

Wellbeing resources

The importance of keeping well



Healthy exercise and routines can improve your physical health. Remember trauma and stress can affect your mind and body.

1. Looking after your physical health;

2. Eating well; and

3. Sleeping well

will all help to reduce the impacts of trauma and stress.

Physical health

Get active

- Exercise is good for your physical health, it can reduce the risk of cancer, heart disease and strokes.
- Exercise can also help your mental health by managing anxiety, depression and the impacts of trauma.

Which exercise?

- Find an exercise routine that works for you, make it part of a regular routine, say walking every morning after breakfast.
- Apart from walking, jogging and swimming are good; regular exercise can also include yoga, tai chi and qigong.
- Start slowly and be realistic.
- If you haven't had a check-up or exercised for a while, check with you GP before you start.

Eating well

- When life gets tough, we like 'comfort food' – ice cream, chips, cakes. But 'comfort food' can be bad for our gut health.
- It is a good idea to think of healthy foods you enjoy eating, so that you can eat them as your 'comfort food' when you are feeling stressed



Sleeping well

- Sleeping well is important.
- 'Sleep hygiene' is a term we use to describe healthy sleeping habits.
- When sleep is broken, it can impact our physical and mental health.
- Most adults need 7 – 8 hours of sleep each night.
- Childhood trauma and abuse can mess with your sleep, you might have nightmares.

Things to try and avoid

- Avoid caffeine drinks after 2pm, as caffeine can have a body life of up to 7 hours.
- Avoid checking your phone, watching TV or working on your computer in your bedroom.
- Avoid napping in the daytime or before you go to bed, you will have tricked your body into thinking it has had its sleep.
- Don't stay in bed if you can't fall asleep. If you are lying awake 15 -30 minutes after going to bed, get up, go into another room and do something boring. When you start feeling drowsy go back to bed. You want your brain to think bed is for sleep.

- If you are a smoker cut back on smoking as evening comes because smoking stimulates the body and works to keep you awake.

Things you can do to get good sleep

- Go to bed at the same time each day and get up at the same time each day.
- Try to exercise even in a small way, every day.
- Spend time each day in either natural light or outdoors.
- At bedtime switch your phone to sleep mode.
- Make sure your bed is comfortable.
- Don't give up!
- Don't be too hard on yourself if things occasionally go wrong – just keep trying!

