



Moving On  
Being healthy

Sample



This journal belongs to

A dashed rectangular box intended for writing the owner's name.

Sample



 **Reminder**

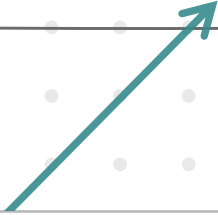
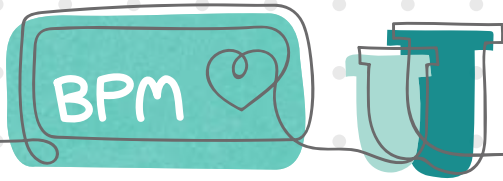
Work through this journal with the support of a trusted adult and reflect on your experiences as you go.

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✓ **Top tip**

You can work through the sections of this journal in any order.




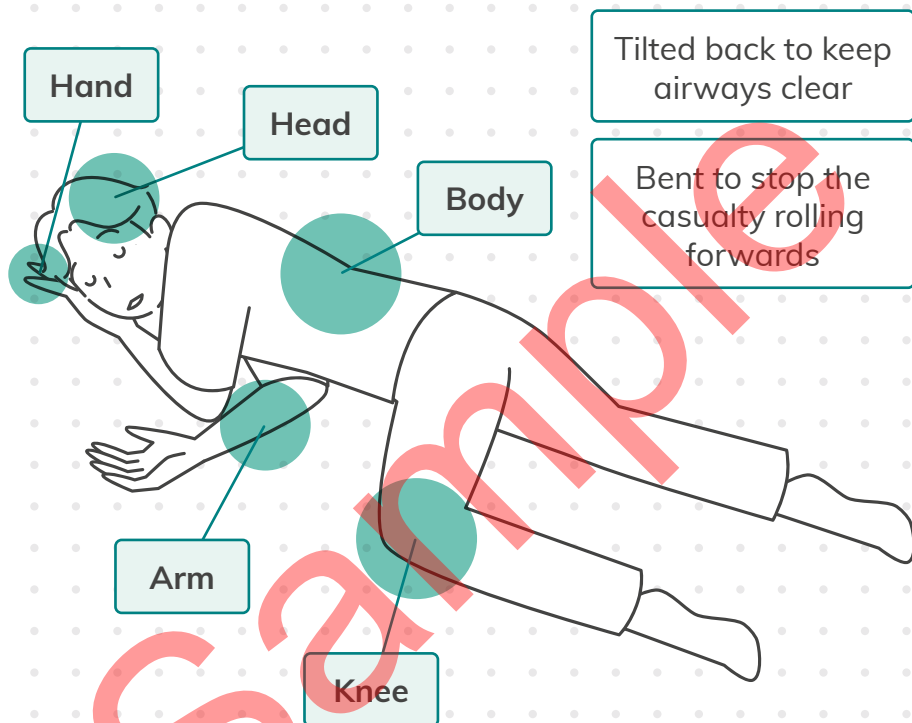
## Physical health

**How you take care of your body is an important part of your overall health.**

Looking after your physical health when you're young can help to reduce problems occurring in older age.

This includes managing your personal hygiene and knowing how to access health services relevant to your needs, like doctors and dentists. It also involves being able to treat minor illnesses yourself, managing your own medication and knowing how to do first aid for minor injuries.

 Look at the diagram showing the recovery position and match the key features to the correct body parts. Check your answers with a trusted adult.



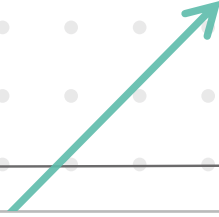
On side to help prevent suffocation

Supporting head

Bent to stabilise the upper body

### Practical activity

Watch videos or practise emergency procedures. You could do this as part of a first aid course.



## Mental health and wellbeing

We all have mental health and feeling a range of emotions is a part of life.

There are little things that we can do to help look after our mental health, which can help us to lead happier, more relaxed and enjoyable lives. The key is knowing yourself and discovering what works for you.

Managing mental health can be a challenge for some people, including those with specific mental health conditions. If you're struggling to look after your mental health or know someone who is, it's important to know that there are organisations that can offer help and advice.

### Support



Samaritans are here to help anyone who needs it:  
[www.samaritans.org](http://www.samaritans.org) or call 116 123 for free

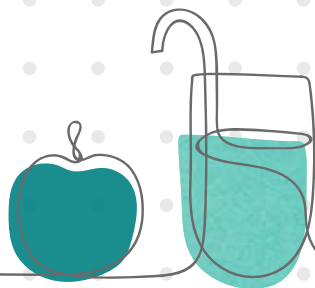
# Coping with stress



Some life events can be stressful and affect our emotional wellbeing. Things like exams, relationship problems, money worries and career changes can all be stressful.

There are different things that you can do to help manage stressful situations more effectively.

Stress management toolkit	
	<b>Be active</b> Get some exercise or go outside for a walk
	<b>Make a plan</b> Set goals and targets to manage your time
	<b>Connect with people</b> Talk to a friend or someone you trust
	<b>Take some me time</b> Do something to relax, like reading, listening to music, crafts or have a pamper session
	<b>Set healthy habits</b> Eat well, sleep well, drink plenty of water and avoid substances (eg alcohol, caffeine, tobacco)
	<b>Look for the positives</b> Focus on what is going well for you and find enjoyment in the positives



## Healthy eating and nutrition

Eating a healthy, balanced and nutritious diet is an important part of maintaining your physical and mental health.

Understanding the different types of food and their benefits to the body can help you eat the things that your body needs.

Healthy eating can be a difficult topic for some people, including those who have been affected by eating disorders. If you or someone you know are struggling with disordered eating, it's important to know that there are organisations that can offer expert help and advice.

