

Welfare Awareness Topic: Physical Health

Overview – *Physical health and wellbeing is important to supporting your overall health and wellbeing, including your mental health. Physical health can include things like exercise, healthy eating, healthy habits and managing health conditions you might already have.*

Ensuring you have good physical health and wellbeing can increase self-esteem and reduce stress and anxiety. Physical activity can help play a role in preventing mental health problems as well and will really go a long way in helping you with your studies.

Here are some of our top tips for maintaining good physical wellbeing:

Exercise: Doing some form of physical activity every day and exercising just once or twice a week can reduce the risk of heart disease, stroke, clinical depression, or dementia, and help boost self-esteem, mood, sleep quality and energy. [This page on the NHS](#) outlines the importance of exercise and has guidelines for physical activities for each age group.

Healthy Eating: Eating a balanced diet is an important part of maintaining good health. This means consuming a variety of foods in the right proportions. Eating at least 5 portions of a variety of fruit and vegetables every day, drinking plenty of fluids, and remembering to eat regularly, can all contribute to your physical health and wellbeing. Check out the NHS's [page on eating well](#) for more info.

Sleep: Lack of sleep can affect your performance, mood, and mental health, as well as your physical wellbeing. Encouraging healthy sleep habits to improve your quality of sleep can enhance your physical and mental health. The Wellbeing Thesis has great tips for improving sleep [here](#).

Managing Health Conditions: Managing any existing health conditions you might have can be stressful but tapping into all the support available can really help with staying on track with your physical and mental health. The [NHS website](#) has a range of information about conditions, treatments, care, and support.

Healthy Habits: Building healthy habits for exercise, sleep and eating can all go far in improving our physical wellbeing, in turn positively influencing work, relationships and mental health. Turning a behaviour into a habit is about building routines and sticking to them, until these behaviours become easy to do with little or no thought. [This page](#) has some great advice on how to build a new habit.

Support / Find out more

- Check out these [tips for maintaining good physical wellbeing](#) on the Wellbeing Theses.
- Mind also have some great resources on [physical activity and mental wellbeing](#).
- This [NHS page](#) has some resources to support emotional wellbeing and physical health management
- This page has [Sleep Tips](#) for having a good night's sleep, and this [app](#) is designed to help you calm your mind, fall asleep fast, stay asleep, and wake up refreshed.
- The [Better Health NHS page](#) has ideas, tips, and apps for kickstarting your health and wellbeing.

Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team, then please get in touch: safeguarding@bpp.com