

Your path to better health and wellbeing



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Vibrant
COMMUNITIES



East Ayrshire Council
Comhairle Siorrachd Àir an Ear

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Our mental health is about how we think and feel, our outlook on life and how we are able to cope with life's challenges. It's an essential part of our health and wellbeing. Mental health is something we all have and is affected by our life circumstances. People sometimes mistake mental health for mental illness and while we all have mental health. About one in four of us will have a mental health problem at some point in our life and most of us go through times when we feel down. Lots of life's events can trigger anxiety or depression – the death of a loved one, starting retirement, having a baby or being physically unwell are just a few examples.

The link between physical and mental health is well proven. Physical Activity releases endorphins that make us feel good and give us a natural high. Poor physical health can lead to poor mental health and the other way round, just as good physical health can improve our state of mind, a strong and healthy mind can greatly improve our ability to cope with physical ailments.

This programme has been designed to provide you with physical activity options, coping strategies and support to help you improve your mental health and wellbeing.

Thank you for choosing to take part in our 12 week programme. We hope that you find it a positive and enjoyable experience.

*"We all have bad moments.
You're not the only one.
Look for help, and you'll find support."*



What to expect

Weeks 1-4

Physical Activity and Healthy Eating

We will be discussing SMART goals with you and focusing on increasing your physical activity levels through walking and by swapping inactivity for activity. We will also be focusing on healthy eating and helping you to achieve this through keeping a food diary.

Weeks 5-8

Stress and Anxiety

This section of the programme will look at problem solving strategies that you can use in everyday life; how to think positively about yourself and the effect that this has on your self-esteem and confidence, and relaxation exercises that you can use to help you deal with stress. We will also be reviewing the SMART goal that you set in week four and setting another one for you to achieve by week twelve.

Weeks 9-12

Self Esteem

Week's nine to eleven will be focused on boosting your self-esteem. There will also be a review of the SMART goals that you set in weeks 9-12.

Week 12 will focus on what you have learned from the programme and how you can use these skills and strategies in your daily life to improve your stress and anxiety levels and raise your self-esteem.

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Research shows that it takes about 12 weeks on average to form new habits.

By sticking to a routine for three months, healthy eating and exercise will become habits which are key contributors to our positive mental health.



WEEK 1

Goal setting

What are the benefits of goal setting? Well, perhaps you are someone who already carefully analyses your situation, sets your goals, then gets on with achieving them.

Or, perhaps you agree that goal setting is a useful notion but never seem to get around to doing it. Perhaps you just don't see there are any benefits to be had in taking the time and effort to set goals. Why bother?

We think one way to motivate yourself to set goals is to think more closely about the benefits this activity may bring you.

We are going to introduce you to **SMART** goals which we will be using over the 12 week programme.



The **SMART** way to set goals means that your goals are:

S Specific
M Measurable
A Achievable
R Realistic
T Time-bound

Instead of a broad statement such as “Plan my evening meals more often,” use SMART to help you achieve your goals.

- Specific** I will plan my evening meal.
- Measurable** Five evenings a week.
- Achievable** I’m already planning it three times a week
- Realistic** It will take me another two minutes to decide what I want to add to my shopping list
- Time-bound** I want to achieve my goals within the next two weeks

WEEK 1 EXERCISE: SMART Goal 1

Now think about something in your life you feel you could change over the next 4 weeks

<i>What is it?</i>	
<i>SMART goals to achieve it:</i>	
<i>Specific</i>	
<i>Measurable</i>	
<i>Achievable</i>	
<i>Realistic</i>	
<i>Time-bound</i>	

Introduction to WEMWBS

The Warwick-Edinburgh Mental Well-being Scale

How happy are you?

Good mental wellbeing - some people call it happiness - is about more than avoiding mental health problems. It means feeling good and functioning well.

The following tool uses WEMWBS, a scale which is often used by scientists and psychologists to measure wellbeing.

To get your wellbeing score, go through the following statements and tick the box that best describes your thoughts and feelings over the last two weeks. We will then ask you to complete this in 12 weeks time after you have completed the programme.



The Warwick - Edinburgh Mental Well-being Scale

(WEMWBS) Week 1

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with wproblems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

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Physical Activity Healthy Eating: Weeks 1-4

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellbeing.

It is performed for various reasons, including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent diseases such as heart disease, cardiovascular disease, Type 2 diabetes, and obesity. It may also help prevent depression, help to promote or



maintain positive self-esteem and improve mental health.

Choosing an activity/exercise that you enjoy means you are more likely to continue with it.

Eating a well balanced diet at regular meal time with plenty of water and vegetables will help you to feel healthier and happier. Stopping or reducing your alcohol

intake and avoiding tobacco can also improve your general wellbeing.

As well as eating a balanced diet and controlling your intake of both alcohol and tobacco sleep is another factor that affects our physical and mental health.

If you have a medical condition please seek medical advice before beginning activity.

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Some people need a snack between meals to maintain energy levels, especially if they are very active.

Choosing fruit or vegetables instead of crisps, chocolate and other high-calorie snacks will help you replace lost energy without putting on weight.





Why lack of sleep is bad for your health

Many effects of a lack of sleep, such as feeling grumpy and not working at your best, are well known. But did you know that sleep deprivation can also have profound consequences for your physical health?

When you might need more sleep than normal

There are some situations when you'll need more than the standard eight hours of sleep a night. It's not unusual to want 10-15 hours of rest and sleep a day if you are:

- recovering from illness

- pregnant
- living with a chronic illness
- have been through extreme physical exertion, such as running a marathon

One in three Britons suffers from poor sleep, with stress, computers and taking work home often blamed for the lack of quality slumber. However, the cost of all those sleepless nights is more than just bad moods and a lack of focus.

Regular poor sleep puts you at risk of serious medical conditions including obesity, heart disease and diabetes – and it shortens your life expectancy.

It's now clear that a solid night's sleep is essential for a long and healthy life.





How much sleep do we need?

Most of us need around eight hours of good quality sleep a night to function properly – but some need more and some less. What matters is that you find out how much sleep you need and then try to achieve it.

As a general rule, if you wake up tired and spend the day longing for a chance to have a nap, it's likely that you're not getting enough sleep.

A variety of factors can cause poor sleep, including health conditions such as sleep apnoea, but in most cases it's a matter of bad sleeping habits.

What happens if I don't sleep?

Everyone's experienced the fatigue, short temper and lack of focus that often follow a poor night's sleep.

An occasional night without sleep makes you feel tired and irritable the next day, but it won't harm your health.

After several sleepless nights, the mental effects become more serious. Your brain will fog, making it difficult to concentrate and make decisions. You'll start to feel down, and may drop off during the day. Your risk of injury and accidents at home, work and on the road increases. If it continues, lack of sleep can affect your overall health and make you prone to serious medical conditions such as obesity, heart disease, high blood pressure and diabetes.

Oversleeping

Although it isn't as common as not getting enough sleep, sleeping too much can also cause problems. Oversleeping has been linked to physical problems such as diabetes and heart disease. According to the Mental Health Foundation, oversleeping can occur in 15-40% of people with depression.



Here are seven ways in which a good night's sleep can boost your health:

1. Sleep boosts immunity

If you seem to catch every cold and flu that's going around, your bedtime could be to blame. Prolonged lack of sleep can disrupt your immune system, so you're less able to fend off bugs.

2. Sleep can slim you down

Sleeping less can make you weigh more! Studies have shown that people who sleep less than seven hours a day are 30% more likely to be obese than those who get nine hours of sleep or more.

It's believed to be because sleep-deprived people have reduced levels of leptin, the chemical that makes you feel full and increased levels of ghrelin, the hunger-stimulating hormone.

3. Sleep boosts your mental wellbeing

Given that a single sleepless night can make you irritable and moody the following day, it's not surprising that

chronic sleep debt may lead to long-term mood disorders like depression and anxiety.

When people with anxiety or depression were surveyed to calculate their sleeping habits, it turned out that most of them slept for less than six hours a night.

4. Sleep prevents diabetes

Studies have suggested that people who usually sleep less than five hours a night have an increased risk of having or developing diabetes.

It seems that missing out on deep sleep may lead to type 2 diabetes by changing the way the body processes glucose, the high-energy carbohydrate that cells use for fuel.

5. Sleep increases your sex drive

Men and women who don't get enough quality sleep have lower libidos and less of an interest in having sex, research shows.

Men who suffer from sleep apnoea – a disorder in which breathing difficulties lead to interrupted sleep – also tend to have lower testosterone levels, which can lower libido.



6. Sleep wards off heart disease

Long-standing sleep deprivation seems to be associated with increased heart rate, an increase in blood pressure and higher levels of certain chemicals linked with inflammation, which may put extra strain on your heart.

7. Sleep increases your fertility

Difficulty conceiving a baby has been claimed as one of the effects of sleep deprivation – in both men and women. Apparently, regular sleep disruptions can impair fertility by reducing the secretion of reproductive hormones.

