



Topic: Physical & Mental Health

Year: 7

NC Strand: Healthy Lifestyles

What should I already know?**Health & Hygiene**

- Making informed choices regarding a healthy lifestyle, including nutrition
- Hygiene and bacteria and viruses
- Allergies and getting help in an emergency
- Vaccination and immunization

Mental Health

- Strategies to respond to feelings
- recognize warning signs of mental health and wellbeing
- how to seek support

What will I know by the end of the unit?

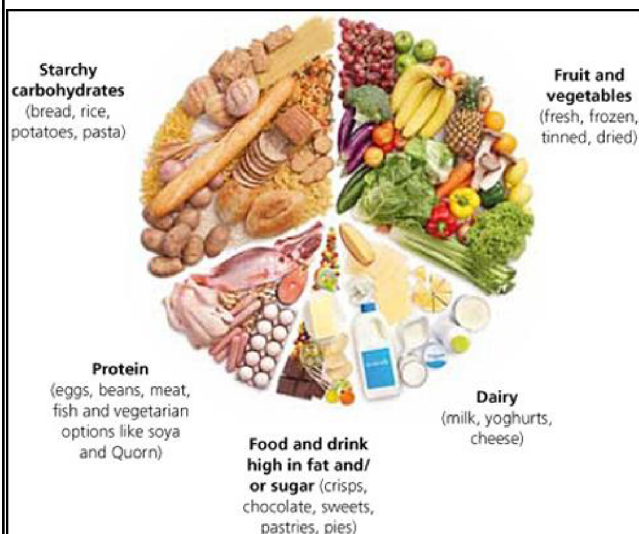
- Physically and mentally healthy lifestyles
- Healthy sleep habits
- Dental health
- Managing stress
- Accessing health services

Vocabulary

Healthy lifestyle	in a good physical or mental condition because of what we do and eat
Diet	the kinds of food that a person, animal, or community habitually eats
Physical activity	Things we do relating to the body
Sleep	a condition of body and mind that typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended
Immunity	the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells
Wellbeing	the state of being comfortable, healthy, or happy
Oral hygiene	Ways to keep our mouth healthy
Puberty	the period during which adolescents reach sexual maturity and become capable of reproduction
Health services	a public service providing medical care
Mental health	a person's condition with regard to their psychological and emotional well-being
Self-esteem	confidence in one's own worth or abilities; self-respect
Consent	permission for something to happen or agreement to do something



Healthy Diet & Exercise



What does 1 portion of your 5-a-day look like?

- 80g of fresh, canned or frozen fruit and vegetables
- 30g of dried fruit - which should be kept to mealtimes
- 150ml glass of fruit juice or smoothie - but do not have more than 1 portion a day as these drinks are sugary and can damage teeth
- Just 1 apple, banana, pear or similar-sized fruit is 1 portion each.
- A slice of pineapple or melon is also 1 portion
- 3 heaped tablespoons of vegetables is another portion

How much exercise should you do?

- Jogging or running
- Race-walking
- Hiking uphill
- Cycling more than 10 miles per hour or steeply uphill

- Swimming fast or lap swimming
- Aerobic dancing, fast dancing, step aerobics
- Heavy gardening with digging, hoeing, shovelling heavy snow, moving or pushing heavy objects, carrying loads of 50 pounds on level ground or 25 pounds or more upstairs.
- Martial arts
- Playing sports with lots of running such as basketball, hockey, soccer
- Singles tennis
- Court sports such as handball, racquetball, squash

Impact of poor nutrition

Short term:

- stress,
- tiredness
- limit capacity to work

Long term can contribute to the risk of developing some illnesses and other health problems such as:

- being overweight or obese
- tooth decay
- high blood pressure
- high cholesterol
- heart disease and stroke
- type-2 diabetes
- osteoporosis
- some cancers
- depression
- eating disorders









Where to get more help and support

- Parents and trusted family
- School Staff and Wellbeing Team
- NHS Eat Well: <https://www.nhs.uk/live-well/eat-well/>
- British Nutrition Foundation: <https://www.nutrition.org.uk/healthyliving/lifestages/teenagers.html>
- Kids Health: <https://kidshealth.org/en/teens/dieting.html>



Sleep

What can cause problems with our sleep?

