



HEALTHY LIVING



# 2024

## The Year of Living Well



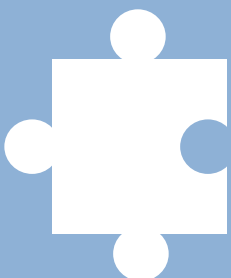
WELLBEING



LIFESTYLE



MINDFULNESS



GAMES

### My Journal

This journal belongs to:



About me...



Welcoming Empowering Compassionate  
Aspirational Respectful Effective

# Goal Getter

## Setting realistic goals for the year

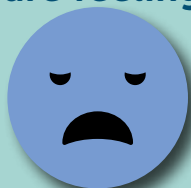
At Creative Support, we are calling 2024 our 'Year of Living Well'. Throughout the year, we'll be looking at how we can keep ourselves healthy and well, both physically and mentally.

In this journal you will find twelve different themes exploring our health, from managing stress to the importance of sleep. This is your journal, so feel free to only take part in the themes that you want to. Every month on our social media and website we'll be looking at one of the themes in more detail, so be sure to follow us!

Let's start by setting a goal for the year. Is there something you would like to achieve? Perhaps you would like to start doing a new activity or sport, learn to cook healthy meals or improve your mental health by practicing mindfulness. It's up to you. Have a think and write your goal in the box.

### How are you feeling as you start the year?

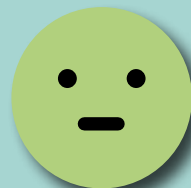
Circle the face which shows how you are feeling:



SAD



LOW



NOT SURE



HAPPY



EXCITED



What is something that you would love to achieve this year?

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If you prefer you can draw your goal here:

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#### SUPPORT

The people around us can lift us up when we need it.

What activities do you do with the people around you?

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#### EXERCISE

Exercise can make us feel good.

What kinds of exercise do you like doing?

.....

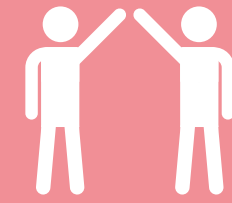


#### AWARENESS

Being aware of the present moment can help reduce stress.

What can you see, hear or feel around you?

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#### TRY NEW THINGS

Learning a new skill can boost your confidence.

Are there any new hobbies you want to start?

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#### MEANING

Having meaning can give us a sense of purpose.

What's most important in your life?

.....



## 10 WAYS TO WELLBEING

Mental Health First Aid England's top ten tips to achieving wellbeing in your life

Write down how you are doing in each of these areas of wellbeing

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No one is perfect! Be kind to yourself when things go wrong.

List the best things about yourself:

#### ACCEPTANCE



.....

Focus on what brings you joy and set aside time to have fun.

What are you most grateful for?

#### EMOTIONS



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We can't choose what happens to us, but we can often choose how we respond.

Talking to friends or writing things down is a good coping method.

#### RESILIENCE



.....

Set realistic goals and remember to celebrate your progress along the way!

What's one of your goals for this year?

#### GOALS



.....

Helping others can make us feel good too. Ask people how they are and offer your support.

What's one kind thing you can do this week?

#### GIVING



# Healthy Habits

**A habit is something we do regularly as part of a daily, weekly or monthly routine. We all have habits, good and bad, and we can all form new habits that help us to improve our health and wellbeing.**

Some of us have good habits like exercising a few times a week, or going to sleep at the same time every night. Some of us might have habits we would like to change to improve our health, such as cutting down the amount of alcohol we drink regularly.

Changing habits or building new ones can seem a bit daunting, but making little changes will lead to a big difference.

## Healthy Habit Highlight

“Hi I’m Carolyn. I have been going to a new keep fit class every week. I’ve really enjoyed going, not only to improve my fitness but to spend time socialising with the other people who attend.”  
Carolyn from Calderdale



**Starting simple** - Think of a few small things you think you can regularly incorporate into your daily routine. Here are a few goal ideas to inspire you:

- Going to bed half an hour earlier
- Drinking more water
- Reducing alcohol, smoking, or sugar intake
- Going outside or going for a walk



What good habit could you start?

Handwritten-style text box for starting a habit.

How do you plan to build your good habit?

Large text box with horizontal lines for planning habit building.

