

How to look after yourself physically and mentally as a performer

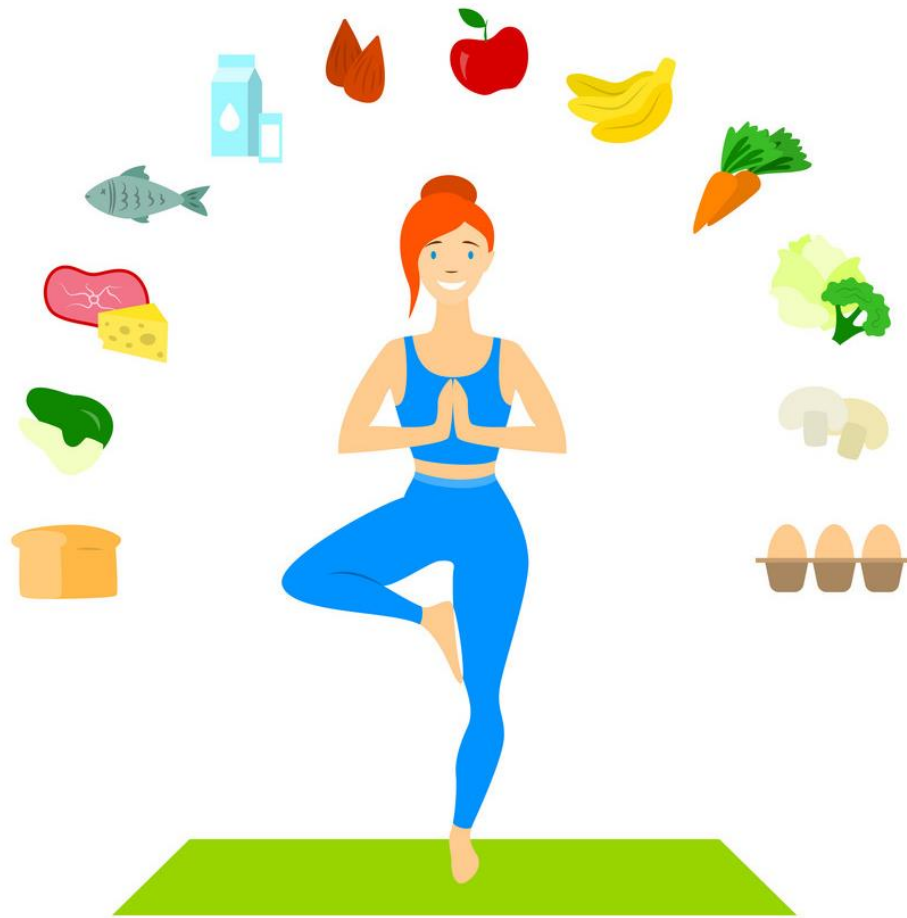
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The topics

Healthy Body

Healthy Mind

Healthy You



Why is it
important to
be healthy?

Healthy Body





Exercise

- Exercise improves mental health by reducing anxiety, depression and negative mood and by improving self-esteem and cognitive function.

Diet

- No single food or food groups can provide everything we need to be healthy. Eating a variety of different foods from each of the food groups can help us to get the full range of nutrients our body needs.



Habits

- Bad habits can make us more likely to suffer with issues such as metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, obesity and violence are all commonly linked to unhealthy lifestyles.



Healthy Mind

**DIGNITY IN MENTAL HEALTH
YOUR MENTAL HEALTH MATTERS!!!**

GET THE 5 DOSE OF MENTAL WELLBEING DAILY

BE ACTIVE	TAKE NOTICE	GIVE	KEEP LEARNING	CONNECT
				
Participate in activities around you. Do something that you like most each day.	Take note of what is happening around you. Do something new each day.	Identify and refer those in need. Show love and concern to others around you. Help and respect others.	Learn something new everyday. Learn from the experience of others around you. Stay informed, talk to your leaders.	Visit people and share. Get involved in religious activities and keep connected to God. Get a buddy.

