

BRANDON HOW ARE YOU?

Do you want to find out how you
can Eat Well, Move More and
Sleep Well for Good Mood,
Less Stress and More Energy?

Go to

www.suffolkhowareyou.co.uk

[#SuffolkHowAreYou](https://www.instagram.com/SuffolkHowAreYou)



BECAUSE THERE'S ONLY
ONE YOU

For tips, tools and advice
on health and wellbeing try
the One You, How are you?
health quiz at:

www.suffolkhowareyou.co.uk

Complete the quiz then make sure you enter the
prize draw to win a year's subscription to



Prize draw ends 31/03/2020



ONE **YOU**

Good Mood Food



Swap chocolate, sweets and added sugar containing foods for fruit, nuts or seeds.

Fruit contains fibre which increases serotonin a messenger chemical in the brain, which improves mood and how we feel.

To find out more about eating well for Good Mood go to the Eat Well page at www.suffolhowareyou.co.uk

Instagram or tweet your fruit and veg using the hashtag [#5daysuffolk](https://www.instagram.com/5daysuffolk) to be in with a chance of winning a cookbook.

Try these apps



Good Mood Moves

“Find out what exercise you enjoy and it will be a treat not a chore.”

This Girl Can Suffolk Ambassador

@ThisGirlCanSuffolk

Competition time

For the chance of winning a FitBit go to www.activesuffolk.org/tgcshay

We are inviting women in Suffolk to become a This Girl Can ambassador and asking that you submit a blog or vlog which describes how physical activity has enhanced your mood and wellbeing.

Fitbit prize draw ends 02/03/2020

Try these apps



Less Stress

When feeling stressed, instead of reaching for sugary snacks swap for nuts and seeds that contain magnesium which can help relax muscles and reduce anxiety.



To find out more about eating well for Less Stress go to www.suffolkhwareyou.co.uk Eat Well page

Instagram or tweet your fruit and veg using the hashtag [#5adaysuffolk](https://www.instagram.com/5adaysuffolk) to be in with a chance of winning a cookbook.

Try these apps



Stress Less Health Walks

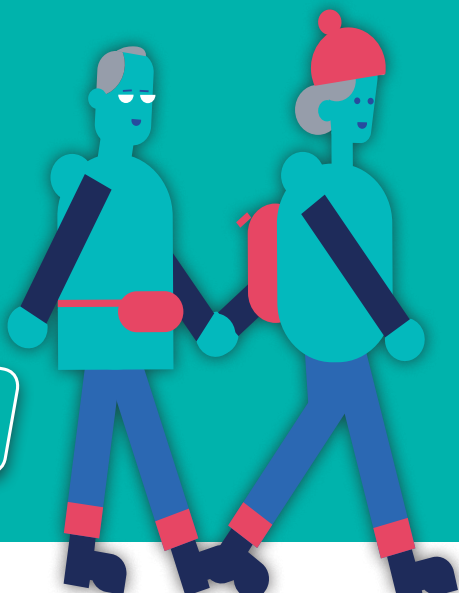
**A good walk can do wonders for
your mental wellbeing.**

To find out more about physical activity for
Less Stress go to www.suffolhowareyou.co.uk

For free guided walks to suit everyone search:
Health Walks Suffolk

Find out more at
www.suffolhowareyou.co.uk

Try these apps



health
WALKS

**One
Life**
Suffolk

Eat Well Sleep Well

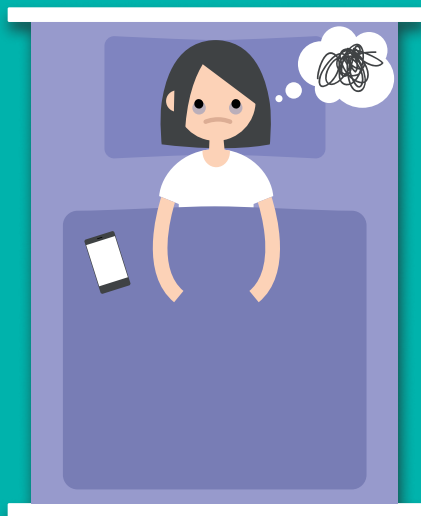
- Low levels of serotonin are linked to poor quality sleep
- Oats and cheese contain tryptophan that boost serotonin levels
- Avoid eating a big meal before sleep

Instagram or tweet your fruit and veg using the hashtags [#5adaysuffolk](#) and be in with a chance of winning a cookbook.

Find out more about sleeping well go to www.suffolkhowareyou.co.uk



Sleep Well



Avoid using smartphones in bed

The light emitted from screens blocks the release of melatonin, the hormone which triggers the onset of sleep [#ScreenFreeAttention](#)

Sign up for a **FREE** place on Suffolk Mind's **Sleep Well Be Well** course.

Find out more at:

www.suffolkhowareyou.co.uk Sleep Well page