### Support

Beat are the UK's leading eating disorder charity:  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)




# Food swaps



One step towards achieving a balanced diet is to swap foods and drinks that are high in sugar, salt and fat for healthier alternatives. You can still enjoy less healthy foods in moderation, however a couple of everyday swaps can make a real difference to your overall diet.

Fast foods and takeaways are often high in calories, fat, salt and sugar. Swapping takeaways for home-cooked versions can be a good way to eat meals that taste like a takeaway, but are more nutritious.

 On the next page, identify your favourite takeaway dishes and find a healthier recipe that you can make yourself. Compare the time taken to prepare, cost and taste.

## Practical activity

Cook some of your takeaway recipes. Share the food you have made or photos of your meals with your friends or a trusted adult and ask them for feedback.

## Useful website

[realfood.tesco.com](https://realfood.tesco.com)





## Substances


People may use substances like alcohol, tobacco and drugs recreationally. However, these substances can have short- and long-term effects on your physical and mental health.

Being informed about the potential risks and consequences is key to managing your overall wellbeing.

Substances can be a difficult topic for some people, including those who have experienced or been around addiction. If you're struggling with issues around substance misuse, it's important to know that there are organisations that can offer expert help and advice.

### Support

Talk to Frank for honest information and support relating to drugs and alcohol: [www.talktofrank.com](http://www.talktofrank.com)

 Using the keywords, fill in the blanks in these statements about vaping. Check your answers with a trusted adult.

Vaping does not produce  or carbon monoxide, which are two of the most damaging elements in tobacco smoke.

E-cigarette liquids and vapour contain some  chemicals also found in cigarette smoke, but at much lower levels.

Vaping is not completely  free, but it carries a small fraction of the risk of cigarettes.

Nicotine is the  substance in tobacco and vapes, it's not a significant health hazard.

Almost all of the harm from smoking comes from the  in tobacco smoke, many of which are toxic.

 **Keywords:**

addictive

risk

tar

harmful

other chemicals



## Personal safety


We all want to stay as safe as possible in our daily lives. Crimes such as domestic abuse, sexual harassment, stalking, violence and theft can happen to anyone.

Whilst there are some precautions you can take to help minimise the risks of becoming a victim of crime, it's important to remember that responsibility for the crime lies 100% with the perpetrator.

Personal safety can be a difficult topic for some people, including those who have been affected by crime or experienced trauma. It's important to know that there are organisations that can offer expert help and advice.

### Support

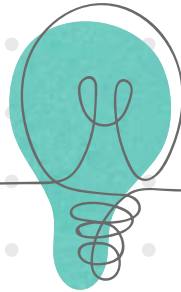
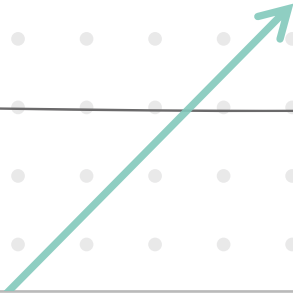
Victim Support offer support to victims in England and Wales: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

 Use this page to record any additional notes or important information you would like to remember about personal safety. If you have done any additional activities, you can record them here.

Sample

### Useful contacts, websites and phone numbers





## Being healthy reflection

The following pages should be completed in conversation with a trusted adult, once you have completed the rest of this journal.

You should discuss:

- What did you enjoy? What have you found difficult?
- What have you learnt? What skills have you developed?
- How are you feeling about living independently?
- What are your next steps? Is there anything you need support with?

### Reminder

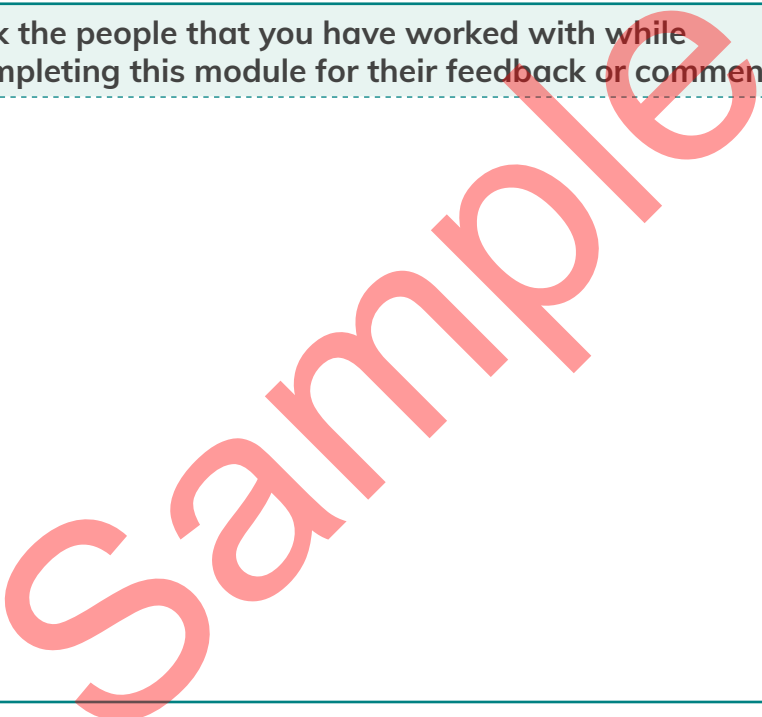
Your completed module journal is yours to keep and take with you to refer back to in the future.

# Reflective reference



A trusted adult will write a reflective reference for you, as evidence that you have completed the Being healthy journal and that you have developed the skills and knowledge you need to 'move on'.

Ask the people that you have worked with while completing this module for their feedback or comments.



## Reminder

Keep a copy of your reflective reference with your completed module journal as evidence that you have developed the skills and knowledge you need to 'move on'.



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