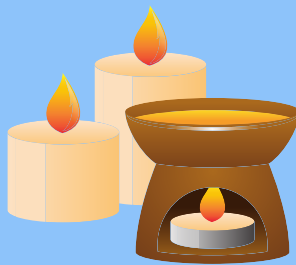


# Health & Wellness

## A Holistic Guide



## **Q. What Is A Holistic Approach to Health?**

A. It is a focus on all aspects of your wellbeing - that's your sleep, diet, stress levels and activity. If one area is out of sync, it's likely the others will be affected.

## **Q. Why Is This A Good Time to Think About My Health?**

A. When we make changes in one part of our life - like stopping or cutting back on our drinking - it can be a really good time to look at our whole self, and see where else we could make some changes.

## **Q. How Do I Look After My Health Holistically?**

A. This guide provides some tips and advice on how to make small changes which can have a big impact on your wellbeing.

**If you want more tailored support and advice, contact DACA on 01389 731456 or 0141 9520881 and ask about our free Steps to Wellbeing service.**



**Physical Health** - involves taking care of your body, eating healthy food, moving, sleeping, exercising regularly and drinking plenty of water.

### Top Tips -

- Try to get 30 minutes of aerobic activity five times a week. Anything that gets your heart pumping - so walking, cycling, swimming, dancing, tai chi, yoga and gardening all count.
- Do some strength exercises to build up core muscles. This could be weight-lifting or circuit training in classes or gyms, or look online for basic exercises to do at home. No fancy equipment needed!
- Drinking fluids is crucial to the well-being of every cell in your body. It is recommended to drink 2 litres of fluids (that's 8 x 8 ounce glasses) a day. All non-alcoholic liquids count - but water, low-fat milk and low sugar drinks are best.



**Spiritual Health** - involves your awareness of purpose, following your beliefs and morals. For some this is a religion but it can simply be practising what you believe and respecting others' beliefs.

### **Top Tips -**

- Meditating for 5 minutes a day helps control stress and focus energies on what makes you content.
- Being outdoors in nature brings us back to our roots and helps both physical and spiritual wellbeing. It's scientifically proven!
- Let go of grievances and grudges, and practice gratitude. Try writing down 3 things you are grateful for each day.
- Yoga, self-reflection, connecting with people, laughing and exchanging ideas all help our spiritual health.
- Don't forget to disconnect with a regular digital detox.



**Mental & Emotional Health** - this is about your thoughts and focus. It involves learning, setting and achieving goals, and taking responsibility for actions and decisions.

### Top Tips -

- Practice meditating for at least 10 minutes a day. It quietens your mind and helps it focus on one thing.
- Recognise and appreciate each of your feelings.
- Focus on maintaining a positive attitude, as this helps keep your stress levels low.
- Do things you enjoy which are good for your health.
- Try not to disconnect from strong emotions, as they can have a beneficial impact. Expressing sadness can help healing, fear triggers life-saving actions - even anger can mobilise us to change.





# My Holistic Health Checklist

Below is a list of activities and actions to improve your wellbeing.

Take your time... you don't have to do them all at once.

- Get at least 8 hours of sleep a day
- Eat a healthy diet rich in oily fish, wholegrain cereals, fruit and vegetables
- Keep active - try to do at least 30 minutes of activity you enjoy each day
- Interact with others - try talking to someone for 10 mins a day, to stimulate your brain and memory
- Learn a new skill or hobby - from crocheting to computing - it will help keep your brain active
- Get a mental workout - scrabble, chess, puzzles all help memory, decision-making and mental agility
- Help others - when you're feeling blue offer a helping hand to friends, family or community
- Learn to manage stress - focus on one thing at a time by making a list of goals.
- Avoid alcohol, cigarettes & drugs - they can lead to unhappiness & any relief they provide is temporary
- Laughter is the best medicine so laugh yourself silly whenever you can. It relaxes the mind and releases lots of positive chemicals into your body.



# Wellbeing Activities

## Fill Me With Colour

People who colour mandalas often experience a deep sense of calm and wellbeing. It's a simple tool that doesn't require any expertise, but it can be remarkably soothing and nourishing. Mandalas not only focus your attention but also allow you to express your creative side, which many of us neglect in our daily lives.





# Wellbeing Activities

## Grow Your Own Saucer Veg - Celery

Growing, cultivating and taking care of plants has been shown to have many positive effects, including improved quality of life, vigour and psychological wellbeing. It can reduce stress, anger, fatigue, depression and anxiety symptoms.



- Cut the celery base about 5cm from the stalks.
- Stand the base in a deep saucer or jam jar of water.
- After a few days to a week leaves will begin to appear from the top and thin roots from the bottom.
- Now it's time to plant the celery stump into a pot of soil.
- Bury the stump up to the new leaves - none of the original stalk should be visible.
- Keep the plant well watered.
- When new stalks start to grow, cut the top and bottom off a 2 litre plastic drink bottle, then place it around the plant to make a mini greenhouse.

# Relaxation Exercise

Sit cross-legged or lie comfortably.

~

Breathe deeply 5 times: in through the nose, out through the mouth.

~

Think of three things you're grateful for today (this is great to improve your mood). Tell yourself that the day is over now.

~

Forgive yourself for any mistakes, bad thoughts or 'failings'. Forgive others too. Then tell yourself that it's all in the past.

~

Breathe deeply a few more times, mentally following your breath out of your mouth, into the room and beyond.



# Try A Bedtime Routine

1. Switch off all electronic devices an hour before going to sleep.
2. Do a simple relaxation exercise before going to bed - we've included one in this booklet.
3. Read a book - if possible in a different room from where you sleep.
4. Listen to some relaxing music.
5. Write down any worries or things you want to remember tomorrow so they're not buzzing around in your head.
6. Have a relaxing drink or light snack - a herbal or decaffeinated tea or warm milk work well, avoid alcohol, sugary drinks and caffeine.
7. If spiritual activity, such as prayer or meditation, calms your mind include it in your routine.
8. Reduce the temperature in your room either at the thermostat or by opening a window.
9. If you live with others - or a pet - spend time with them before bed.
10. Don't lie awake in bed for hours. If you're not sleepy after 30 mins try going into another room and repeat some of the above tips again.

# Online Resources

- **Mind Games & Puzzles -**  
<https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>
- **NHS Mental Health audio guides -**  
<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- **Sheffield University's morning meditation -**  
<https://www.sheffield.ac.uk/hr/wellbeing/meditation>
- **Joe Wicks' Body Coach fitness-**  
<https://www.youtube.com/user/thebodycoach1>

## Dumbarton Area Council on Alcohol

01389 731456 or 0141 9520881

[www.daca.org.uk](http://www.daca.org.uk)

Open Mon - Thu 9am - 4.30pm

Fri 9am - 3:30pm