# Water tracker

## Drinking Enough Water

**Water is so important!** Did you know the human body is made of 60% water? It’s recommended that you drink around **6-8 glasses of water a day**, or around 2 litres a day.

Drinking water can help your brain, skin, mood, energy levels and more. It can also help to prevent and treat headaches, increase weight loss, and help your digestive system! Use our water tracker on the right of this page to help you get into a routine.

### Dry January

It’s important to think about what fluids we put into our body and how they affect us. Alcohol dehydrates our body and if consumed in excess can impact our health. Following the Christmas period, many of us experience an overindulgence in food and drink, and a dent in our bank account. To save money, time and gain a mental and physical boost, many people decide to try Dry January, and go alcohol-free for the whole month. On average, **86% of participants save money, 70% have better sleep and 60% have more energy.** Please speak to your doctor if you feel you need help and support to reduce your drinking safely. Just taking one month off alcohol can lower your blood pressure, cholesterol, levels of cancer-related proteins in the blood, and reduce your risk of diabetes. More than 70% of people who take part in Dry January continue healthier habits for the entire year!



**86%** of people who take part in Dry January save money!

## Healthy Habit Calendar

1st	2nd	3rd	4th	5th	6th	7th
8th	9th	10th	11th	12th	13th	14th
15th	16th	17th	18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th
29th	30th	31st	Track your progress keeping up your healthy habits throughout the month. Don't feel pressure to complete each day, just give it a go and see how you do.			

How did you get on?

Dotted line area for tracking progress with a pencil icon.



8-9 AM



10-11 AM



12-1 PM



2-3 PM



4-5 PM



6-7 PM



8-9 PM



10-11 PM



# Healthy Heart

**Your heart is your body's powerhouse** – it is a muscle the size of your fist that pumps five litres (eight pints) of blood around your body through a network of blood vessels called veins and arteries. Your heart beats around 100,000 times every day!

## Keeping Your Heart Healthy

It is very important to look after your heart. Heart disease is one of the most common causes of death in the UK, responsible for around 66,000 deaths in the UK each year. It happens when your arteries (which carry your blood to your organs) get clogged up with fatty material, which can lead to a heart attack or a stroke.

There are a lot of things that can help keep your heart healthy, from eating a well-balanced diet to exercising regularly.

Look at the heart image on the right for lots of tips on keeping your heart healthy.

**Heart Health Tracker** - colour in the hearts each week when you achieve a healthy heart goal.

Week 1



Week 2



Week 3



Week 4



Week 5



## Your Heart Health Matters

Tell us about your heart health goals and your plan to keep your heart healthy.

Week 1 plan: -----

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Week 2 plan: : -----

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Week 3 plan: : -----

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Week 4 plan: : -----

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Week 5 plan: : -----

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Who can support you to achieve your healthy heart goals? Remember to speak to your doctor for advice on what is best for your heart's health.





# Sleeping Well

Did you know that we spend a third of our lives asleep? Adults up to the age of 64 need between 7-9 hours of sleep per night. Sleep is really important - being tired can affect our emotions, productivity and can even weaken our immune system, which helps to protect us against infections. Nearly three quarters of adults in the UK aren't getting enough sleep, are you?

## Helps maintain healthy brain function.

Sleep is really important for your thinking skills. Sleeping seven to eight hours each day on average is related to better brain health as well as better physical health.

## WHY YOUR SLEEP MATTERS

### Better memory and information processing

If you are tired, it is really hard to pay attention and remember things. Good sleep helps us to focus and to create memories.

### Lower risk of high blood pressure

People who sleep for less than six hours may experience steeper increases in blood pressure. If you already have high blood pressure, not sleeping well may worsen your blood pressure.

### Reduces anxiety and improves mood

Not getting enough sleep can increase your risk of anxiety and depression. It can affect your hormone levels and make your body feel overloaded with stress.

### Better routine and focus.

Plenty of rest can help you stay alert and focussed throughout the day. Lack of sleep can affect your attention span, concentration and reaction time.

# Your Sleep Routine

A great way to help you get a good night's sleep is a good sleep routine. Have a think about your routine and if it can be improved.



## Current Routine

How many hours of sleep do you usually get?

What does your sleep routine look like?



## Winding down

Exercising in the day can help tire us out before bed. Eating or consuming caffeine, alcohol or nicotine within two hours before bed can keep us awake. How can you improve your wind-down routine?



