yoga has the obvious benefits of making you more flexible and physically strong, but it also can improve your mental state. The emphasis on deep breathing and calmness as you complete the exercises allow a state of quasi-meditation.

Set a bedtime routine

By performing the same activities in the same order every night, your brain comes to see those activities as a precursor to sleep. Bedtime routines also play an important role in reducing late-night stress and anxiety — the kind of worrisome thoughts that keep you up at night. (Source 1)

Set a timer to remind you to stay hydrated

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. (Source 2)

Create a physical challenge that you and your work colleagues can work together to achieve

This could be anything, from a monthly step goal to how many minutes of stretches you can do in a week. Your manager could even organise a prize for the winner!

1. <https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>
2. <https://www.hsph.harvard.edu/news/hsph-in-the-news/the-importance-of-hydration/#::-:text=Drinking%20enough%20water%20each%20day,quality%2C%20cognition%2C%20and%20mood>

THREE THINGS TO REMEMBER WHEN USING THIS GUIDE

1. If you need urgent support, please reach out to your relevant emergency services
2. If you are unsure if you can participate in any suggested activities, please consult your GP or relevant expert
3. Research your local support services so you have them to hand.



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