

In this month's newsletter:

Coping with Change

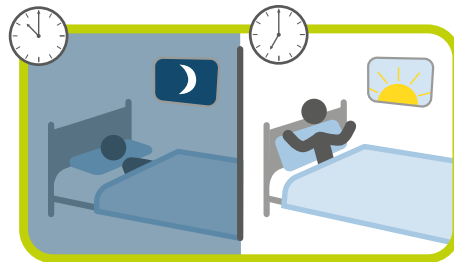
Sugar Awareness

4 coping mechanisms for change

Change is something that we all have to deal with throughout our lives, but this doesn't mean it comes easy. It can be positive and exciting, but can also be daunting, challenging, and can in turn negatively impact your mental health. In fact, when you go through a major life change, uncertainty bias leads your brain to automatically perceive it negatively. Therefore, learning to be resilient in coping with change will make you feel healthier and lower your risk of developing anxiety and depression.

Next time you're faced with change, try following these 4 simple steps to help you cope:

1) Maintain your daily routine in other ways. Change can often affect how we go about our day to day lives, which is unfortunate as we tend to find comfort in structure and routine. Therefore, it is important to keep as many elements of your routine the same as possible while you experience change. This can be as simple as eating at the same times each day, sticking to the same sleep schedule, or going on your daily walk.

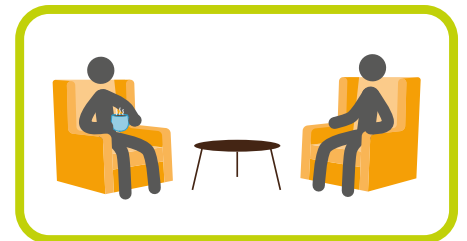


2) Learn to accept the unpredictability of life and let go of your restrictions and expectations of what it should be like. This should help you to feel less overwhelmed by changes in your routine. Keeping an open mind when it comes to change may even make new experiences enjoyable!

3) Reframe your thinking and put your situation into perspective.

This probably isn't the first time you've experienced change and it probably won't be the last, you got through it once and you will get through it again. In fact, change is happening all over the world at all times, whether it impacts your life or not. If you try to think about the world in this way it should help to put your situation into perspective and hopefully make the change you're going through feel smaller and easier to manage.

4) Seek support from others. No one should have to cope with change on their own, so don't be afraid to reach out to someone you trust for help. A problem shared is a problem halved, and change is a lot more manageable when you can share your thoughts and feelings about it with someone who cares.



If you are seriously struggling with change, please also seek help from a mental health professional who will be able to listen to your worries and provide you with the best possible coping strategies for your situation.

How aware of your sugar intake are you?

Eating and drinking too much sugar on a regular basis can lead you to become overweight which increases your risk of developing a number of health conditions, including type 2 diabetes, heart disease, and some types of cancer. Consuming foods and drinks that have a high sugar content is also one of the leading causes of tooth decay. For these reasons the government recommends that adults have no more than 30g of free sugars per day.

Free sugars are those that are added into foods, such as sweets and chocolates, and some juices and fizzy drinks. So just how many grams of free sugars appear in your favourite treats?

Most of us enjoy dipping our food in sauce, but with just 2 tablespoons of tomato ketchup containing around 8g of sugar, almost a 3rd of your daily recommended intake, it's a good idea to be aware of how much you're squeezing onto your plate.

It's also very common to treat yourself to a chocolate bar as a snack or dessert but remember that you will have nearly used up your recommended sugar allowance for the day by snacking on the average 45g milk chocolate bar which contains approximately 25g of sugar.

Drinks can be just as bad, if not worse, for containing high amounts of free sugars. In fact, one 330ml can of cola typically contains 35g of it. That means if you drink just one can you will have consumed more sugar than the daily recommended amount.

You can see how easy it is to consume more than the recommended 30g per day, so try to maintain [a balanced diet](#) and be mindful of your sugar intake. The [NHS food scanner app](#) is an excellent tool that you can use to monitor the sugar content of your favourite foods and discover healthier alternatives. It is also important to remember that not all sugar has a negative effect on your health, this includes the sugars found in milk, fruit, and vegetables- these also provide you with extra nutrients!