## Time

Going to bed and waking up at the same time can help programme your body to sleep better. What time do you sleep and get up?



## Environment

A quiet, dark and cool room will help you to sleep. What is your room like at night?

## Distractions

Avoid going on your phone, tablet or computer at least one hour before you go to bed. The blue light affects your body clock and keeps you awake. Do you use your phone before bed?

## Sleep App and Podcast Recommendations

### App - Headspace

A paid-for meditation app which includes 'sleep sounds and music'.

### Podcast - Boring Books for Bedtime

A podcast where the host reads out something a bit boring to help you fall asleep.

Share ideas on how you can make your sleep routine better by filling in the boxes.



# Managing Stress

Stress is what you feel when you are worried or feel uncomfortable about something. It could be in any area of your life, including worries about your relationships, your work or your money. Everyone feels stress at some point in their lives. A little bit of stress can be a good thing, as it helps us to focus and get things done, but it is useful to learn how to manage stress so it doesn't build up and affect your mood.

**every mind matters**

The NHS released a campaign called **Every Mind Matters**, offering advice and information on how to manage your stress.

Visit: [www.nhs.uk/every-mind-matters/mental-health-issues/stress](http://www.nhs.uk/every-mind-matters/mental-health-issues/stress) to find out more.



What are you currently feeling stressed about?

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What would work for you to help you manage your stress? Have you tried anything from the managing stress toolkit below?

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How do you feel after using the techniques to manage your stress?

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## Sven's Top Tips on Managing Stress

