

Beat The Blues



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Key Themes

- Food for Mood
- Movement for Mood
- Sleep Matters
- Humans Need Humans

Food for Mood



- Easy, realistic swaps
 - Fibre target: 30g/day (UK avg ~18g)
 - Improves gut, heart & mood
 - Found in whole grains, beans, veg, nuts



HIGH FIBRE FOODS

@kathryn_gray



1 Small sweet potato
(100g) 3g fibre



100g green peas
5g fibre



30g almonds
3.5g fibre



30g popcorn
4g fibre



100g baked beans
4g fibre



100g raspberries
6.5g fibre



2 slices wholemeal
bread 5g fibre



60g avocado
4g fibre



100g chickpeas
(canned) 4.5g fibre



100g edamame/ soya
beans 5g fibre



30g bran flakes
5g fibre



15g chia seeds
5g fibre



30g lentils (dry)
8g fibre



100g parsnip
5g fibre



60g wholewheat pasta
(dry) 5g fibre



60g quinoa (dry)
5g fibre

Food for Mood



- Reduce Ultra Processed Foods
 - Linked to low mood and anxiety
- Hydration
- Supplements
 - Vitamin D, supports mood, bone health and energy
 - Vitamin B12, folic acid, iron also affect energy levels and mood regulation

Food for Mood

- Alcohol
 - 14 units a week
 - Central nervous system depressant! (although can make you feel good in the moment)



1 UNIT

Single shot of spirits
(25ml, ABV 40%)



1.5 UNITS

Alcopop
(275ml, ABV 5.5%)



1.5 UNITS

Small glass of red / white /
rosé / sparkling wine
(125ml, ABV 12%)



2 UNITS

Can of beer, ale,
lager or cider
(440ml, ABV 5.5%)



2.1 UNITS

Standard glass of
red / white / rosé / wine
(175ml, ABV 12%)



3 UNITS

Pint of beer, ale,
lager or cider
(568ml, ABV 5.2%)



3 UNITS

Large glass of
red / white / rosé / wine
(250ml, ABV 12%)



9 UNITS

Bottle of red / white /
rosé / sparkling wine
(750ml, ABV 12%)

Move your Mood



- Endless benefits
 - Mental health
 - Heart health
 - Reduction in Cancer risk
 - Bone health
 - Joint pain
- Inactive people 3x more likely to have low mood
- Any activity is better than none!

Sleep Matters



- 20% UK adults struggle with sleep
- Impacts mood & stress
- Tips
 - Routine,
 - No screens
 - Cool/dark room
 - Limit caffeine after midday

Mental Health

- Winter months harder
- Talking is so important!
- Tips
 - Early morning sunshine
 - Daily activity
 - Routine

Loneliness



- Increasing levels of loneliness
- People are less connected
- Linked to poor physical and mental health outcomes

Resources

- GetUBetter
- Wandsworth Wellbeing Hub
- Care4Me.org
 - Walking football, charities, cafes, boxing groups, gardening groups
- Walk4Life
 - Free walks
- Active Lifestyle
 - Low cost physical activity
- NHS Better Health
 - Dietary and exercise advice
 - Every mind matters (sleep and mood)
- Guys get active
- MIND
- CALM
- Befriending Network
- Wandsworth Discretionary Fund
- Social Prescribing

Questions?