



**Wellbeing
& Recovery
College**



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Telford & Wrekin

iapt

Psychological Therapies
for Low Mood, Depression
and Anxiety

Move for Mood

Expectations

- ▶ To be respectful of others
- ▶ To keep this a safe space and ensure everyone's confidentiality
- ▶ To let us know if you need any support or are unsure of anything
- ▶ To take things at your pace and participate as much as you feel comfortable

Recap of Week 2:

What are the benefits of exercise on physical health?



Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



Improves
sleep



Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline

CORE VALUES

ICON SET



INTEGRITY



INNOVATION



COMMITMENT



CREATIVITY



PEOPLE



PASSION



GOALS



GROWTH



CONNECTION

Aims

- ▶ Role of sleep on mood
- ▶ Role of nutrition
- ▶ Mindful Walk
- ▶ Connection and Cuppa

Role of Sleep



THE IMPORTANCE OF SLEEP

WHY

IS SLEEP IMPORTANT?

Sleep helps...

- Repair your body
- Improve learning and memory
- Lower stress levels
- Improve creativity
- Support growth and development
- Maintain your immune system

HOW

CAN I SLEEP BETTER?

To get a better night's sleep...

- Go to bed and wake up at the same time each day
- Avoid big meals right before bed
- Exercise regularly
- Turn off the computer, phone, and television
- Keep your bedroom cool, quiet and dark

WHAT IF

I DO NOT GET ENOUGH SLEEP?

Sleep deprivation can...

- Increase anxiety, depression or other mental health problems
- Lead to risky or impulsive decisions
- Cause irritability or mood swings
- Cause headaches, weight gain and poor vision
- Lead to more illnesses



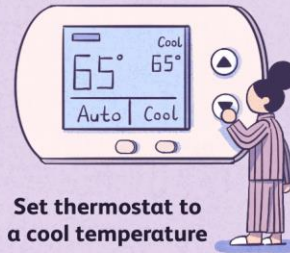
How to improve sleep



Avoid blue lights 30 minutes before sleeping



Get enough exercise



Set thermostat to a cool temperature



Lower alcohol and caffeine intake at night

How to Improve Sleep Hygiene



Invest in a quality bed and bedding

verywell



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NATIONAL SLEEP FOUNDATION

Design a Sleep-Friendly Bedroom

LEARN ABOUT THE IMPORTANCE OF DESIGNING A SLEEP-FRIENDLY BEDROOM ENVIRONMENT FROM THE WORLD'S LEADING EXPERTS IN SLEEP HEALTH, THE NATIONAL SLEEP FOUNDATION.

Dimming the lights about an hour before bed will help regulate your body and tell your brain it's time to shift into sleep mode. At home, use room darkening shades and curtains to keep it dark at night and while you sleep.

Your room should make you **relaxed and peaceful**, so choose wall colors and decorations that you love! It's also helpful to keep your room clean and uncluttered, and to make your bed every morning.

A cool room, typically between 60 and 67 degrees, makes for the best sleep. Experiment with your room's exact temperature to find what makes you comfortable.

Choose mattresses, pillows and sheets that are comfortable to you. Soft or firm mattresses and pillows? That's up to you, but make your decision based on personal preference and your typical sleeping position.

Reduce noises in your house and outside of it, with a sound conditioner or fan that creates a consistent and soothing backdrop throughout the night. Keep the TV off while you sleep, as changing tones and volumes can interrupt sleep.

Surround yourself with **scents you like**. For example, lavender may decrease your heart rate and blood pressure. Soothing scents like this can improve your mood and help you relax for bed.

FOR MORE TIPS FOR CREATING A SLEEP FRIENDLY BEDROOM, VISIT sleepfoundation.org/bedroom

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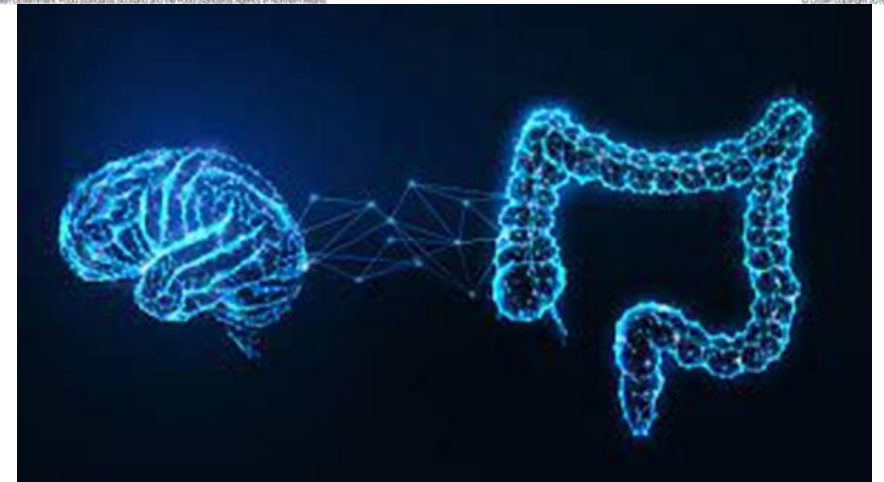
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Nutrition



A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span.



Nutrition

Eating well can help you feel better. You don't have to make big changes to your diet, but see if you can try some of these tips.

- Eat regularly- this helps with blood sugar levels
- Stay hydrated
- Eat the right balance of fats
- Avoid processed foods – as they can be bad for your mood and your heart health.
- Include more whole grains, fruits and vegetables in your diet.
- Include some protein with every meal. It contains an amino acid that your brain uses to help regulate your mood.
- Look after your gut health. Your gut can reflect how you're feeling: it can speed up or slow down if you're stressed.
- Be aware of how caffeine can affect your mood







Thank You



- ▶ <https://www.mentalhealth.org.uk/explore-mental-health/publications/how-sleep-better>
- ▶ <https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>
- ▶ <https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>
- ▶ <https://joinzoe.com/learn/good-mood-food>