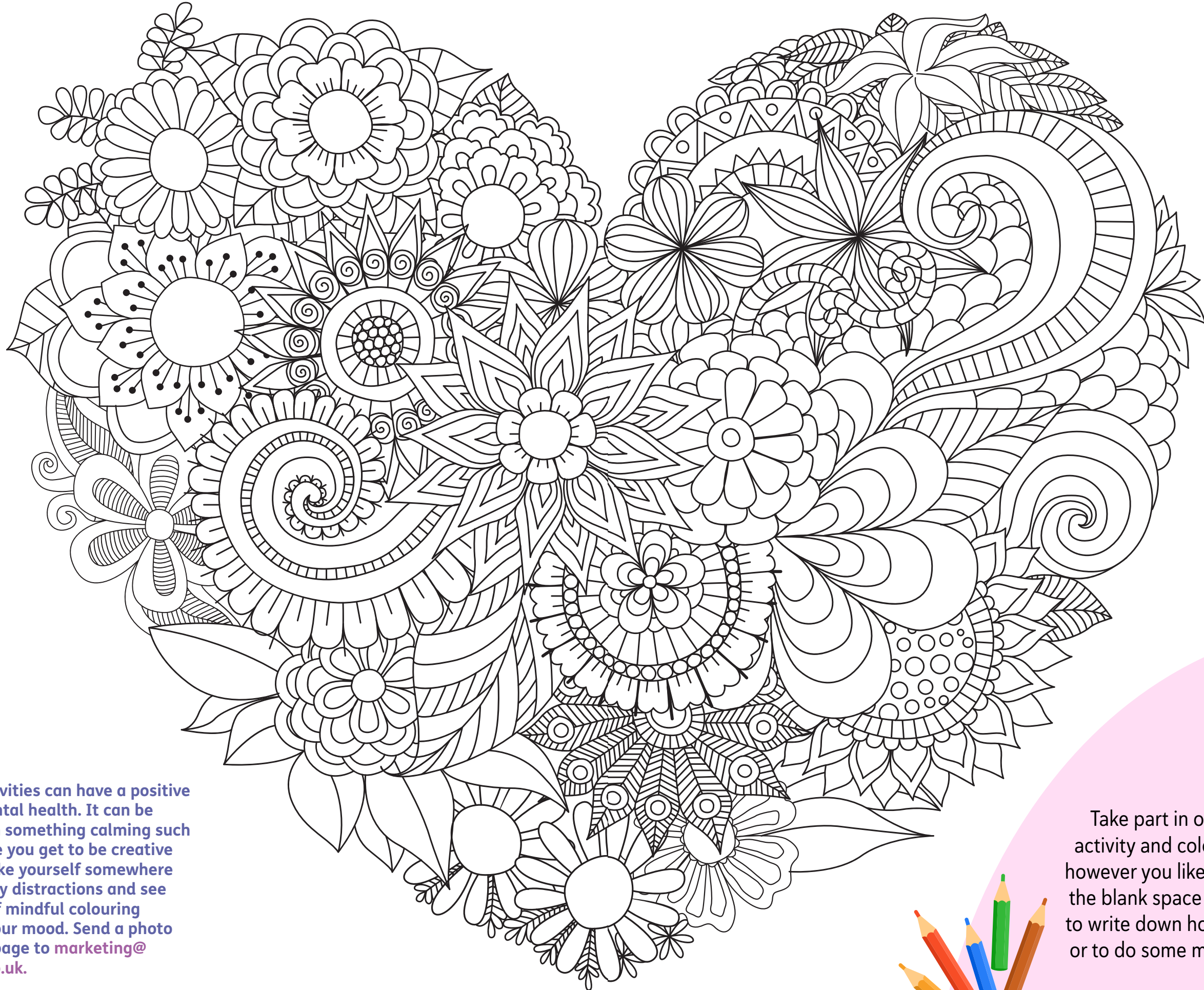


"I tend to go out for a cup of tea with members of staff. I do little bits around the house, but going out helps me with stress and anxiety."  
- Sven from Middlesbrough



**My Managing Stress Toolkit**

# Mindfulness Colouring Page



Doing mindful activities can have a positive effect on your mental health. It can be helpful to focus on something calming such as colouring where you get to be creative and expressive. Take yourself somewhere quiet without many distractions and see if a few minutes of mindful colouring helps to change your mood. Send a photo of your colouring page to [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk).



Take part in our mindfulness activity and colour in the design however you like. You can also use the blank space around the heart to write down how you are feeling or to do some mindful journaling.





# MY M.O.T

Keeping up to date with your regular health checks - to be completed with your support worker

Everyone's body is unique! This means that when it comes to looking after our bodies, everyone's needs will be different. For all of us, it's really important that we speak to a doctor when we have concerns about our health.

## Teeth and Dental Check

Usually a person needs a check up at the dentist every six months. Some people may not need one as often and others may need to visit the dentist more frequently. Your dentist should let you know how often you need to get a check-up.



When is the appointment booked for/  
what support do I need?



## Opticians/ Eye Test

It is recommended that a person should get their eyes tested every two years. Some people may need an eye test more often than every two years. Eyes rarely hurt when there is something wrong with them, so it is important to have regular eye tests.

When is the appointment booked for/  
what support do I need?



## Skin and Mole Check

Moles are small, coloured spots on the skin. Most people have moles and usually they are nothing to worry about unless they change colour, size or shape. It's a good idea to check your moles every month or so to make sure they have not changed. If they have, it is important to tell your GP.

When is the appointment booked for/  
what support do I need?



## NHS Health Check

The NHS Health Check is a free check up of your overall health if you are aged between 40 and 74 and do not have certain pre-existing health conditions. The NHS Health Check can tell you if you are at higher risk of certain health issues such as heart disease, diabetes, kidney disease and stroke.

When is the appointment booked for/  
what support do I need?



## Medication Review

You can ask for a medication review with your doctor to make sure that your medication is appropriate for you and is helping your health. Some people should have reviews every year if they regularly take prescription medicines.

When is the appointment booked for/  
what support do I need?



