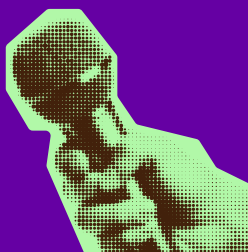
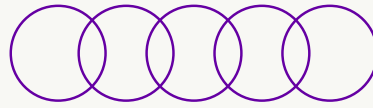


Arwen Wall, Undeb Bangor Campaigns

EATING DISORDER (ED) CAMPAIGN BOOKLET



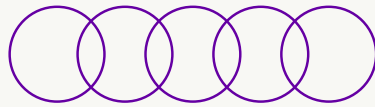
FOOD & HEALTHY EATING



SUMMARY



Overall, we want to try and achieve a **healthy** and **balanced** diet. But this doesn't just mean fruit and vegetables! Living a healthy lifestyle is about finding a happy medium of different foods. There's no such thing as 'good' or 'bad' foods, because too much of anything can be a bad thing! It's about learning how to make sure we get what we need of each.



FOOD & HEALTHY EATING



What are the different food groups?

Dairy and alternatives:

These are great sources of protein and calcium! They include things such as milk, yoghurt, cheese and alternatives, such as soya milk .

Protein foods:

These include things such as beans, pulses, fish, eggs, meat and other foods which are also good sources of vitamins and minerals

Oils and spreads:

These should be eaten in small amounts as they are high in energy and fats. But, a small amount is essential as part of a healthy, balanced diet

Starchy foods:

These should make up just over a third of what we eat and are a good source of energy and the main source of range of nutrients in our diet. They include foods such as potatoes, bread, rice, pasta (a student fave!) and cereals

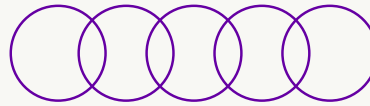
Fruits and vegetables:

We should aim to eat 5 portions (80g) of a variety of fruit and vegetables a day, and make up just over a third of the food we eat each day. These can be fresh, frozen, tinned, dried, or even juiced!

Foods and drink high in fat, salt and sugar:

These foods aren't 'bad', but just contain higher amounts of fat, salt and sugar, so should be eaten less often and in smaller amounts than other foods. They include things such as chocolate, cakes, biscuits, sugary soft drinks, and others.

FOOD & HEALTHY EATING



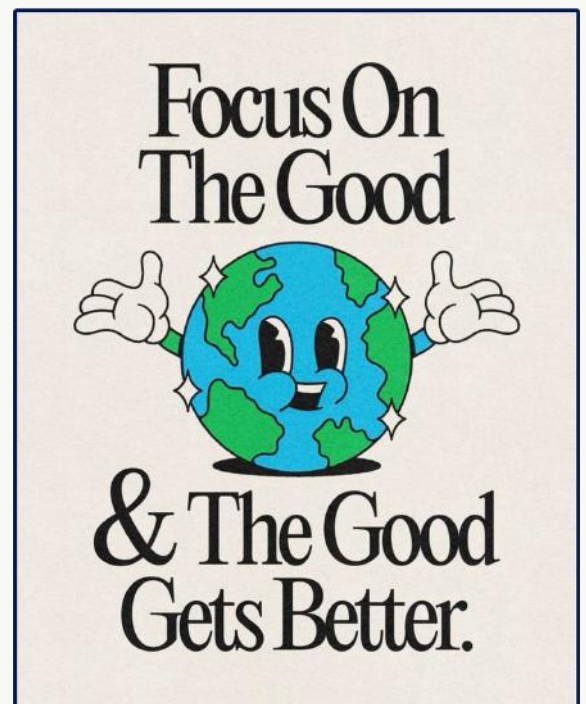
What are the different food groups?

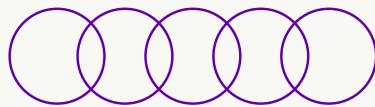


Drinks:

6 to 8 'cups' or glasses a day is a recommended guide for the amount of liquids you should drink a day. Water, low-fat milks, low-sugar or sugar-free drinks and tea/coffee all count

We all need different amounts of energy, and therefore food, a day to stay healthy. How much you need depends on you as an individual, therefore comparing yourself to others intake can often not be what is the right intake for you.





