



● **MODULE 5:**
STAYING HEALTHY

If you do not already know, this module will help you to:

1. Know what it means to be healthy;
2. Understand the importance of looking after both your physical and mental health;
3. Know where to seek advice about your health from when you need it;
4. Know how to take, order and store prescribed medication;
5. Understand the importance of sexual health and locate your local drop-in clinic;
6. Identify strategies to combat isolation and promote your mental wellbeing;
7. Understand the impact of the food you eat on your health and wellbeing;
8. Register with a GP and dentist in the area you move to;
9. Exercise on a budget.

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First off, let's see what you already know...

1. How often should you be attending the dentist?
 - a. Once a year
 - b. Twice a year
 - c. Four times a year
 - d. Once every two years
2. Your mental and physical health can have big impacts on one another.
 - a. True
 - b. False
3. Which of the following might be useful in promoting good mental health?
 - a. Eating a healthy diet
 - b. Seeing a friend
 - c. Engaging with volunteering, education or employment
 - d. Eating a poor diet
 - e. Exercise
 - f. Drinking alcohol
4. Living independently can often be lonely. Loneliness can impact on your mental health. What can you do to reduce feelings of loneliness?
 - a. Go out drinking
 - b. Organise a house party at your property
 - c. Try and join a local club or get involved in your community
 - d. Invite friends round to your property
5. Which of the following are good ways to stay active and exercise?
 - a. Join a gym
 - b. Run around your local area
 - c. Join a club in college/university/local community
 - d. Home workouts
 - e. Walk to college/university/work
 - f. All of the above

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What would you do?

When you are living independently you will also be looking after your own physical and mental health. There are situations where you will need to decide where to seek advice about your health. Think about the following scenarios, where would you go for help in these situations?

1. You think you are having a panic attack

A. A&E

2. You have tripped over a step into the back door of your house and fallen into the kitchen. As you get back up you realise your wrist is in a lot of pain and you cannot move it.

B. Pharmacy

3. You have had a headache for a number of weeks, and it hasn't seemed to have gotten any better even though you thought it would have over time.

C. 111 (non-emergency phone line)

4. You have noticed you have a rash on your arm, it has been very red and irritated for the last few days.

D. GP

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Exercise and your health

Think about the question below, write your thoughts on the page. There may be more benefits to doing exercise than you think...



Top Tip: Check with your PA to see whether you can get any help with a gym membership, although remember you can still exercise without going to the gym. Make the most of the resources you have around you already, This could be a local park, or even your living room floor or stairs.

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Drugs and Alcohol

The government guidelines say that both men and women should not drink more than 14 units of alcohol each week*. This adds up to:

6 pints of beer



or

6 glasses of wine



or

6 pints of cider



or

14 single shots of a spirit



or

12 alcopops



*Staying within these guidelines means that there is a low risk of alcohol affecting your health.

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Drugs and Alcohol

There are a lot of different drugs, both legal and illegal which have several different names. It is a good idea for you to have some knowledge on drugs and the physical and mental affects they can on someone who has taken them.

Here is a Drug A-Z, write down at least one drug that begins with each letter and one effect it can have:

A e.g. alcohol

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

TOP TIP: There is a lot of information online about drugs, one particular source is FRANK which is very informative!

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Keeping yourself safe

Drinking alcohol and going out meeting new people is one of the rights of passage of becoming an adult, but it is our job to make sure you know how to keep yourself and your friends safe.

Top Tips:

- Never leave drinks unattended;
- If someone you don't know buys you a drink, you are not obliged to drink it;
- Don't walk home on your own;
- Try to make sure your phone is always charged before you go out, there is always a chance you may get separated from your friends or need to call a taxi to get home;
- If you are meeting someone for the first time, like on a first date, tell a friend where you are going as well as when you get home so that someone knows where you are and when you are home safe;
- If you are in a situation where you are experimenting with drugs, avoid also drinking alcohol as this combination can be VERY dangerous;
- If you are experimenting with drugs, make sure you know what you are putting in your body, e.g. avoid taking a pill from someone else as it is really hard to guarantee what is in it;
- If you are experimenting with drugs, make sure you are with someone who is not. They will be able to look after you if something goes wrong;
- If you, or a friend, have a bad reaction to a drug and you have to seek medical help, always tell the professionals what you, or your friend, has taken. You may be afraid to do this for fear of getting into trouble, but it will ensure the right treatment can happen as quickly as possible.