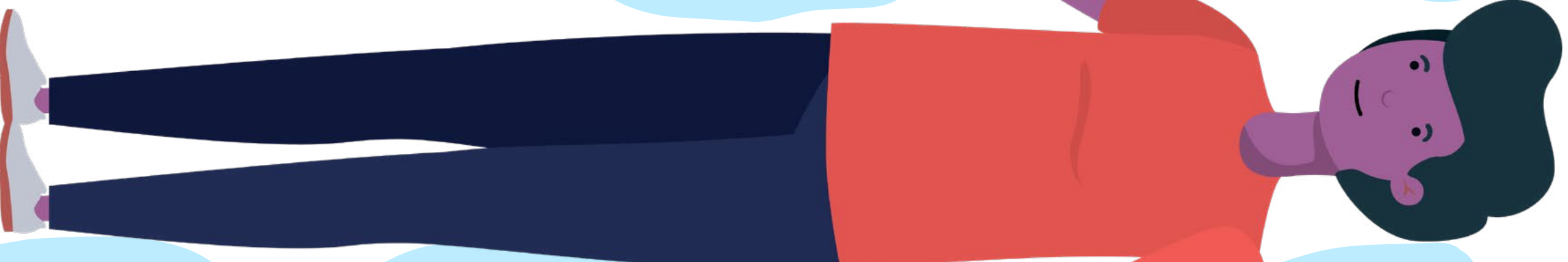
## Self-checks for cancer

It good to be aware of what your body usually looks and feels like. This includes parts of the body such as breasts or chest and testicles. If you notice something new, something unusual or something that hasn't gone away, it is important to tell your doctor.

When is the appointment booked for/  
what support do I need?

Please turn the page

You can pull me out and stick me on your wall!



# Healthy Brain

Understanding what contributes to healthy brain function

Your brain is really busy! It has three main jobs: managing all the things your body does automatically, such as your heartbeat and your breathing, all the actions we call 'motor functions', like moving, balancing and speaking, and producing all of your thoughts, memories, and emotions. We need to look after our brains to make sure that they can do all their hard work.



## Alzheimer's Society

The word 'dementia' describes symptoms that can affect memory, problem-solving, language and behaviour. Alzheimer's disease is the most common type of dementia.

Alzheimer's Society is a charity that supports anyone affected by dementia.

**Dementia Action Week** is an annual campaign that brings together the Alzheimer's Society and people / organisations from across the country under a unified theme to take action on dementia and will take place week commencing **13th May 2024**.

For more information or support visit their website at [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Knit and Natter

Engaging in activities like knitting stimulates the brain, promotes relaxation, and can help maintain cognitive abilities. The Laurels Care Home in Carlisle regularly hold knit and natter sessions. Residents, family and staff enjoy getting together and knitting wonderful woollen creations. The residents have shared their skills and knowledge to teach the staff how to knit.



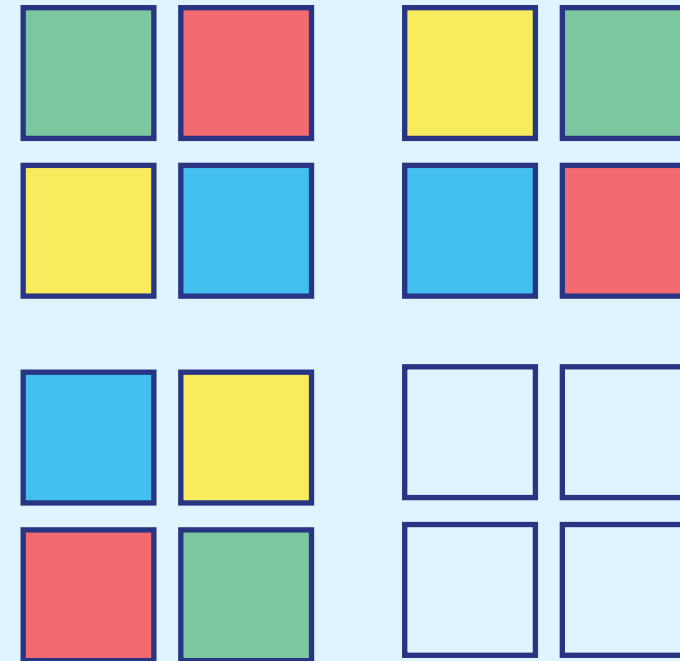
Knit and Natter at The Laurels

# Brain Training

Try out some of these brain training games

## Pattern Recognition

Try colouring in the final square to follow the sequence



**Words to find:** Healthy, sports, heart, living, puzzle, mindful, well, body, May, active, brain, fitness and happy. How many did you get?

## Wordsearch

Circle the words you find, see how many you can spot!

F	B	T	M	A	Y	N	A	S	N
I	H	X	Y	L	D	O	C	K	I
T	E	H	S	P	O	R	T	S	A
N	A	E	R	H	B	C	I	G	R
E	L	I	V	I	N	G	V	D	B
S	T	G	S	I	B	A	E	R	Y
S	H	E	A	R	T	W	T	U	P
T	Y	E	W	A	S	E	O	F	P
I	N	P	U	Z	Z	L	E	L	A
M	I	N	D	F	U	L	G	J	H

## Brain Teaser:

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat.