How to catch up on lost sleep

If you don't get enough sleep, there's only one way to compensate – getting more sleep. It won't happen with a

single early night. If you've had months of restricted sleep, you'll have built up a significant sleep debt, so expect recovery to take several weeks.

Starting on a weekend, try to tack on an extra hour or two of sleep a night. The way to do this is to go to bed when you're tired, and allow your body to wake you in the morning (no alarm clocks allowed!).

Expect to sleep for upwards of 10 hours a night, at first. After a while, the amount of time you sleep will gradually decrease to a normal level. Don't rely on caffeine or energy drinks as a short term pick-me-up. They may boost your energy and concentration temporarily, but can disrupt your sleep patterns even further in the long term.



WEEK 1: Task 1

Swap 30 minutes inactivity for 30 minutes physical activity for a minimum of 1 day over the next 7 days.

To understand a bit more about what physical activity is and how much you should be doing please see pages 16 - 17.

Start using the pedometer on a daily basis. You don't need to increase your activity level the first week. Simply observe how many steps/distance you cover.

Day	Steps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

How did doing the task make you feel?

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An unexpected benefit of taking on something new like physical activity is increased self-confidence and improved self-esteem.

Tackling something and achieving success in one area can produce a real mental boost, which can transfer into other aspects of life.



Physical activity guidelines for

ADULTS (19–64 YEARS)



1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.
3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.
4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Cycling

Vigorous intensity physical activities will cause adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Running
- Sports such as swimming or football

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Exercising with weights
- Carrying or moving heavy loads such as groceries

Minimising sedentary behaviour may include:

- Reducing time spent watching TV, using the computer or playing video games
- Taking regular breaks at work
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Reduces risk of a range of diseases, e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers* (2011)



Physical activity guidelines for

OLDER ADULTS (65+ YEARS)



- Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
- Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
- For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
- Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
- Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.
- All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause older adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Ballroom dancing

Vigorous intensity physical activities will cause older adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Climbing stairs
- Running

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Carrying or moving heavy loads such as groceries
- Activities that involve stepping and jumping such as dancing
- Chair aerobics

Activities to improve balance and co-ordination may include:

- Tai chi
- Yoga

Minimising sedentary behaviour may include:

- Reducing time spent watching TV
- Taking regular walk breaks around the garden or street
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Helps maintain cognitive function
- Reduces cardiovascular risk
- Helps maintain ability to carry out daily living activities
- Improves mood and can improve self-esteem
- Reduces the risk of falls

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries'* Chief Medical Officers (2011)



WEEK 2

Record a food diary for at least 2 days over the next week



It's important to protect your mental health through healthy eating. Changes to your daily diet can help improve your mood.

Keeping a food diary is an effective way to keep track of the number of calories that you eat everyday. Whether you are trying to lose weight or simply maintain a healthier diet, a food diary can help you out.

(For calorie info see page 26)

1. Your food diary will show you what you eat

This is one of the most underrated aspects of keeping a food diary. You probably think that you know exactly what you eat every day. You probably even think you could guess the number of calories that you take in through your meals.





Calorie Counter:

A list of common foods to help you get started with calorie counting:

Apple: 53kcal

Orange: 62kcal

Banana: 105kcal

Six carrot sticks:
35kcal

2tbsp of hummus:
55kcal

5 cherry tomatoes:
15kcal

Buttered brown toast: 115kcal

Bagel: 216kcal

Cup of tea with semi-skimmed milk: 13kcal

Mug of coffee with semi-skimmed milk:
20kcal

Please note, these figures are approximate

But the truth is that most people eat more than three times every day and most of their extra calories probably come from eating between meals. Especially if you are trying to lose weight, keeping track of these calories is what's most important.

2. Your food diary can help you lose weight

By seeing exactly what you eat every day, you can begin to cut certain types of food out of your diet. You might be surprised to see that some foods that you thought were healthy actually have the highest amount of calories according to your food diary. By taking this into account, you can cut these calories by finding healthy alternatives for your diet.

3. Your food diary can help you plan out meals

At first, you should use your food diary to keep track of the meals that you eat. But over time, you can actually use your food diary to plan out basic meals and snacks in order to create a more balanced diet.

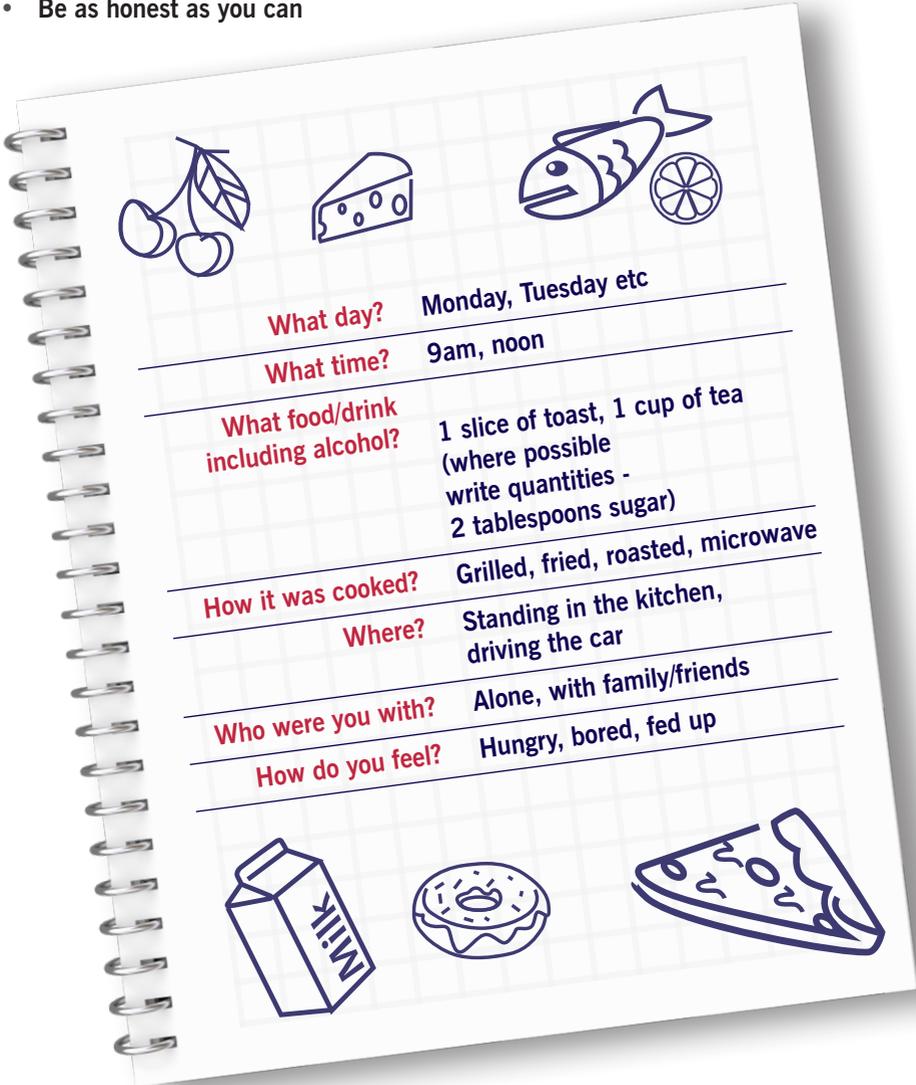
4. Your food diary will show you what you need to eat

Whether you're not getting enough vegetables into your diet or you're skipping lunch a little too often, your food diary serves as a record of everything that you do and do not eat. Knowing that you are deficient in certain food groups can be helpful and can help you plan out your diet a little better than ever before. The eatwell plate represents government advice on what your diet should consist of.



Complete a food diary

- Complete your food diary everyday
- Be as honest as you can



What day? Monday, Tuesday etc

What time? 9am, noon

What food/drink including alcohol? 1 slice of toast, 1 cup of tea (where possible write quantities - 2 tablespoons sugar)

How it was cooked? Grilled, fried, roasted, microwave

Where? Standing in the kitchen, driving the car

Who were you with? Alone, with family/friends

How do you feel? Hungry, bored, fed up

Food Diary Sample (for extra diaries see Appendix 3)



WEEK 2: Task 2

Complete a food diary

Day	Time	Food/drink including alcohol	How cooked	Where	Who were you with?	How do you feel?

How did doing the task make you feel?

Useful websites:

Information on calories: <http://www.nhs.uk/Livewell/weight-loss-guide/Pages/calorie-counting.aspx> <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

Food Labelling: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>



Is the eatwell plate for me?

The eatwell plate applies to most people – whether they are a healthy weight or overweight, whether they eat meat or are vegetarian, and no matter what their ethnic origin.



However, it does not apply to children under the age of two because they have different nutritional needs. Between the ages of two and five, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the eatwell plate.

Anyone with special dietary requirements or medical needs might want to check with a registered dietitian whether the eatwell plate applies to them.

Have a look at the eatwell plate to see what your plate should look like.

