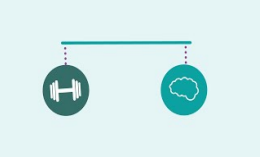

Healthy habits

eslvideo.com Quiz by: LORELOST

1. What affects our mental health according to the speaker?

○ a.) Only physical activity

○ b.) Our physical health

○ c.) Only diet

2. What do endorphins help us with?

○ a.) Eating better

○ b.) Sleeping and feeling better

○ c.) Quitting smoking

3. What is a recommended treatment for some types of depression?

○ a.) Joining a gym

○ b.) Physical activity

○ c.) Drinking alcohol

4. What is one way to get active mentioned in the transcript?

○ a.) Watching TV

○ b.) Taking a brisk walk

○ c.) Eating junk food

5. What type of diet should we aim for?

○ a.) High in sugar and fat

○ b.) Healthy balanced diet

○ c.) Only fruit

6. What can worsen our moods according to the speaker?

○ a.) Physical activity

○ b.) Alcohol

○ c.) Eating vegetables

7. What should we minimize in our diet?

○ a.) Fruits and vegetables

○ b.) Foods high in sugar, fat, and salt

○ c.) Whole grains

8. What is one app mentioned for getting active?

○ a.) Couch to 5k

○ b.) Drink free days

○ c.) Sleep better

9. What is a benefit of stopping smoking?

○ a.) Breathing easier

○ b.) Gaining weight

○ c.) Spending more money

10. What is the main message of the speaker?

○ a.) What is good for your body is good for your mind

○ b.) Only diet matters for mental health

○ c.) Exercise is not important

Transcript

[Music] it's important to remember our physical health affects our mental health and vice versa. What we do to our bodies makes a big difference to how we feel. Physical activity, diet, alcohol, smoking, and drugs can all affect our mental health and well-being in different ways. So let's talk about them. Physical activity releases feel-good hormones called endorphins which help us sleep and feel better. It also improves our physical fitness which tends to make people feel better in general. Even small amounts of regular physical activity can improve your mental well-being, especially if it's doing something you enjoy. Physical activity is even a recommended treatment for some types of depression. You can get active at your own pace in your own way. There's no need to join a gym or even spend any money. Simple small changes in our day to day can make all the difference. Taking a brisk walk at lunchtime or walking to get where we're going, getting active in the garden, or cycling once or twice a week are great options. If there's a type of activity you used to enjoy, think about how you could pick it up again. For example, there are lots of local groups and sports teams open to all levels of ability. What's more, studies show that time in green spaces is beneficial, so head to your local park if you can. If you need a little help fitting more physical activity into your day, try the active10 app. It helps you get short bursts of brisk walking into your day. There's also the fantastic couch to 5k app which will get you up and running in just nine weeks. Eating better can play a big role in our health and well-being. It won't come as a surprise to learn that what we eat and how much plays a big part in our physical health which can impact our mental health too. Ideally, we should aim to eat a healthy balanced diet with plenty of fruit and veg. It's important to keep an eye on your calories and minimize foods that are high in sugar, fat, and salt. For helpful tips on eating a better diet, check out the 1u website. Alcohol, caffeine, tobacco, and even drugs may seem tempting when we're stressed or tired, and when we use them to try and cope, the idea of stopping them can feel like it would make things even harder. But they can cause more problems than they solve, especially long term. All these habits can complicate our sleep patterns and affect how anxious and depressed we feel. So try cutting down or even quitting and remember that there's support available. Alcohol in particular can worsen our moods, so cutting down can really help us feel better. For more help cutting down, you can download the drink free days app, and for help cutting back on drugs, visit the talk to frank website. As for cigarettes, stopping smoking is one of the best things you can do for your body and your brain. You'll breathe easier, feel better, and save money. Check out nhs dot uk smoke free for advice and support

on quitting. Whatever you choose to do, what's good for your body is good for your mind. [Music] [Music]