**How did the dog do it?**

Find the answer on the inside back page of the journal!





# Healthy Eating

Healthy eating means different things to all of us. In general, healthy eating means eating a wide variety of foods in the right amounts. This will help you get the nutrients your body needs to function well.

Growing your own produce is really enjoyable! You can use the food you grow when you cook, plus gardening can be really good for your health. If you have special dietary needs or a medical condition, you should ask your doctor for advice on what healthy eating means for you.

**What are some things you would like to grow?**

**What space do you have to grow things?**

**Welcome to your Growers Guide**  
Helping you to work out when to plant your seeds. **Top tip:** when storing seeds keep them somewhere cool and dry, such as a box and make sure they are out of the light.

**Lettuce**  
Late Jan-Feb/ Jul-Aug/ Sep  
Late Feb-Jun

**Onions**  
Early Feb  
Mid Feb-Mar

**French Beans**  
Apr  
May

**Potatoes**  
Mid May  
End Feb-May

**Tomatoes**  
Late Feb-Mar  
Mid Feb-Mar

**Indoor/ Greenhouse - Outdoor**

**Recipe Planning-** What is a recipe that you would love to try?

**Why not plan a meal to cook and enjoy from scratch that uses up some of the vegetables that you have tried growing?**

**What ingredients do you need?**

Vegetables

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Protein/ meats/ fish

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Dairy products

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Pantry items/ oils/ spices

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## My Healthy Recipe

Step 1: Preparation

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Step 2: Cooking

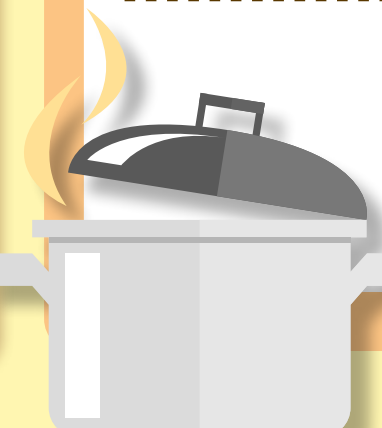
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Step 3: Serve and enjoy

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Name your recipe:

How was it? ☆☆☆☆



# 1 Sporty Summer

Taking part in a sport can be brilliant for your physical and mental health, no matter what sport you choose. It doesn't need to be competitive, you can participate in a sport just for the fun of it. Your mental health can even benefit from watching other people play sports.

There are loads of different sports to choose from, from popular ones like football to lesser known sports like ultimate frisbee!



Plan your sports day or tell us about a sport you would like to try.



**Keep an eye out for our sporty summer funding!**

### Jamie's Football Highlights

"I went to Stockport County for my belated birthday. They were playing Wrexham. I got there around 12pm so I was one of the first ones there. The food was great but the football was even better. We beat Wrexham 5-0 and I was winding them up BLUE ARMY! Stockport County is my life and I wouldn't have it any other way." *Jamie from Stockport*





# Finding Fitness

Being physically active can help you lead a happy and healthy lifestyle. You don't need to join a gym or own any fancy equipment to exercise. Moving our bodies can help to keep our hearts healthy and lower our stress levels. Everyone is different - have a think about what kinds of exercises could work best for you and give one a try. If you have a health condition, always remember to speak to your doctor about what exercises are appropriate for you.



## Tips for getting started with exercising

If you are not used to exercise or you have not exercised for some time, aim to start with 10-minute sessions and gradually build up towards 20 minutes.

Activity ideas may include:



Sitting workouts



Swimming or Water Aerobics



Dancing or Dance Exercise



Wheelchair sports like basketball and badminton

## Know your Blood Pressure Numbers



When you know your blood pressure numbers you can take steps to look after your blood pressure and lead a long and healthy life.

A pharmacist can check your blood pressure for free. They can also advise if you need to see a GP or if you need a follow up appointment.

## Fitness Planner

Keep track of any fitness goal you may want to take up, at whatever time of year with the below fitness planner. Use it to plan out your steps towards your goals, write down your progress, and note what you'd like to do next or change up.

