

HAPPY HEALTHY YOU

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www.actionforhappiness.org

- Action for Happiness helps people take action for a happier and more caring world
- Their patron is The Dalai Lama and members take action to increase wellbeing in their homes, workplaces, schools and local communities. Their vision is a happier world, with fewer people suffering with mental health problems and more people feeling good, functioning well and helping others



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AIMS

- To know the 5 ways to wellbeing
- To know how to get help
- To have fun learning



Activity 1

- introduce yourself to the group
- Tell us your name and something that you enjoy



What is mental health?

- What is: “good mental health?”
- Can you have a mental illness and have good mental health?
- Could you have mental illness and have poor mental health?



Definitions



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UK definition

- “Mental health is the emotional and spiritual resilience which enables us to enjoy life and to survive pain disappointment and sadness”



Aboriginal Definition

Not just the physical wellbeing of the individual but the social, emotional and cultural wellbeing of the whole community. This is a whole of life view and it also includes the cyclical concept of life-death-life (NAHSWP 1989).



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5 ways to wellbeing:

1. Connect
2. Be active
3. Take Notice
4. Keep learning
5. Give



1. Connect

- with people around you
- with family and friends colleagues and neighbours
- through causes, or in your local community





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- Think of these connections as the cornerstones of your life and make time to develop them
- Building these connections will support and enrich your life



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Be active

- Dance
- Go for a walk or do Tai Chi
- Step outside
- Cycle
- Play a game
- Swim





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Be active continued

- exercising makes you feel good
- most importantly discover a physical activity you enjoy



Be active continued

- Any exercise is better than no exercise
- The more you do the greater the benefit
- Exercise within your capability
- Choose an exercise you enjoy
- Make it fun
- Do it regularly if possible outdoors
- The biggest benefit is going from **NO** exercise to **SOME** exercise—so take that first step



- exercise has been shown to reduce the risk of anxiety or depression
- studies have found short term positive outcomes for exercise reducing depression and treating it
- strength training is best for dementia



DIET

- How does diet affect your mental health and fuel your being active?



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DIET CONTINUED

- Mental and physical wellbeing are linked
- A good diet promotes good mental health



Australian Dietary Guidelines



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- A healthy diet should be rich in fruit, vegetables, vegetable oils, legumes, whole grain cereals and fish



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- The Mediterranean diet is largely plant based and known for its health benefits including brain health.



7 simple tips



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1.

- Vegetable as a main course
- Dark green vegetables are important
- You must have olive oil with them



2.

- Legumes to replace meat 2 or 3 times a week



3.

- whole grains to feed hungry microbes e.g. grain, sour dough bread, steel cut oats, rolled barley, bulga wheat and quinoa, wheat, freekah.
- no white rice or mashed potato



4. Fruit as nature's desert



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5. Nuts for satisfying snacks



6. Extra virgin oil - 4 table spoons every day



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7. Eat mostly meals prepared at home



The key features

- abundant vegetables
- fresh fruit
- grains
- protein from fish and poultry with small amounts of red meat
- olive oil
- small amounts of wine – usually red





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Also

- Eat oily fish
- Eat dark coloured berries and vegetables
- Limit processed food



GET HEALTHY COACHING SERVICE

- Free Call: 1300 806 258
- www.gethealthynsw.com.au
- Free private telephone coaching service
- Monday – Friday 8 a.m. – 8 pm



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Healthy and Active for Life Online

- the program will help you learn how to make small, sustainable changes in your lifestyle to improve your health.
- The program covers lots of topics including healthy eating and physical activity.
- No prior knowledge or exercise experience is required.

3. Take Notice

- be curious
- catch sight of the beautiful
- talk about unusual things
- notice the changing seasons
- enjoy the moments when you are walking to the shops eating lunch or talking to a friend





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Close your eyes

- put your hands together
- breathe in deeply
- think of something nice you have noticed today



Take notice continued

- Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you



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Keep learning

- try something new
- rediscover an interest
- sign up for a course
- volunteer
- fix a bike
- learn to play an instrument or how to cook your favourite food



- set a new challenges



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Learning new things will make you more confident and as well as being fun



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GIVE

- Do something nice for a friend or a stranger
- Thank someone
- Smile
- Volunteer your time
- Join a community group or a **cause**
- Look out as well as in



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Give continued

Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and create a connection with people around you



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DEPRESSION IN OLD AGE

- is depression a normal part of ageing?



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- No it isn't . In fact people usually get happier as they age



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Depression in Old Age

- In Australia the highest rate of suicide is in men 85 year and over
- Why?



- Why are women less likely to suicide?



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- In Australia suicide rates of older people are rising but in English suicide rates of older people are falling....why?



- Do you think ageism contributes to this?



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- Some cultures value ageing



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Confucius says

- “Old age believe me is a good and pleasant thing. It is true you are gently shouldered off the stage but the you are given such a comfortable front stall as a spectator”



Hypothesis is that older people in UK are enjoying greater social and economic equality

- Fully funded “National Health Services” are free for inside and outside of hospital care.



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- In England – older people get help to pay for keeping warm in winter



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- Free travel on local buses in England for pensioners
- For those over 60 in Wales and Northern Ireland free bus travel
- The Freedom pass for older people allows free travel across London on buses, tubes and other transport



- Do older people usually talk about their sad feelings?



Many older people do not talk about their negative feelings

- Because of the shame related to mental health issues
- Because of fear



- Because signals are not clear before someone suicides, it is worth being sensitive to the smallest sign that they may be feeling suicidal



What can you do

● **Listen**



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Listen

- In a non judgmental way to let them know suicide not the right choice
- Health services are available



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Help lines

Transcultural Mental Health Service 1800 648 911

or 9912 3851

To speak in your own language call a telephone interpreter on 131 440
(the cost of a local call)



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- Mental health line 1800 011 511
- Suicide call back service 1300 659 467
- Lifeline 13 11 14
- MindSpot clinic 1800 61 34 Online courses to help adults over 60 manage symptoms of stress anxiety worry and low mood
- MoodGYM a free self help program that helps people prevent and manage symptoms of depression and anxiety
- <http://moodgym.anu.edu.au/welcome>



- TO SUMMARISE



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5 WAYS TO WELLBEING

- CONNECT



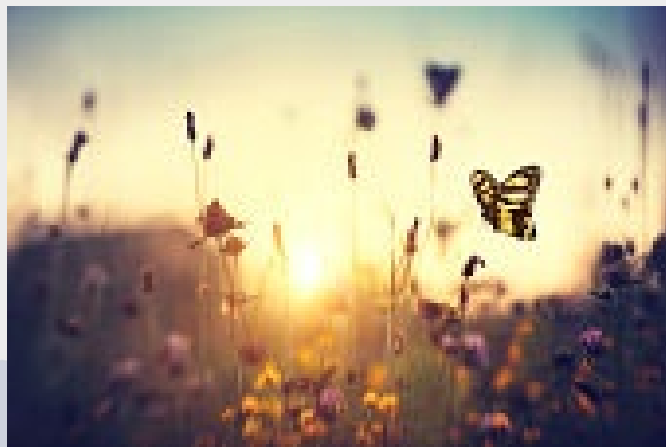
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BE ACTIVE



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TAKE NOTICE



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KEEP LEARNING



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GIVE



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