Understanding food labels

If you're not sure how much of a food to eat, have a look at the food label. Food labels appear on all packaged foods and drinks.

Look out for the red, amber and green on food labels

Each grilled burger (94g) contains				
Energy 924kJ 220kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%
of an adult's reference intake				
Typical values (as sold) per 100g: Energy 966kJ / 230kcal				

Some food labels use red, amber and green colour coding which makes it easier to choose food that is lower in total fat, saturated fat, and sugar and salt. Choose more 'greens' and 'ambers' and fewer 'reds'.

Total fat, saturated fat, and sugar and salt - high or low?



Total fat

- High: more than 17.5g of fat per 100g
Low: 3g of fat or less per 100g

Saturated fat

- High: more than 5g of saturated fat per 100g
- Low: 1.5g of saturated fat or less per 100g

Sugars

- High: more than 22.5g of total sugars per 100g
- Low: 5g of total sugars or less per 100g

Salt and sodium

Salt is also called sodium chloride. Sometimes, food labels only give the figure for sodium. But there's a simple way to work out how much salt you're eating from the sodium figure: salt = sodium x 2.5.

- High: more than 1.5g salt per 100g (or 0.6g sodium)
- Low: 0.3g salt or less per 100g (or 0.1g sodium)



Nutrition labels on the back or side of packaging

Nutrition labels are often displayed as a panel or grid on the back or side of packaging. For example, the image below shows the back of pack nutrition label on a loaf of white bread.

This type of label includes information on energy (kJ/kcal), fat, saturates (saturated fat), carbohydrate, sugars, protein and salt. It may also provide additional information on certain nutrients such as fibre. All nutrition information is provided per 100 grams and sometimes per portion of the food.

Useful websites:

<http://www.nhs.uk/livewell/goodfood/pages/food-labelling.aspx>

<http://www.nhs.uk/change4life/pages/food-labels.aspx>



Nutrition				
Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings
*Reference intake of an average adult (8400kJ / 2000kcal)



Portion control

No matter how healthily you eat, you can still put on weight if you're eating too much.

Food portion sizes today are far bigger than they were 30 years ago, which means we're consuming a lot more calories than we realise. In fact, many of us no longer know what makes a normal portion – a problem known as portion distortion.

Understanding calories

Calories are a measure of the amount of energy in food. Knowing how many calories are in our food can help us to balance the energy we put into our bodies with the energy we use. That's the key to a healthy weight.

An average man needs around 2,500kcal (10,500kJ) a day. For an average woman, that figure is around 2,000kcal (8,400kJ) a day. These values can vary depending on age and levels of physical activity, among other factors. We measure the amount of energy contained in an item of food in calories, just as we





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**Regain some portion control
with these five simple tips:**

1. Eat with smaller plates and bowls.

You'll have a smaller portion and still feel satisfied.

2. Aim for two portions of veg on your plate. This helps to cover your plate with low calorie filling food, leaving less room for higher-calorie ingredients. Use the eatwell plate to help you get the balance right.

3. Eat slowly. It takes about 20 minutes for your stomach to tell your brain you're full. When you eat fast, it's easy to overeat.

4. Turn off the TV. Eating in front of the TV can mean you eat more without noticing or enjoying your food.

5. Weigh your food. Use kitchen scales to weigh your ingredients before you cook. This will help you stick to the suggested serving sizes.

measure the weight of that item of food in kilograms.

If you're trying to lose weight, it's a good idea to eat less and be more active. Eating less is important when you're trying to lose weight, even if you already have a balanced diet.

Calories and energy balance

When we eat and drink, we're putting energy (calories) into our bodies. Our bodies then use up that energy, and the more physical activity we do, the more energy (calories) we use.

To maintain a stable weight, the energy we put into our bodies must be the same as the energy we use by normal bodily functions (BMR) and physical activity. If there are some days where we put in more energy than we use, then there should also be days where the opposite is true, so that overall the energy in and energy used remain balanced.



Calories





Weight gain occurs when we regularly put more energy into our bodies than we use. Over time, that excess energy is stored by the body as fat. Research shows that most adults eat and drink more than they need, and think that they are more physically active than they are.

Checking calories in food

Knowing the calorie content of foods can be a useful tool when it comes to achieving or maintaining a healthy weight. It can help us to keep track of the amount of energy we are eating and drinking, and ensure we're not consuming too much. The calorie content of many foods is stated on the packaging in the nutrition label, which you will often find on the back or side of the packaging. This information will appear under the "Energy" heading. The calorie content is often given in kcals, which is short for "kilocalories", and also in kJ, which is short for "kilojoules".

A "kilocalorie" is another word for what is commonly called a "calorie", so 1,000 calories will be written as 1,000kcal.

Kilojoules are the metric measurement of calories. To find the energy content in kilojoules, multiply the calorie figure by 4.2.

The label will usually tell you how many calories are contained in 100 grams or 100 millilitres of the food or drink, so you can compare the calorie content of different products. Many labels will also state the number of calories in "one portion" of the food. But remember that the manufacturer's idea of "one portion" may not be the same as yours, so there could be more calories in the portion you serve yourself.

You can use the calorie information to assess how a particular food fits into your daily calorie intake. As a guide, the average man needs 2,500kcal (10,500kJ) to maintain his weight, and the average woman needs 2,000kcal (8,400kJ).



Calorie counters

There is a wide range of online calorie counters. We can't verify their data but they can help you track your calories. Examples include:

- My Meal Mate (free app for Android phones)
- MyFitnessPal
- Calorie counting
- FatSecret

Some restaurants put calorie information on their menus, so you can also check the calorie content of foods when eating out. Calories should be given per portion or per meal.

Burning calories

The amount of calories people use by doing a certain physical activity varies, depending on a range of factors, including size and age.

The more vigorously you do an activity, the more calories you will use. For example, fast walking will use more calories than walking at a moderate pace.

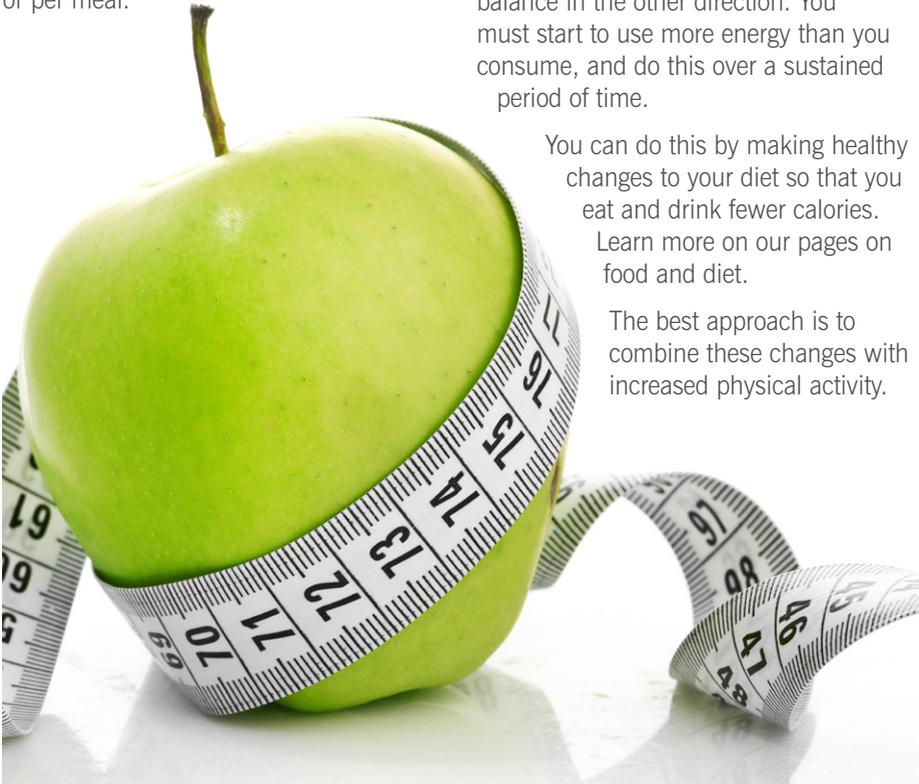
If you're gaining weight, it usually means you've been regularly eating and drinking more calories than you've been using through normal bodily functions and physical activity.

To lose weight, you have to tip that balance in the other direction. You must start to use more energy than you consume, and do this over a sustained period of time.

You can do this by making healthy changes to your diet so that you eat and drink fewer calories.

Learn more on our pages on food and diet.

The best approach is to combine these changes with increased physical activity.





Metabolism

and your basal metabolic rate (BMR)

It's not unusual to hear people blame their weight gain on a slow metabolism.

They've cut down on calories and take regular exercise yet they're still not losing weight. The only other possible diagnosis, they expertly conclude, is a slow metabolism.

What is metabolism?

Metabolism describes all the chemical processes that go on continuously inside the body to keep you alive and your organs functioning normally, such as breathing, repairing cells and digesting food.

These chemical processes require energy. The minimum amount of energy your body requires to carry out these chemical processes is called the basal metabolic rate (BMR).