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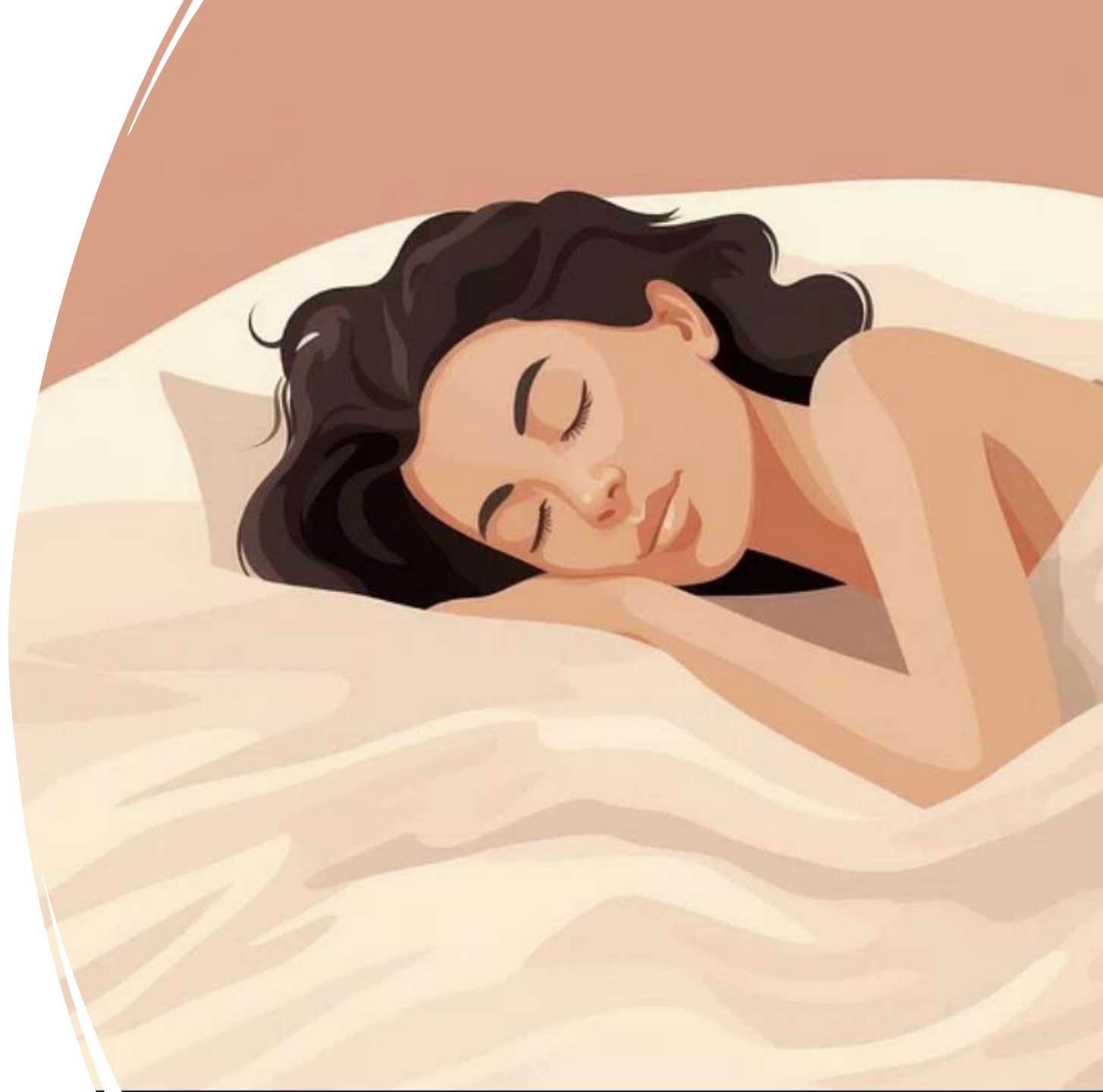


Mindfulness

- When people practice mindfulness, we learn how to make observations without getting wrapped up in thoughts or feelings. When applied to decision making, this skill can help us weigh up options more rationally.

Sleep

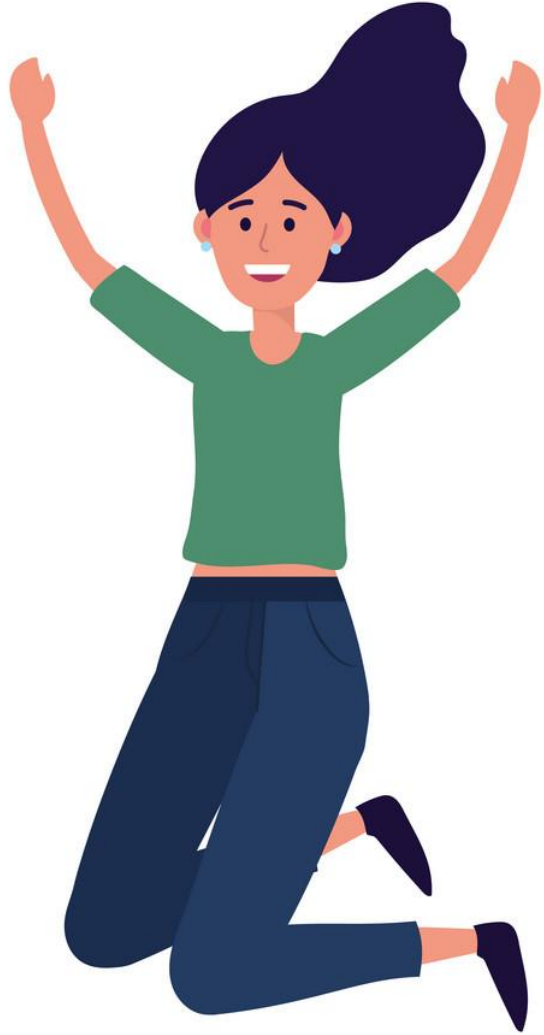
- Different people need different amounts of sleep. 8 and 1/4 hours is the average for adults. Some people can cope well with much less and some need much more every night.



Socialising

- When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes.





Healthy
You

Thank You
Any Questions?