**Fitness Goal**

**Starting Point:**

**Steps to Reach Goal:**

**Date to be done by:**

**Done?**

_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

**Fitness goal reached**



**What I enjoyed**

**Notes**

# STOPTOBER

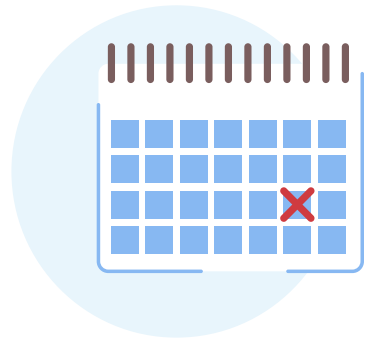
TAKING SMALL STEPS TO CUT DOWN ON OUR UNHEALTHY HABITS

**Is there anything you would like to cut down on to improve your health and wellbeing this month?**

What steps can you put in place to help make cutting down a little easier? For example if you are cutting down on eating sweets, maybe buy some healthier snacks as a replacement.

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## TOP TIPS TO HELP YOU QUIT SMOKING



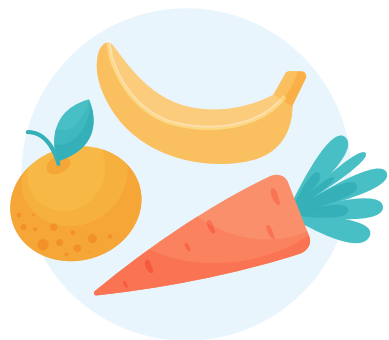
Set the date



Tell your friends



Exercise



Eat well



Make a list of triggers



Drink water



Practice deep breath



Use medicine



Find a hobby

Stoptober happens every October, encouraging people to quit smoking. Although the number of smokers in England is declining, smoking remains the single biggest cause of preventable illness and death in the country. If you smoke, quitting can be one of the most positive changes you can make for your health.

If you don't smoke, you could think about if there's anything you currently do that has a negative effect on your health. For example, reducing how much alcohol you drink can improve your health and boost your energy levels.

Did you know that having something to fidget with or to hold can really help you to keep your hands occupied when you are in the process of quitting smoking?

It might be worth keeping a diary of how you get on in your journey towards quitting smoking. If you do not smoke, why not try to kick another unhealthy habit and log your progress?



# WORLD MENTAL HEALTH DAY

Thursday 10th October 2024



World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 by the World Federation for Mental Health, a global mental health organisation.

There are many things that can help improve mental health, from talking to a trusted person or professional about how you are feeling, going outside and being in nature, taking up hobbies or learning new skills and taking medication to help you feel better.

These are just a few ideas, what can you do this October to support your mental health?



## Mo Mental Health



### About Mo Mental Health

Movember takes place every November, raising awareness of men's health issues, including mental health. The Movember charity provides expert information to help men live happier, healthier and longer lives.

The 'mo' in 'Movember' stands for moustache. Those who can grow a moustache are encouraged to grow one for Movember. If you can't grow one, you can make your own moustache out of paper and decorate it however you want. Don't forget to send our Communications Team a photo of what you get up to this Movember!



# Christmas Catch Up

## Ways to combat loneliness this winter:

Feeling lonely isn't the same as being alone. Everyone's experience of how loneliness feels is different, but it usually describes a feeling of when our needs for relationships and being sociable are not met.

Certain life events or times of the year can be triggers for loneliness. Feeling lonely can have an impact on your mental health and it can increase stress. There are lots of things we can do to feel less lonely.



Why not write someone a Christmas card?



Give family/ friends a call or a facetime to have a catch up?



You could also arrange to go for a coffee or you could visit a local Christmas market?







# Get Involved

## Engagement Workshops

This year the Marketing & Communications Team will be holding more Engagement Workshops! The Engagement Workshops are a chance to get involved in everything the team does, including becoming a co-editor of Creative Life magazine!



Keep an eye out for when we announce the date of the next workshop, and in the meantime, if you would like to take part, email us at [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk).



## Share Your Story

Would you like to appear in Creative Life? Perhaps you have a great story for our social media? Maybe you'd like to write a blog for our website?

For anyone who loves to tell a story, email [communications@creativesupport.co.uk](mailto:communications@creativesupport.co.uk) to get involved!



## Your Feedback

If you have any feedback on our marketing initiatives, let us know by emailing [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)