Your BMR accounts for anything between 40% and 70% of your body's daily energy requirements depending on your age and lifestyle. A 'slow metabolism' is more accurately described as a low BMR.

Body size, age, gender and genes all play a role in determining your metabolic rate.

Muscle cells require more energy to maintain than fat cells, so people with a higher muscle to fat ratio tend to have a higher BMR.

As we get older, we tend to gain fat and lose muscle. This explains why the BMR tends to decrease with age.

In general, men tend to have a faster metabolism as they have more muscle mass, heavier bones and less body fat than women, which is why their daily calorie allowance is higher.



BMI

Body mass index (BMI) is a good way to check if you're a healthy weight.

For adults, BMI is a measure of whether you're a healthy weight for your height.

For children aged two and over, BMI centile is used. This is a measure of whether the child is a healthy weight for their height, age and sex. If you have a BMI above the healthy range you are at raised risk of the serious health problems linked to being overweight, such as type 2 diabetes, heart disease and certain cancers. In children, BMI centile indicates whether the child is a healthy weight.

Who can use BMI and BMI centile?

BMI is the best assessment of weight in adults, and BMI centile is the best assessment for children aged two and over. Some adults who have a lot of muscle may have a BMI above the healthy range. For example, professional rugby players can have an "obese" BMI result despite having very little body fat. However, this will not apply to most people.

BMI for adults

BMI takes into account that people come in different shapes and sizes. That's why a range of BMIs is considered healthy for an adult of any given height. A BMI

above the healthy range indicates that you're heavier than is healthy for your height. The ranges below only apply to adults. *BMI results are interpreted differently for children.*

- **BMI below 18.5:** a score this low means that you may be underweight. There are a number of possible reasons for this.
- **BMI between 18.5-24.9:** this is a healthy range. It shows that you're a healthy weight for your height. However, it's still important to eat a healthy, balanced diet and include physical activity in your daily life if you want to maintain a healthy weight.
- **BMI score of 25 or more:** your BMI is above the ideal range and this score means you may be overweight. This means that you're heavier than is healthy for someone of your height. Excess weight can put you at increased risk of heart disease, stroke and type 2 diabetes. It's time to take action.
- **BMI of 30 or more:** a BMI above 30 is classified as obese. Being obese puts you at a raised risk of health problems such as heart disease, stroke and type 2 diabetes. Losing weight will bring significant health improvements.



Ethnicity, BMI and diabetes risk

New BMI advice was issued in July 2013 by the National Institute for Health and Care Excellence (NICE) to south Asian and Chinese adults, who have a higher risk of developing type 2 diabetes than white populations. These groups are advised to maintain a BMI lower than the standard 25.

The advice is:

- **BMI of 23:** Asians with a BMI score of 23 or more are at increased risk of developing type 2 diabetes.
- **BMI of 27.5:** Asians with a BMI of 27.5 or more are at high risk of developing type 2 diabetes.

Calculating your BMI

You can use the below chart to check if you're the right weight for your height.

Alternatively you can use the following sum to work out your BMI:

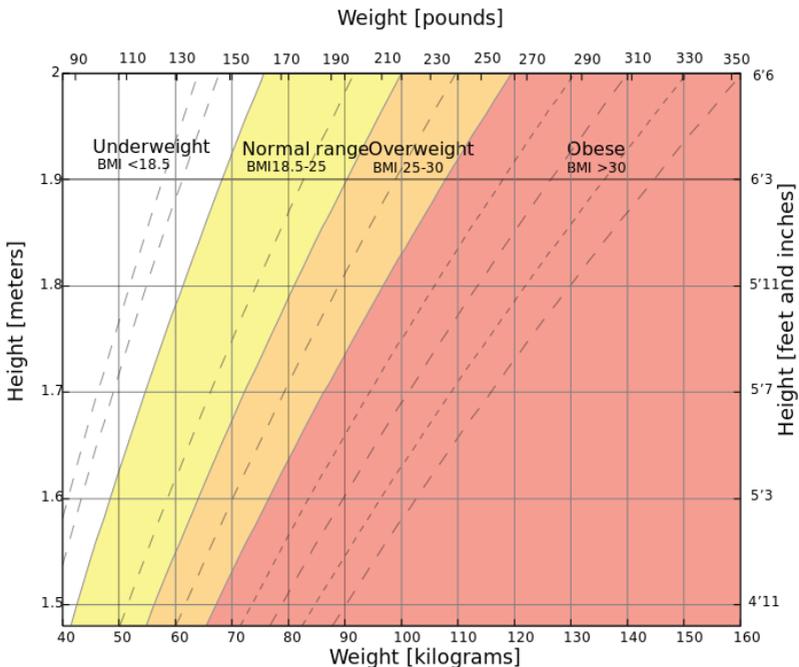
- divide your weight in kilograms (kg) by your height in metres (m)
- then divide the answer by your height again to get your BMI

For example:

- If you weigh 70kg and you're 1.75m tall, divide 70 by 1.75. The answer is 40.
- Then divide 40 by 1.75. The answer is 22.9. This is your BMI.

or use an online BMI calculator:

<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>



WEEK 3

Use a pedometer

WEEK 3: Task 3

Aim to achieve the recommended 10000 steps on a minimum of 1 day over the next 7 days using the pedometer.

Start slowly and try to build your walking regime gradually. To get the health benefits from walking, it needs to be of moderate-intensity aerobic activity. In other words, it needs to be faster than a stroll. Walking also has psychological benefits and can help to clear your mind and relax you. Being outside and getting some sunshine can increase your vitamin D levels making you feel better.

Moderate-intensity aerobic activity means you're walking fast enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favourite song.

Try to walk 10,000 steps a day. Most of us walk between 3,000 and 4,000 steps a day anyway, so reaching 10,000 is not as daunting as it might sound. If, to begin with, you can only walk fast for a couple of minutes, that's fine. Don't overdo it on your first day. You can break up your activity into

10-minute chunks, as long as you're doing your activity at a moderate intensity. (Refer to *Physical Activity guidelines on pages 16 - 17*)

Begin every walk slowly and gradually increase your pace. After a few minutes, if you're ready, try walking a little faster.

Towards the end of your walk, gradually slow down your pace to cool down.





Finish off with a few gentle stretches, which will help improve your flexibility. From walking to the shops or part of your journey to work, to walking the dog and organised group walks, try to make every step count.

Pedometers are a fun way to keep track of your walking and help you increase your activity levels gradually. Clip the pedometer to your belt and it will measure every step you take: around the house, at work, out and about, on the school run or the park. Use the pedometer to work out your average daily steps and then start adding extra steps.

Wheelchair Odometers

Monitoring your physical activity with a wheelchair odometer is useful for setting your personal physical activity goals. Similar to pedometers used by walkers, odometers measure the distance covered in a wheelchair. This can be someone pushing you or using the handrail to propel yourself. 5 miles pushed or self-propelled in a wheelchair is approximately equal to 10,000 steps per day walking and is a great long-term goal.

Useful websites:

www.pathsforall.org <http://www.nhs.uk/LiveWell/loseweight/Pages/10000stepschallenge.aspx>

For wheelchair users: <http://www.nhs.uk/livewell/disability/pages/fitness-for-wheelchair-users.aspx>

How did doing the task make you feel?



WEEK 4

WEEK 4 appointment

Progress towards SMART goal from week 1:
eg. Has it been achieved, barriers etc.

Exercise: *SMART* Goal 2

Now think about something in your life you feel you could change over the next 4 weeks

What is it?	
<i>SMART goals to achieve it:</i>	
<i>Specific</i>	
<i>Measurable</i>	
<i>Achievable</i>	
<i>Realistic</i>	
<i>Time-bound</i>	



WEEK 4: Task 4

(a) plan your next Eating out/takeaway episode in advance using the factsheet below

(b) try cooking one of our healthy recipes over the next week

Eating out or takeaway food can very often be high in calories however there are healthier options why not have a look at the sheet below for examples.

Factsheet: Eating out

Eating out & takeaways	Healthier options	Avoid
Italian	Pizza – choose thick base and crust, add extra pineapple, sweetcorn, mushrooms or peppers to topping. Pasta – keep to tomato-based sauces, include salad.	Cheese crusts. Pepperoni or extra cheese toppings, garlic bread. Creamy cheesy sauces.
Indian	Boiled rice. Poppadoms or chappati, plain naan. Aloo gobi, dhal, kebabs tikka or tandoori sauces Vindaloos, vegetable curries, lentil dishes.	Pilau or fried rice. Peshwari naan bread. Bhajis or samosas. Korma or biryani sauces.
Chinese	Boiled rice. Stir fried sished, dim sum. Oyster or Szechuan sauce dishes	Special or fried rice. Prawn crackers. Any items fried in batter. Crispy duck with pancakes, fried spring rolls
Burger meals	Plain hamburger or chicken burgers. Side salads. Jacket potatoes. Chunky chips. Potato wedges.	Additional cheese. Thin chips. Milkshakes. Doughnuts.
Mexican	Fajitas or enchiladas with stir fry. Boiled rice, salsa.	Nachos with cheese. Sour cream, guacamole.
Fish & chips	Fish, chicken – without the batter if possible. Chunky chips (all are still a high fat option as deep fried) Mushy peas	Thin chips. Deep fried/battered food



How did doing the task make you feel?

