

# WAVENEY 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.suffolhowareyou.co.uk](http://www.suffolhowareyou.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.suffolhowareyou.co.uk](http://www.suffolhowareyou.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](http://www.suffolhowareyou.co.uk)

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



# 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/tgcsbay](http://www.activesuffolk.org/tgcsbay)

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.suffolhowareyou.co.uk](http://www.suffolhowareyou.co.uk) Eat Well page

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

Try these apps



# Stress Less Health Walks

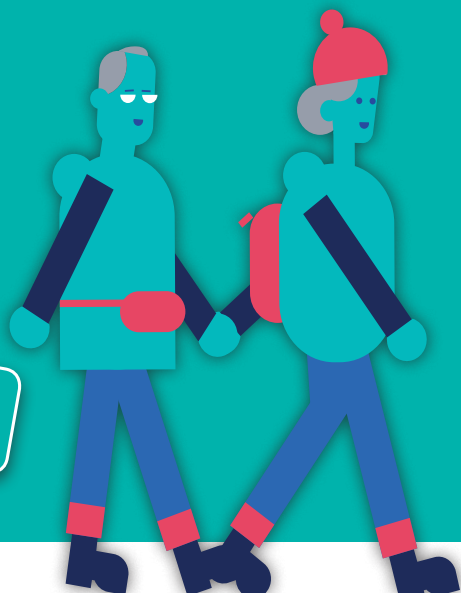
**A good walk can do wonders for your mental wellbeing.**

To find out more about physical activity for Less Stress go to [www.suffolhowareyou.co.uk](http://www.suffolhowareyou.co.uk)

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

Find out more at [www.suffolhowareyou.co.uk](http://www.suffolhowareyou.co.uk)

Try these apps



**health**  
WALKS

**One  
Life  
Suffolk**

# Eat Well Sleep Well

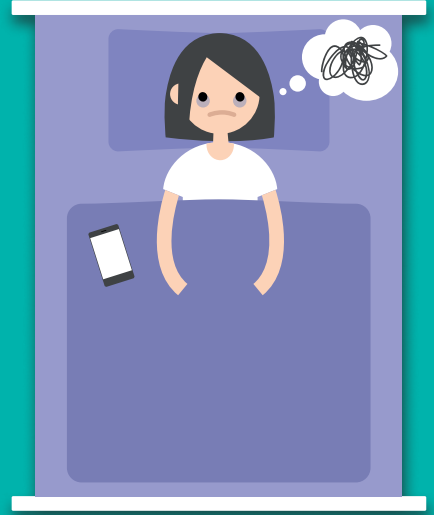
- Low levels of serotonin are linked to poor quality sleep
- Oats and cheese contain tryptophan that boost serotonin levels
- Avoid eating a big meal before sleep

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](http://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](http://www.suffolkhowareyou.co.uk) Sleep Well page