

H ealthy
E ating.
A ctive
L iving.
T ogetherness.
H anging loose.

Healthy Lifestyles for Wellness

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• Live healthy lifestyles, • Live longer! • Live better!

Try the 4 best self-help methods for your wellness-building programme:



LIVE BALANCED FOR
OVERCOMING AND WELLNESS

Healthy Eating

1. Eat mainly "Rainbow Coloured Foods": vegetables, fruits, legumes, nuts, seeds.
2. Avoid refined (white) or processed foods, sugary and fatty foods.
3. Use whole grains, (oats, brown rice, corn, etc.) and ground provisions in modest amounts.
4. Avoid red meats. Eat chicken breast or (preferably) fish, and meat substitutes (i.e. plant-based protein products such as: tofu or peas and beans combined with grains).
5. Less of salt. Use herbal seasonings.
6. Vitamins and minerals: multivitamin plus vitamins C (500-1000 mg daily in divided doses) and E (200-400 I.U. daily), Calcium and Magnesium (with vitamin D) (500-1000 and 100-500 mg daily) and Selenium.
7. Fish oil or Ground flaxseed and chlorella (for Omega 3 fatty acids).
8. Water: 6 to 8 glasses daily. Avoid soft drinks.
9. Sunlight: Get 15 minutes daily (vitamin D)
10. Eat smaller portions (as many as 5 times per day)
11. Healthy snacks (e.g. fruits and vegetables) between meals
12. Avoid toxic chemicals and radiation

Active

Living - Exercise, Recreation and Hobbies

Regular exercise at least 5 times a week for 30 minutes Aim for 45 to 60 minutes if overweight.

Recreation: Get out, have healthy fun. Get close to nature.

Hobbies: Do creative and enjoyable things with your hands, voice, etc. Play games.

Togetherness - With others and God

Reach out:

1. Reach out to friends and relatives for mutual emotional and social support. Share your feelings and concerns. Build healthy mutual relationships and healthy support systems.
2. Volunteer to help others.
3. For those who are religious, you can reach out to God as well, through scripture, prayer, worship and using activities for fellowship, education and support. Attitude of gratitude and forgiveness.

Hanging loose - Rest, Sleep, Relaxation

Rest and Sleep: (at least 7 hours per night)

Relaxation exercises:

1. Close your eyes. Pause for a few seconds.
2. Breathe in deeply through your nostrils *to the count of four* until your lungs are filled with revitalizing Oxygen.
3. Hold to the *count of five*.
4. Breathe out Carbon Dioxide and tension through your mouth to the *count of seven*.
5. Repeat four times.
6. Relax all your muscles from your toes up. Let all the tension drain out of your body until you feel loose and limp. Visualize feeling as limp as a wet towel on a clothes line.
7. Do this complete set of relaxation exercises as follows:
 1. A practice session 10 minutes daily
 2. Distributed sessions 3-4 times a day:
 - a. on getting up in the morning – relax to face the rest of the morning
 - b. during your lunch break – relax to face the afternoon
 - c. coming home from work – relax to face the evening
 - d. before going to bed at night – relax to have a good night's sleep
 3. When necessary for anxiety

Also ensure:

1. **Safe Sex.** i.e. condom use, abstinence, or mutual fidelity.
Know your HIV status.
2. **Substance Avoidance.** No tobacco, regular alcohol or drugs.
3. **Socio-economic Management for Wellness.**
Improve productivity skills, budgeting, saving, and planning

AIDS TO HEALTHY LIFESTYLE CHANGES

- * **Self-Monitoring:** Daily **centering time**. To: Review yesterday and plan lifestyle activities for today. Use an activity chart and journal to keep track or Tick [] boxes on right daily or weekly. Keep track of weight. **Do annual medicals!** (If over 25)
- * **Support Network:** Seek support from family and friends to ensure success. Join a wellness support group or a fitness and nutrition club. Have a walking partner
- * **Lifestyle Counsellor:** Use a fitness trainer and nutritionist to help change patterns.

Visit: www.dreanthonyallen.com for full information on wellness

Use the booklet:
Simple Steps to Wellness
for only \$900 from Dr. Allen's office.

SETTING UP YOUR OWN PROGRAMME

These are some helpful steps that you can take in setting up your own lifestyle programme

Tick each box with a pencil each weekend to monitor your progress.

[] Recognizing (the problems faced)

- Evaluate your health lifestyle needs
- Identify your concerns and feelings
- Inform yourself (through reading, talks etc)

[] Resolving by risk/reward analysis

- Analyze the pros and cons of the habits you neglect and of those being suggested to you
- Make a commitment to self to follow through, as you see fit
- Visualize the “new you” (how you will feel)

[] Resource seeking and Goal Planning

- Seek resources: (e.g. gymnasium, places to walk or to get fresh food)
- Seek the help of professionals when need arises (e.g. personal trainer, nutritionist or lifestyle consultant)
- Set performance goal and plan activities:
 - how
 - where
 - when
 - how much

[] Reinforcing (strengthening your new habits)

- Seek support
 - Use a “buddy” system.
 - Have an encouraging “accountability partner” (someone to keep you on the ball).
 - Join a fitness and nutrition group or gym.
 - Have fun!
- Monitor:
 - a. lifestyle activities
 - b. food intake
 - c. weight
- Use a progress chart, food diary and journal. Start with an *initial assessment* and monitor progress.
 - Accept relapses (slipping back) as ‘steps to success’ and not as failures
- Reward yourself with compliments and healthy treats e.g. a nice healthy meal

Make it fun; Take your time: Start small; Use prayer (if you believe in this). Be optimistic. You can do it!

For more information on wellness activities, visit Dr. Allen’s Website at www.dreanthonyallen.com