Useful websites

<http://www.nhs.uk/livewell/healthy-recipes/pages/healthy-recipes.aspx>

Free recipe App: <http://www.nhs.uk/change4life/pages/meal-planner-recipe-finder-app.aspx>



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If you normally eat a lot more than the recommended 2,500kcal for a man and 2,000kcal for a woman you may find it hard to cut back to our suggested calorie limit. If so, aim to reduce your calorie intake gradually over the next few weeks.



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Eating out/Takeaways

Top tips

Make your own!

We have recipes for healthier versions of your favourite takeaway dishes, like curries and fish & chips - and it can work out cheaper too!

Get steamy!

Try swapping fried rice for steamed rice, or fried noodles for boiled noodles, and go for other steamed dishes on the menu containing vegetables, chicken or fish.

Go for the tomato

Dishes made of tomato or vegetable sauces usually contain less fat than ones with creamy sauces. Try swapping to a madras or tandoori dish when you're having a curry.



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Eating out/Takeaways

Top tips

Pizza perfect

Swap a pizza with a cheese-stuffed crust to one with a thin, crispy crust instead and choose lower fat toppings such as chicken, prawns and vegetables.

Pick a healthier starter

Change the fried starters like prawn crackers or prawn toasts for soup, which contains much less fat and will also fill you up.

No need to super-size

When ordering a takeaway go for the standard or regular portion, not the super-size one - the same goes for convenience food.



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Eating out/Takeaways

Top tips

Go small!

If you have an alcoholic drink with your meal, choose a smaller size - go for a small glass of wine or small beer instead of a large one. This way you'll probably drink less - which means fewer calories, and it could save you some money too!

Reject the refills!

If you're eating out, some restaurants offer free refills of sugary drinks with meals, which can make it easy to consume more calories during your meal than you would normally do. Try asking for a jug of water to have on the table instead of going for a refill - tap water is free too!

You don't have to miss out on your favourite takeaways

Try healthier alternatives to your favourite foods. Try swapping a doner for a shish kebab instead - it contains a lot less fat.



Home walking programme

Walking Works

Walking for a total of 30 minutes for adults, or 60 minutes for children every day, meets the Chief Medical Officer's minimum recommendations for physical activity. The total time doesn't have to be achieved at one session; it can be split into two or three shorter walks.

Walking helps protect the body from many illnesses and conditions, including heart disease and stroke, high blood pressure, osteoarthritis, obesity, Type 2 diabetes and some cancers. It can also help you relieve stress and stay happy.

Health Information

Walking is a safe and effective form of exercise; however if you're very unfit, are suffering from serious illness or have any concerns relating to your health, discuss this with your doctor before starting the plan.

It may be that you need to follow the plan more slowly.

For general good health adults should be active for at least 30 minutes per day

on at least 5 days per week. Children should be active for at least 60 minutes per day, everyday. It's important to exercise regularly, on most days a week and walking is the ideal way to start. The more you do, the more you benefit.

If you're trying to lose weight aim to do a little more - at least an hour per day for adults. Healthy eating is also important - you can ask your GP or visit the CHIP van for more information on this.

The 12 week home walking plan will take you from a base of very little exercise to regularly exercising for 30 minutes every day, meeting the Chief Medical Officers recommended activity levels.





Walking Top tips

Check your posture

- Stand up straight but relaxed with your eyes ahead
- Breathe deeply, in rhythm with your steps if you can

How fast should I go?

- You should always be able to hold a conversation while you're walking
- A brisk 1 mile walk in 20 minutes burns around 100 calories (this is the equivalent to 2 chocolate digestive biscuits)
- All walking is really good exercise but brisk is best, especially for your heart and lungs. This should mean that; your heart beats faster than normal but without racing, your breathing is deeper than normal but you can still talk while you walk, and you feel a warm glow
- Why not stop for a minute, Breathe from your belly rather than from your chest, and try to breathe in through your nose and out through your mouth. Focusing on the sound and rhythm of your breath and enjoy your surroundings - Why not take a camera on your walk to capture these surroundings.

Staying safe

- Choose routes that are well used and well lit if you walk at night
- Take a mobile phone and/or make sure someone knows where you've gone and when you expect to be back
- If you wear headphones, make sure you stay aware of your surroundings



12 Week Walking Programme

DAY	Weeks 1 - 2	Weeks 3 - 4	Weeks 5 - 6
MON - FRI	Aim to walk more as part of your daily routine, whether it's walking to a bus stop a bit further away from home, or walking into town and getting the bus back. Use the stairs instead of the escalator or lift.	10 - 15 mins Try walking for 10-15 minutes three times a week without stopping. This can be through parking the car further away from work/shops and walking instead.	2 x 10 - 15 mins Add another walk of 10 or 15 minutes on two or three days a week. Try one in the morning or at lunch time and one at night, again try and walk at a slightly brisker pace on one of the walks.
SAT/SUN	15 - 20 mins Vary your walk a little. Try a different route or go to visit friends.	15 - 20 mins Try a walk in different surroundings, such as your local park or beach and try and walk at a slightly quicker pace than you have done for your other walks this week.	20 mins Do one 20 minute walk in pleasant surroundings, such as a local park. Try to introduce the brisker pace you have been managing during the week to at least part of the walk.
DAY	Weeks 7 - 8	Weeks 9 - 10	Weeks 11 - 12
MON - FRI	2 x 15 mins Try to walk for 15 mins twice a day. If you manage this - well done, you are reaching the amount of activity recommended for maintaining good health. Try and walk at a slightly brisker pace on one of the walks.	2 x 15 minutes Don't worry if you are a little behind with the programme. You can use these weeks to catch up. Try to walk twice a day for 15 minutes building up to walking at a brisk pace on both walks.	30 mins Try and walk each day for 30 mins. You can split this into two 15 minute sessions but one longer session is of the maximum benefit. A brisker pace should be comfortable for you now - keep it up.
SAT/SUN	30 mins Try walking for at least 30 minutes on your weekend walk. Try to walk at a brisk pace for at least half of your walk.	30 - 45 mins Try a longer walk of up to 45 minutes on one day a week. Relax and enjoy.	45 - 60 mins Congratulations, now you're a fit and healthy walker.

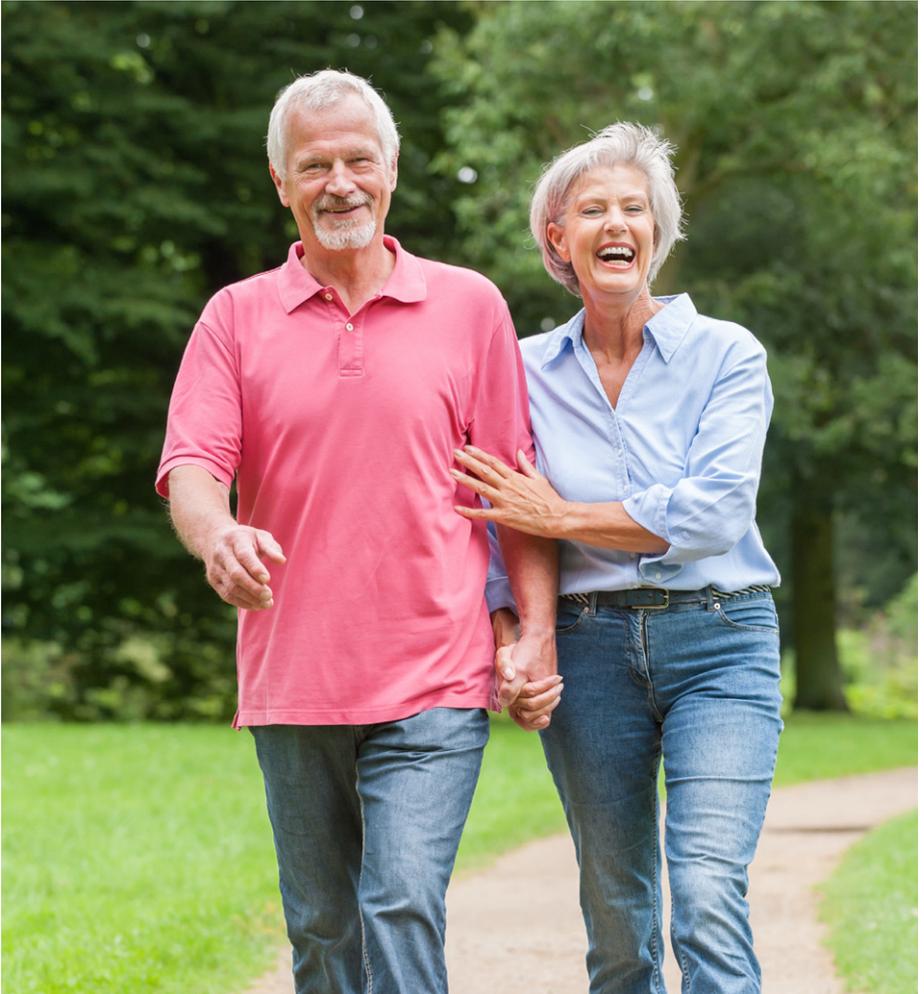


Congratulations!