SLEEP

Student relevant consequences of not enough sleep:

- Reduced concentration during lectures
- Memory lapses
- Irritability, stress and low mood
- Lack of motivation
- Higher risk of burnout

How much sleep do you actually need?

Adults ~7 to 9 hours, but this also varies person to person

Student related benefits of sleep:

- Improved focus and concentration
- Enhances brain health
- Improves emotional wellbeing
- Better memory retention
- Supports physical health and repair
- Boosts productivity and cognitive performance
- Enhanced mood and reduced stress



Top tips for better sleep:

- Reduce eye sensitivity to light (e.g. dark mode or blue light glasses)
- Manage anxiety by making a bedtime ritual
- Balance fatigue by not being too inactive, and having a consistent routine that helps your body regulate naturally
- Aim to sleep and wake at the same time daily (although this can be difficult with various uni commitments!)
- If you can't fall asleep, get up and read, listen to calming music, or do something relaxing until you feel sleepy



MENTAL HEALTH



YOU'RE NOT ALONE



With university stresses such as moving away from home, workload pressures and financial pressures, ever present, it is so important to remember to look after our mental as well as our physical health.

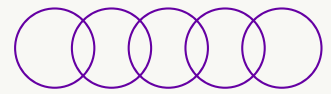
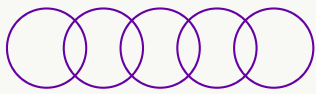
Since 2010/11 to 2022/23,  the number of students who disclosed a mental health condition to their university increased from under 1% to 5.8%.

It doesn't have to be a huge task to improve our mental health, and even the smallest changes can make the biggest impact. Here are 5 little things that you can do to be kind to your mind:

- A good nights sleep and a healthier diet can contribute to an improved mental health
- Having a balanced routine can help to stay on track and make things feel more manageable
- Staying active and getting enough sunlight can boost mood and reduce stress, even a little walk outdoors between lectures or sitting outside for lunch can contribute
- Take breaks and make time for hobbies: university isn't just about studying, it's about taking part in new clubs and societies, finding what you enjoy and making friends along the way. Doing this can boost mood and help to build a network of support
- Limit alcohol and caffeine: too much of either can impact your mood and sleep



CHARITIES AND CONTACTS



Reaching out for support can be the most difficult thing when faced with mental challenges, but there are multiple organizations and charities that you can seek help from, as well as the university's wellbeing services.



Samaritans – 24/7 confidential support for anyone in distress. Call 116 123 or visit www.samaritans.org

Mind – Provides advice and support for anyone experiencing mental health problems. Visit www.mind.org.uk or call 0300 123 3393

Rethink Mental Illness – Support and advocacy for people affected by mental illness. Visit www.rethink.org or call 0808 801 0525

CALM (Campaign Against Living Miserably) – Support for men struggling with mental health. Call 0800 58 58 58 or visit www.thecalmzone.net

Shout – Free 24/7 crisis text support service. Text 'SHOUT' to 85258

Beat – A charity aimed towards tackling and raising awareness surrounding eating disorders. Wales helpline 0808 801 0433, Waleshelp@beateatingdisorders.org.uk, or visit www.beateatingdisorders.org.uk

Bangor University Student Wellbeing and Inclusivity Service – Call 01248388520 or e-mail wellbeingservices@bangor.ac.uk



RESOURCES



● ● ● Comfortable Lodging Options ● ● ●

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/>

<https://www.nhs.uk/why-is-sleep-important/>

<https://www.sciencenewstoday.org/10-most-important-benefits-of-sleep-according-to-science>

<https://thegraduatesamaritan.co.uk/how-to-improve-student-sleep-quality/>

<https://commonslibrary.parliament.uk/>

<https://nmite.ac.uk/news/top-10-tips-to-maintain-your-mental-health-at-university>

