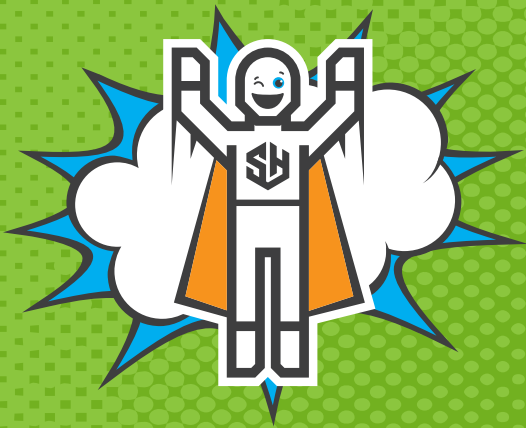




Go sober for October and be a **Sober Hero!**



4 top tips if you are going alcohol free...

Have a plan for alternatives

Most of us have a favourite tippie that we'll automatically choose when we find ourselves at a bar, whether that's a pint of Guinness or a gin and tonic. Think about what your non-alcoholic drink will be for the month.

Break up the month into smaller chunks

Small goals feel easier and more achievable, so break up your big overarching goal of 31 days in your mind. Think about individual days or specific events that you need to get through, and reward yourself for doing it.

Beware the 'what the hell' effect

One thing that has been well-documented is the 'what the hell' effect, where people slip up once and think, "What the hell!" and break their resolution. If you do slip up and have a drink, it's not an excuse to go mad – get back on the wagon as soon as you can, and don't be too hard on yourself.

Remember why you're doing it

Whatever your reasons for going sober, they'll be a powerful motivator when things get tough. Whether you're doing it to lose weight, support a friend or to improve your health.

Sign up at Gosober.org.uk and not only improve your health but also help those affected by cancer.

This October Macmillan Cancer Support are encouraging people to stay off alcohol for the 31 days in October and raise money at the same time.

Giving up alcohol for a month has lots of benefits;

- ▶ You can expect to sleep better
- ▶ Save money
- ▶ Have clearer skin
- ▶ Avoid hangovers

There are loads of really good resources on the website to help you stay alcohol free such as great mocktail recipes and advice on wellbeing and exercise.

Drinking alcohol increases the risk of **mouth cancer, pharyngeal cancer** (upper throat), **oesophageal cancer** (food pipe), **laryngeal cancer** (voice box), **breast cancer, bowel cancer and liver cancer.**¹

¹ Bagnardi, V. et al. Alcohol consumption and site-specific cancer risk: a comprehensive dose-response meta-analysis. Br. J. Cancer 112, 580–593 (2015).

EYE HEALTH

Looking after your eyes is clearly important but did you know that the food you eat is a major contributing factor to long term eye health? And not just carrots! Antioxidants in the form of Vitamins B2, B3, E and C help to protect all cells against damage from unstable free radicals which occur naturally in the body as a by-product of respiration. Omega 3 fatty acids have anti-inflammatory properties and Vitamin B1 is important for nerve health. Vitamin A is made from breaking down beta carotene found in carrots and this helps to maintain a clear cornea.

Eating a wide range of healthy foods is the best way to naturally obtain enough of these nutrients and the use of supplements will be unnecessary.

Vitamin Dense Meals

Breakfast

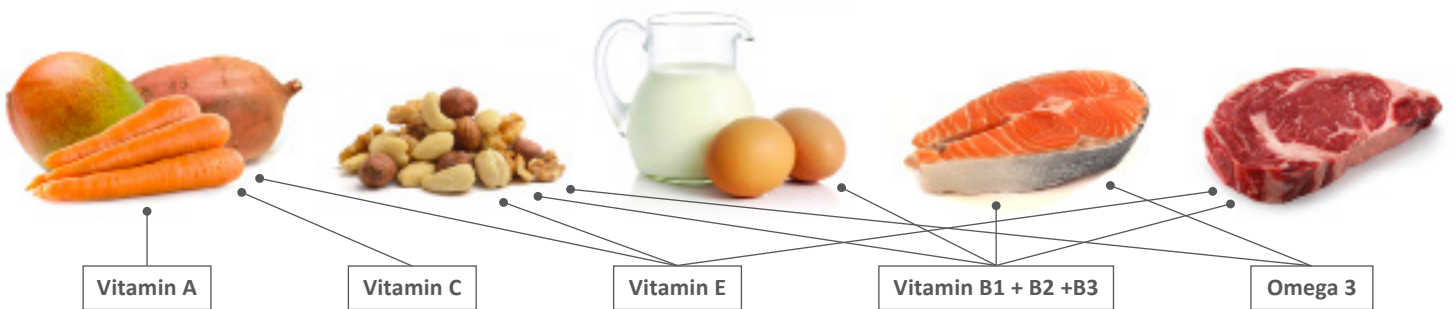
Overnight oats with berries and nuts

Lunch

Smoked mackerel salad

Dinner

Roast chicken, boiled potatoes and plenty of steamed veg



SAVE THE DATE

Mental health day

October 10th is World Mental Health Day. We encourage you all to use this day to help breakdown the stigma of mental health issues by simply talking to each other. It is estimated that 1 in 6 people in the past week experienced a common mental health problem². Not everyone is comfortable with sharing their experiences or worries but knowing that there is a person to talk to can be helpful. Mixed anxiety and depression have been estimated to cause one fifth of the days lost from work in Britain³. We offer mental health first aid training so that every workplace has a dedicated point of contact for all staff.

² McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014. Leeds: NHS Digital. Available at: <http://content.digital.nhs.uk/catalogue/PUB21748/apms-2014-full-rpt.pdf> [Accessed 13 August 2019]

³ Das-Munshi et al. (2008) cited in McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014. Leeds: NHS Digital. Available at: <http://content.digital.nhs.uk/catalogue/PUB21748/apms-2014-full-rpt.pdf> [Accessed 13 August 2019]

Check out...

<https://reading-well.org.uk/books/books-on-prescription/mental-health>

A fantastic resource of mental health and wellbeing literature brought to you by the Reading Agency