You have now completed the 12 week walking programme and should be feeling the physical and mental benefits of increased levels of exercise.

For more information on longer walks in your area, why not have a look at these websites and find a new walk nearby that you can explore. Enjoy your new found fitness and being out in the great outdoors!

• ayrshirecoastalpath.org • ayrshirepaths.org.uk • ramblers.org.uk/



WEEK 5

Stress and Anxiety Weeks 5-8

Our bodies usually cope well with short term pressure, but too much stress for too long can make us unwell.

Most people can find the get up and go they need to deal with a crisis but what if the crisis does not go away? We can be so busy dealing with problems that we do not notice we are stressed and our bodies have to keep on coping in the same way.

Some of the signs of long term stress are:

- being unable to get restful sleep so were tired during the day
- eating more comfort foods which are full of fat and sugar
- having less energy to take exercise
- not feeling motivated to see people or get things done.

Alcohol Stress and anxiety

Alcohol can actually increase anxiety and stress rather than reduce it, unfortunately reaching for a drink won't always have the effect you're after. While a glass of wine after a hard day might help you relax, in the long run it can contribute to feelings of depression and anxiety and make stress harder to deal with. This is because regular, heavy drinking interferes with neurotransmitters in our brains that are needed for good mental health.



When we drink, we narrow our perception of a situation and don't always respond to all the cues around us. If we're prone to anxiety and notice something that could be interpreted as threatening in the environment, we'll hone in on that and miss the other less threatening or neutral information. For example, we might focus on our partner talking to someone we're jealous of, rather than notice all the other people they've been chatting to that evening.

Over the next 4 weeks some of the tasks may help you identify when you are stressed or anxious and provide you with coping strategies that can help.

Over the next two sections you may find the Reading Well book list (*Appendix 1, page 62,63*) helpful. These books focus on a whole range of issues including stress, anxiety and self esteem.

Reading Well Books on Prescription helps you to understand and manage your health and wellbeing using self-help reading. It is endorsed by health professionals and supported by public libraries.



Problem Solving

Facing up to problems actually reduces stress and increases our confidence. you will find the problem solving exercise on page 40 and 41 of the steps for stress booklet located in this mood cafe resource.

All you need is 10 minutes and a pen.

Problem solving

Facing up to problems actually reduces stress and increases our confidence.

Find 10 minutes – and a pen – and let's have a go...

1. Get ready!

Do a relaxation exercise (pages 37–39) to help focus your mind, or go for a walk before you start. Even relaxing just a little bit is worth it.

2. Take a reality check.

Are your worries and fears real? Take a look at 'Thinking straight' (page 23). Problems still there? Move on to step 3.

3. Be clear what the problem is

Write down everything that's bothering you on the 'My problem list' (page 45).

4. Well done! Now choose just one problem to work on.

Write it in the first problem space on the 'Steps I can take' list (page 45).

5. Break it down.

6. Be realistic

Take one step at a time – steady effort is needed for lasting change. Congratulate yourself – look at the steps you've already taken. Be patient – give your steps time to work.

7. Keep at it

Fixed that first problem? Well done! Give yourself a reward and tick it off the list.

If your steps haven't worked...

- Work on another problem – come back to this one later.
- Sleeping on it or talking to someone may help.
- Some solutions need ongoing effort – see 'Change for good!' (page 19) for more ideas.

Sometimes learning new things can be frustrating. Keep going and it will make you stronger. And learn from setbacks and mistakes – don't dwell on them. This is the best way to improve. Remember, you **can** change.



How did doing the task make you feel and did it help?



WEEK 6

Week 6: Task 6

Three Good Things

(Page 47 Steps For Stress) *Over the next week fill in three positive things that have happened or that have made you feel good.*

Research shows that writing down three things that went well, and thinking about why each good thing happened can increase our mood and help us to feel more optimistic. Try doing this over the next week before you go to bed and see if it makes you feel better.

Three good things

Research shows that writing about three things that went well, and thinking about why each good thing happened can increase our mood and help us to feel more optimistic. Try doing this once a week before you go to bed and see if it makes you feel better.

Use this sheet to get you started:

Week 1	
Three things that went well	Why did they happen?
1.	
2.	
3.	

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Week 2	
Three things that went well 1. 2. 3.	Why did they happen?

Week 3	
Three things that went well 1. 2. 3.	Why did they happen?

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How did doing the task make you feel?



WEEK 7

Relaxation Exercise

Week 7: Task 7

Try the relaxation exercise at: <https://soundcloud.com/nhs-health-scotland/sets/steps-for-stress>

There are lots of positive steps we can take to deal with stress but starting with a relaxation exercise will put you in the right frame of mind to start dealing with your stress. Paying attention to our breathing can be a good way to relax and focus our thoughts. The website features three simple relaxation techniques. We recommend you listen to the long relaxation technique at first. The shorter relaxation routines can be used as a top up.

As an alternative you can now try one of the relaxation exercises on page 37-38 of your **Steps for Stress booklet**

You may also choose to do something else that relaxes you for example Tai Chi, walking or listening to music.



Relaxation exercise 1

Simple breathing exercise – comfortable stomach breathing.

Sitting comfortably, breathe gently, slowly and evenly.

Count in your mind, letting each count last about a second. Use a clock if you like:

1. Rest your hand on your belly button. Take a normal breath in and hold it as you count to five.
2. Breathe out slowly, relaxing your shoulders, face and body, as you count to four.
3. Breathe in slowly, letting your hand move outwards with your stomach, as you count to four.

Practise this exercise regularly so it's feel anxious. You can also use it in

37

4. Breathe out slowly and let your hand and arm move outwards as you count to five.
5. Breathe in slowly, letting your hand and arm move outwards with your stomach, as you count to four.
6. Hold your breath for 10 seconds. Notice how you feel. With your hand and arm, can you feel the tension in your muscles?

Relaxation exercise 2

Simple muscle relaxation exercise.

When stressed, we carry tension in our muscles without noticing it. This exercise makes you aware of that tension so you can let it go.

Sit or lie down and make yourself comfortable.

As you do this exercise, use the comfortable stomach breathing from Exercise 1.

1. Breathe in, clench your right hand, notice the tension in your hand and arm.

Breathe out, relax, notice the difference.

2. Breathe in, clench your left hand, notice the tension.

Breathe out, relax, notice the difference.

Notice how comfortably heavy your hands and arms feel when you let them relax.

3. Breathe in, clench your thighs and buttocks, notice the tension.

Breathe out, relax, notice the difference.

4. Breathe in, bend your feet up, notice the tension in your legs and feet.

Breathe out, relax, notice the difference.

5. Breathe in and point your toes, notice the tension in your legs and feet.

Breathe out, relax, notice the difference.

Allow the relaxation to deepen. Notice the pleasurable sensation of heaviness in your legs and arms as you relax them.

(continues page 39)

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How did doing the task make you feel?



WEEK 8

WEEK 8 Appointment

Exercise: *SMART* Goal 3

Now think about something in your life you feel you could change over the next 4 weeks

<i>What is it?</i>	
<i>SMART goals to achieve it:</i>	
<i>Specific</i>	
<i>Measurable</i>	
<i>Achievable</i>	
<i>Realistic</i>	
<i>Time-bound</i>	



Week 8: Task 8

List three things that you are looking forward to over the next 6 months. This may be something you are planning e.g. Book a holiday, plan a day trip.

When feeling down or struggling with life having a focus on the things you are looking forward to can help you develop a positive mind set.

Why not use this technique in the future when feeling down.

What	Where	When
1.		
2.		
3.		

How did doing the task make you feel?



WEEK 9

Self esteem

When trying to deal with low self-esteem focusing on the positive can help.

When doing that we feel more positive, happier and self-assured. Our self-esteem is heightened when we are in a positive state of mind. The likelihood is that past events or a current trigger has left your self-esteem low, which contributes to your current state of mind, which for many of us can be negative.

By shifting some of your negative behaviours and thoughts you can increase your self-esteem, these exercises will help you do that.



Week 9: Task 9

List some things you like about yourself. This does not need to be physical features but could be gifts of the head, hand and heart.