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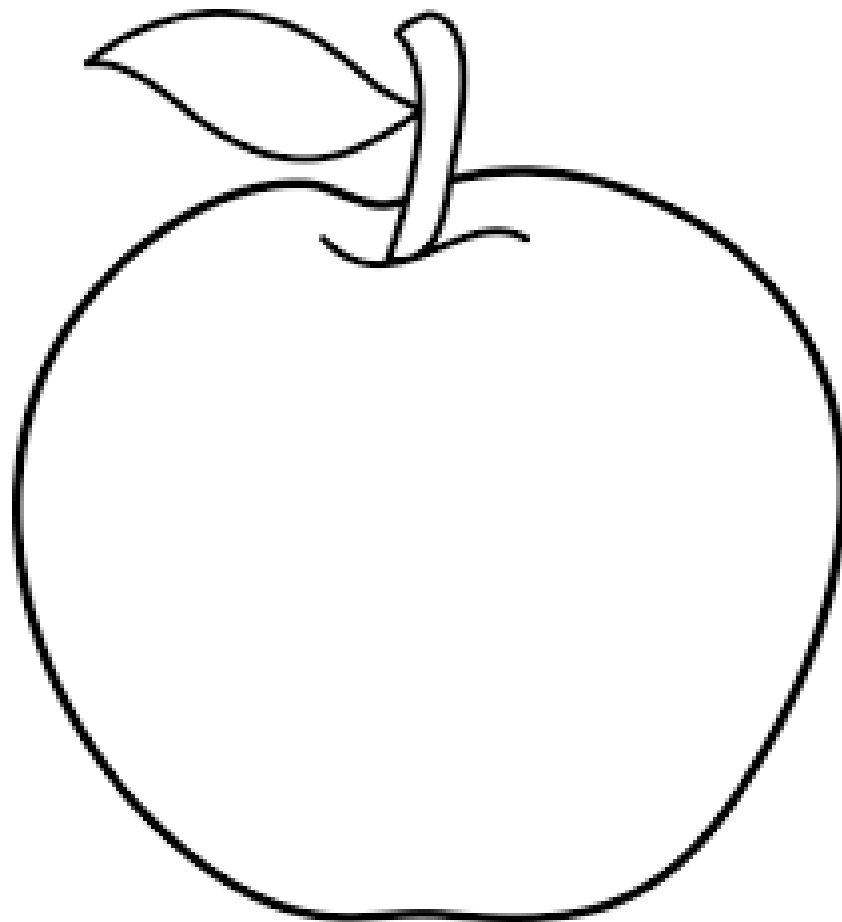
Keeping your mind healthy

Everyone has mental health- good or bad, ill or well.

Your mental health is just as important as your physical health. In fact, experiencing poor mental health can have a negative impact on physical health too.

There are lots of techniques you can use every day to boost your mental health and emotional wellbeing including: meditation, yoga, mindfulness, however, here is a simple and quick task that may be helpful for you:

In the Mind Apple below: write down your 5-a-day to boost your mental health and emotional wellbeing today:



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More Top Tips:

1. Never miss an appointment at the doctors, dentist or opticians if you can help it. If it is an emergency or you are too unwell to attend, try and get in contact with the doctor/dentist/optician to let them know you will not be attending. Being a 'no show' for an appointment not only does not meet your health needs, but it increases the chance of having to wait longer for an alternative appointment or risk not being offered one at all. The dentist in particular can even take you off their books if you do not attend a number of arranged appointments.
2. After your 18th birthday it is important to know you are no longer entitled to free NHS prescriptions unless you meet additional criteria (it is best to check to see if you are eligible). If you state that you are eligible for free prescriptions when you are not you could face a fine of £100 plus the price of the medication.
3. It is really important to stay on top of your personal hygiene – but there are more reasons for this than you may think. Good personal hygiene is good for not only your physical health but also your mental health, but you may risk losing out on opportunities as a result of bad personal hygiene. Examples of this include risking employment, or not being offered a new job, as well as social consequences among peers. You can find more information about personal hygiene in the 'Useful Links' section of this module.

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Useful links –

For a thorough and accurate list of drugs and info about them –

- <https://www.talktofrank.com/drugs-a-z>

For more information about alcohol –

- <https://www.drinkaware.co.uk/>

For more information about drugs –

- <https://www.talktofrank.com/>

For some tips on how to exercise without spending a lot on equipment –

- <https://www.savesthestudent.org/save-money/health/cheap-ways-lose-weight.html>
- <https://www.nhs.uk/live-well/exercise/gym-free-exercises/>

For more information and advice about substance misuse –

- <http://www.onerecovery.org.uk/staffordshire/>

For more information about personal hygiene –

- [An Adult's Guide to Hygiene \(for Those Who Weren't Taught Growing Up\) \(lifehacker.com\)](#)

For more information about mental health and wellbeing:

- [Mind | Mind, the mental health charity - help for mental health problems](#)