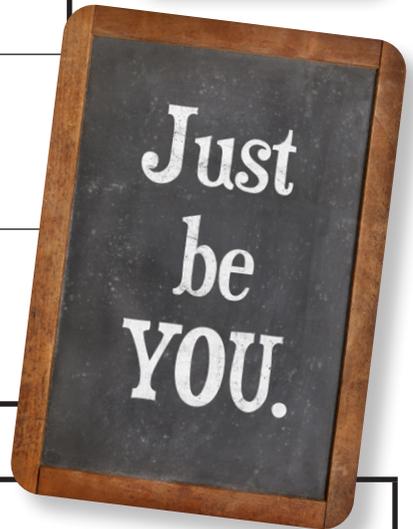
For instance gifts of the head could be knowledge that you have in a particular area like history or a specialist subject. Gifts of the heart could be something you are passionate about and gifts of the hand could be physical skills such as photography, painting, etc.



1.	2.
3.	4.
5.	6.
7.	8.
9.	10.



Set goals that are realistic and follow through with them. It is a great way to build your self confidence and self esteem.



How did doing the task make you feel?



WEEK 10

Feel good

Week 10: Task 10

Create a feel good / happy memories box – this can include items that make you feel good, photographs, letters, etc. you could even decorate the box with things you like and things that make you feel good.



This does not need to be a box, but something that can trigger happy memories for example a picture on your fridge, CD by the CD player.

How did doing the task make you feel?



Week 11: Task 11

Choose to spend time doing something that makes you feel good.

Doing something that you enjoy and that you are good at can help build your confidence and increase your self-esteem. This could be anything from paid work, volunteering, caring or a hobby or why not try something new?

What did you choose to do?

WEEK 11

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Learn something new each day. Keep abreast of the latest in the news and current events. This will help you get along with the people around you by being able to take part in every day conversations.



WEEK 12

Congratulations on completing the programme! Over the past few weeks we hope that you have managed to increase your Physical Activity and learnt some valuable coping strategies that you can use going forward in life.

Week 12: Task 12

Identify 3 things you have felt useful over the past few weeks and how going forward you will incorporate some of these coping strategies in to your daily life.

Stick with it

Changing habits of a lifetime isn't easy and can be quickly undone so you'll need to remain extra vigilant over the next few weeks to embed those changes. You'll have ups and downs, lapses, moments of weakness. We all do, but the quicker you get back on track, the smaller the impact of a slip-up will be.



The Warwick - Edinburgh Mental Well-being Scale

(WEMWBS) Week 12

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with wproblems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

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The Future:

We will be sending you out a postcard in the next few weeks, this will include the 3 things you found most useful while you were doing the programme.

This card can be used as an inspiration when you are feeling down or struggling with life. You can frame it, put it up on your fridge, keep it in your wallet/purse and use it at any time.

Now choose the postcard that appeals to you the most and write down why you chose this particular card.



We will also give you an appointment to attend the CHIP van our mobile healthy living centre, which will give you the opportunity to receive a free health check and advice and support from the team.

WEEK 12 Follow-up appointment (CHIP van)

<i>Time:</i>	
<i>Date:</i>	
<i>Venue:</i>	
<i>Person to see:</i>	



What Next?

Now that you have completed the programme and hopefully have benefited from it, you may be wondering where to go next?

While you may now be feeling positive and able to cope with life's challenges we are well aware that life isn't always plain sailing.

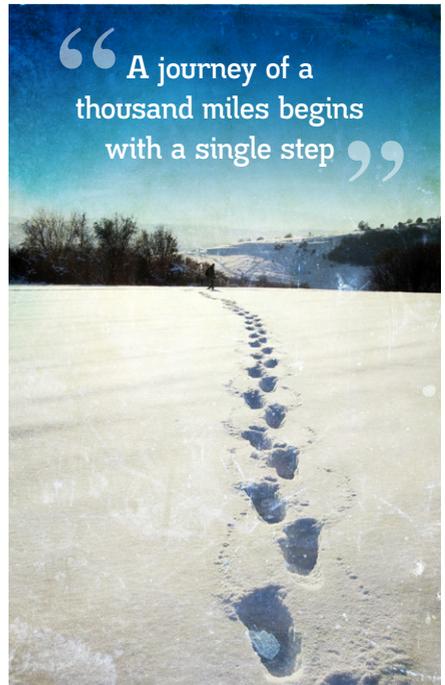
We have all hit that bump in the road, the setback, the problem. What sets people apart is how they react to that bump. You just have to keep in mind that a setback is only temporary and greater things lay ahead.

So how can you react when something doesn't turn out as you've expected? First, be objective. Step back and look at the situation. Take responsibility where it is due, but do not place blame on others. Is your setback really that significant, or will it just require a little extra hard work on your part? Come to terms with it and then start planning your next move. Ask for help. Do not be afraid or ashamed to do this. Often people are more than willing to give you support and advice, maybe even after being in a similar situation. You do not have to be perfect; after all, nobody else is.

Why not set yourself some SMART goals in the future thinking about the benefits these may bring and review them on a regular basis, setting goals can help to keep you focused and give you a sense of achievement.

Goals should be realistic and specific, but that does not mean they cannot be flexible and allow for minor setbacks. Instead of looking at your project as a disaster or failure, view it with success. Concentrate on how great it will feel after it is finally done, after you have put your all into it. Instead of focusing on setbacks, take a moment to sit back and reward yourself for all that you have accomplished so far.

Above all, do not live life with regrets, remember you are not alone, ask for help if you need it. Life is never easy but how you deal with setbacks and challenges is in your hands.



Reading Well Books on Prescription core list

	Title	Author	Publisher
Anger	Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioural Techniques	Davies, William	Constable & Robinson
Anxiety	Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Kennerley, Helen	Constable & Robinson
	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris	CRC Press
	Feel the Fear and Do It Anyway	Jeffers, Susan	Vermilion
Binge Eating/Bulimia Nervosa	Overcoming Binge Eating (<i>new edition – 'Overcoming Binge Eating: The Proven Programme to Learn Why You Binge and How You Can Stop' – available in HB and PB from 30 September 2013</i>)	Fairburn, Christopher	Guilford Press
	Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike and Treasure, Janet	Routledge
	Overcoming Bulimia Nervosa and Binge Eating: A Self-help Guide Using Cognitive Behavioural Techniques	Cooper, Peter J.	Constable & Robinson
Chronic Fatigue	Chronic Fatigue Syndrome (second edition)	Campling, Frankie and Sharpe, Michael	Oxford University Press
	Overcoming Chronic Fatigue: A Self-help Guide Using Cognitive Behavioural Techniques	Burgess, Mary and Chalder, Trudie	Constable & Robinson
Chronic Pain	Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques	Cole, Frances; Carus, Catherine; Howden-Leach, Hazel; and Macdonald, Helen	Constable & Robinson
Depression	Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Williams, Chris	CRC Press
	Mind Over Mood: Change How You Feel by Changing the Way You Think	Greenberger, Dennis and Padesky, Christine	Guilford Press
	Overcoming Depression: A Self-help Guide Using Cognitive Behavioural Techniques	Gilbert, Paul	Constable & Robinson
Health Anxiety	Overcoming Health Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson



Appendix 1: Reading Well books on prescription

	Title	Author	Publisher
Health Anxiety ctd...	An Introduction to Coping with Health Anxiety	Hogan, Brenda and Young, Charles	Constable & Robinson
Obsessions and Compulsions	Overcoming Obsessive Compulsive Disorder: A Self-help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson
	Understanding Obsessions and Compulsions	Tallis, Frank	Sheldon Press
	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Challacombe, Fiona, Oldfield, Victoria Bream and Salkovskis, Paul M.	Vermilion
Panic	Overcoming Panic and Agoraphobia: A Self-help Guide Using Cognitive Behavioural Techniques	Silove, Derrick and Manicavasagar, Vijaya	Constable & Robinson
	Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Ingham, Christine	HarperCollins
Phobias	An Introduction to Coping with Phobias	Hogan, Brenda	Constable & Robinson
Relationship Problems	Overcoming Relationship Problems: A Self-help Guide Using Cognitive Behavioural Techniques	Crowe, Michael	Constable & Robinson
Self-Esteem	Overcoming Low Self-esteem: A Self-help Guide Using Cognitive Behavioural Techniques	Fennell, Melanie	Constable & Robinson
	The Feeling Good Handbook	Burns, David	Penguin
Social Phobia	Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioural Techniques	Butler, Gillian	Constable & Robinson
Sleep Problems	Overcoming Insomnia and Sleep Problems: A Self-help Guide Using Cognitive Behavioural Techniques	Espie, Colin A.	Constable & Robinson
Stress	The Relaxation and Stress Reduction Workbook	Davis, Martha	New Harbinger
	Manage Your Stress for a Happier Life	Looker, Terry and Gregson, Olga	Hodder
Worry	The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	Piatkus Books
	How to Stop Worrying	Tallis, Frank	Sheldon Press

The Reading Well Books on Prescription core reading list is only available for use as part of The Reading Well Books on Prescription scheme. Permission to use this resource by agencies not subscribing to this scheme should be sought from The Reading Agency.





Chilli con carne

see poster

What you need for four portions

- 500grams lean mince
- 1 onion
- 1 clove garlic
- Tin chopped tomatoes
- Tin kidney beans
- approx 500mls vegetable stock
- Handful mushrooms
- Mixed peppers (red and green)
- 1 ½ teaspoons chilli powder
- ¾ teaspoon ground cumin
- 3 tablespoons tomato purée

- Add chilli and cumin
- Add enough stock to cover mince
- Drain and rinse red kidney beans in cold water then add to pan
- Cover with lid and cook gently (should be just bubbling slowly) for 30 minutes
- Ready to eat now or cool and store covered in fridge for later.

Ideas to complete your meal

- Eat with cooked rice, jacket potatoes or some bread.
- Enjoy

What you need to do

- Put mince in saucepan and cook over a medium heat.
- Break up mince with a wooden spoon until all brown.
- Peel and chop the onion, peppers, mushrooms and garlic
- Add all of above to pan and stir.
- Add in the tomatoes and tomato puree.



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Ready...steady... soup ideas

Soup ideas

Soup is not only quick and easy to make but can be very cheap.

Making a pot of soup is an ideal group activity which can be used to encourage individuals to try different ingredients and demonstrates that by using a few basic principles there is no need to follow a recipe.



Equipment

You will need suitably sized saucepans, wooden spoons, chopping boards, graters and small vegetable knives and peelers. Packets of disposable spoons are handy to encourage tasting among a group and encourage good food hygiene practice.

Stick blenders are very useful. Pureeing soups can often be a simple method of encouraging individuals to try vegetables for the first time (especially useful for families and young children).

Basic soup principle

- Start by gently cooking some chopped onion using one tablespoon of vegetable oil over a low heat for a few minutes, being careful not to brown onions.
- Add peeled and chopped vegetables of choice, cook for a few minutes then cover with vegetable stock made with boiling water and stock cubes /bouillon as directed on packet.

- Cover saucepan and simmer gently until all vegetables are soft (about 20 minutes).
- If pureeing soup with hand held blender allow to cool a little first
- Do not add any extra salt as this is already present in stock cubes/bouillon
- Black pepper can be used for seasoning together with dried or fresh herbs such as parsley.

Please note: The healthy living method means that instead of cooking the chopped onions in a little oil you would just add the chopped onions and chopped vegetables to the saucepan with the stock.

How much do you need?

As a rough guide use

- 1 part chopped onion
- 3 parts chopped vegetables
- 4 parts stock



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Open omelette

See poster

What you need

- Teaspoon vegetable oil
- 3 eggs

Fillings choose from:

- Canned new potatoes
- Cooked meat –ham, chicken and corned beef
- Handful of frozen or canned mixed vegetables
- Grated cheese
- Black pepper
- ½ onion
- Sliced tomatoes and/or mushrooms

What you need to do

- Crack open eggs into a bowl and mix using a fork
- Add in a few drops of cold water
- Season with black pepper
- Heat a teaspoon of oil in a non stick frying pan over a gentle heat
- Cook chopped onion if using for a few minutes
- Turn on grill to heat for later

- After draining canned potato and slicing, add to pan and cook for 5 minutes
- Add a few slices of cooked meat cut into strips and handful of frozen, fresh or canned vegetables
- Continue to cook for a few minutes
- Add egg mixture to frying pan
- Cook slowly for a further 5 minutes
- Once the egg mixture has set place the pan (not the handle) under the heated grill for a few minutes
- The omelette will rise and be lightly brown
- Tip onto a plate and enjoy

Other ideas - put grated cheese or tomato on top before placing under the grill

There is no need to add salt as it is present in some of the ingredients



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Food and health toolkit

One pot curry

See poster

What you need (serves 4)

- 2 chicken fillets
- 1 onion
- 4 mushrooms fresh or canned
- 1 can new potatoes
- 1 can sliced carrots
- 1 apple
- Clove of garlic
- 3 dessertspoons of curry powder
- 2 teaspoons ground ginger
- 150ml vegetable stock
- 150ml apple juice
- Dessertspoons vegetable oil
- Add to pan (remember hands and utensils when handling raw meat)
- Add curry powder and stir well
- Mix in the stock
- Slice and chop mushrooms
- Drain canned potatoes, chop and add to pan
- Peel and chop apple
- Add coconut and stir
- Stir
- Cover with pan lid and heat for about 20 minutes
- The curry should be thick and may need some extra time to stop it sticking to the pan
- Serve at once or reheat

Optional

- 2 dessertspoons of coconut





Jacket potatoes and fillings

What you need

- Two baking potatoes

Fillings

Choose from

- Canned baked beans
- Canned chilli con carne
- Mix canned tuna and canned sweet corn together
- Grated cheese
- Coleslaw especially homemade

What you need to do

- Turn the oven on to 230C/450F (gas mark 8)
- Wash potatoes
- Prick all over with fork
- Place on baking tray
- Place in heated oven with care
- Bake for about 25 minutes and check by testing with a fork
- Continue to bake until soft when tested with a fork usually another 15 minutes

- Cheaper to cook several potatoes at the same time.
- Eat when cooked and add hot or cold filling of choice
- Cover unused cooked jacket potatoes and store in the fridge, for two days at the most. The potatoes should be reheated in the microwave.



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Appendix 3: Keep a food diary

WEEK 2: Task 2

Complete a food diary

Day	Time	Food/drink including alcohol	How cooked	Where	Who were you with?	How do you feel?

How did doing the task make you feel?



Alcohol

Know your units

We're supposed to be keeping an eye on how much we drink, but how many of us really know what a unit of alcohol is? With so many different drinks and glass sizes, from shots to pints – not to mention bottles – it's easy to get confused about how many units are in your drink.

The idea of counting alcohol units was first introduced in the UK in 1987 to help people keep track of their drinking. Units are a simple way of expressing the quantity of pure alcohol in a drink. One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour. This means that within an hour there should be, in theory, little or no alcohol left in the blood of an adult, although this will vary from person to person.

The number of units in a drink is based on the size of the drink as well as its alcohol strength. For example, a pint of strong lager contains 3 units of alcohol, whereas the same volume of standard lager has just over 2 units.

Using units is a simpler way of representing a drink's alcohol content, which is usually expressed by the standard measure ABV, which stands for alcohol by volume.

ABV is a measure of the amount of pure alcohol as a percentage of the total volume of liquid in a drink.

You can find the ABV on the labels of cans and bottles, sometimes written as "vol" or "alcohol volume" or you can ask bar staff about particular drinks.

For example, wine that says "12% ABV" or "alcohol volume 12%" means that 12% of the volume of that drink is pure alcohol.

Drinks and units

A 750ml bottle of red, white or rose wine (ABV 13.5%) contains 10 units.



See the guide below to find out how many units are in your favourite tipple.

1.5
units



Small glass red/white/rosé wine
(125ml, ABV 12%)

2.1
units



Standard glass red/white/rosé wine
(175ml, ABV 12%)

3
units



Large glass red/white/rosé wine
(250ml, ABV 12%)

2
units



Pint of lower-strength lager/beer/cider
(ABV 3.6%)

3
units



Pint of higher-strength lager/beer/cider
(ABV 5.2%)

1.7
units



Bottle of lager/beer/cider
(330ml, ABV 5%)

2
units



Can of lager/beer/cider
(440ml, ABV 4.5%)

1.5
units



Alcopop
(275ml, ABV 5.5%)

1
unit



Single small shot of spirits*
(25ml, ABV 40%)



You can work out how many units there are in any drink by multiplying the total volume of a drink (in ml) by its ABV (which is measured as a percentage) and dividing the result by 1,000.

$$\text{Strength (ABV)} \times \text{Volume (ml)} \div 1,000 = \text{units.}$$

For example, to work out the number of units in a pint (568ml) of strong lager (ABV 5.2%):

$$5.2 (\%) \times 568 (\text{ml}) \div 1,000 = 2.95 \text{ units}$$

*Gin, rum, vodka, whisky, tequila, sambuca. Large (35ml) single measures of spirits are 1.4 units.

The NHS recommends:

- Men should not regularly drink more than 3-4 units of alcohol a day
- Women should not regularly drink more than 2-3 units a day
- If you've had a heavy drinking session, avoid alcohol for 48 hours

“Regularly” means drinking this amount every day or most days of the week.



How many calories are in your drink?

With a pint of beer the same as a packet of crisps, and a standard bottle of alcopop the same as three teacakes, the calories from alcohol soon add up.

Calories in alcohol

Drink	Calories (kcal)	Food equivalent
A standard glass (175ml) of 12% wine	126kcal	1 Cadbury Heroes miniature bar
A pint of 5% strength beer	215kcal	1 packet of McCoy's salted crisps
A glass (50ml) of (17%) cream liqueur	118kcal	1 Milky Way bar
A standard bottle (330ml) of 5% alcopop	237kcal	3 Lees teacakes
A double measure (50ml) of 17.5% fortified wine	65kcal	1 Asda bourbon biscuit



Appendix 6: Alcohol: Food and mood

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

Appendix 7: How to look after your mental health using exercise

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