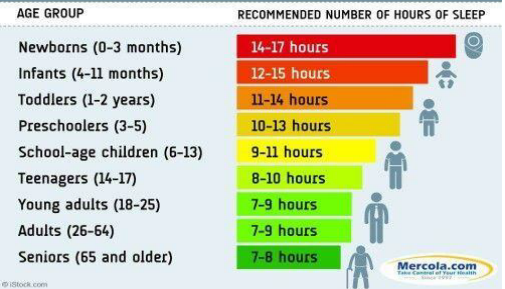
-  **Medical Issues** – there are 89 recognised sleep disorders and the most common are Insomnia, Sleep apnoea, Restless limb syndrome.
-  **Technology** - The blue light emitted by screens restrain the production of melatonin, the hormone that controls your sleep/wake cycle or circadian rhythm. Reducing melatonin makes it harder to fall and stay asleep.
-  **Hunger** – It is not recommended to eat a big meal before bedtime, a small bedtime snack helpful. If you go to bed hungry, you're likely to wake up with hunger pangs.
-  **Stress** causes hyperarousal, which can upset the balance between sleep and wakefulness.
-  **Mental Health Issues** – Mental health issues can have a variety of impacts on sleep, such as anxiety making it hard to settle due to racing thoughts, PTSD can lead to nightmares and night terrors, depression can lead to over sleeping.
-  **Your Bed** - Past research shows that sleeping on an uncomfortable mattress can rob you of up to an hour's vital, restful sleep.
-  **Clutter and Messy Rooms** - A cluttered bedroom makes for a cluttered mind. Don't use it as a dumping ground for the rest of the house. Your bedroom should be a sanctuary, somewhere you can go to turn off and relax.
-  **Napping and Lie Ins**: Trying to make up for lack of sleep with extra time in bed the following morning, or even a few days later, throws off your internal body clock. Naps of under 30 minutes can be refreshing any longer throws out your body clock.

Consequences of Sleep Deprivation

- **Emotional Affects**
 - Irritability
 - Mood Swings
 - Fatigue / Tiredness
 - Lack of Motivation
 - Depression
- **Physical Affects**
 - High Blood Pressure
 - Reduced Sex Drive
 - Lower Immune system
 - Disrupt hormone regulation
 - Higher risk of type 2 diabetes
- **Cognitive effects**
 - Forgetfulness
 - Clumsiness
 - Difficulty focusing

How Much Sleep Is "Enough"?

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack, and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance, and diabetes.

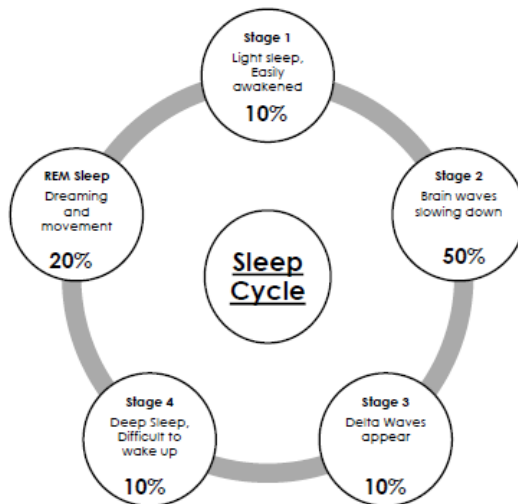


Top Tips for a Good nights sleep

1. **Routines** – set a routine which your body can recognize is a wind down for sleep.
2. **Tech free bedrooms** – stop using technology such as tablets and phones 2 hours before bed or use a blue light filter.
3. **Clutter free bedrooms** – Keeping your bedroom clutter free and tidy and help make the room feel calmer and more relaxing.
4. **Reduce stimulant food intake** – foods and drinks which contain a lot of sugar and caffeine can impact your sleep so try not to consume too much after 3pm.
5. **Temperature** - the suggested bedroom temperature should be around 18 degrees Celsius .

More Information & Support

Sleep deprivation means you're not getting enough sleep. This can be caused intentionally or not. It can be either chronic or acute and may vary widely in severity.



Lesson Overview

- Lesson 1: Attitudes to mental health and challenging misconceptions
- Lesson 2: Ways to promote emotional wellbeing
Build resilience and how to reframe disappointments and setbacks
- Lesson 3: Good oral hygiene, dental health and how to access NHS services
- Lesson 4: Healthy sleep
- Lesson 5: How to manage the stress that social media or online content, including FOMO, may have on a person
- Lesson 6: Different influences on someone's diet and exercise choices
- Lesson 7: How to make independent, informed decisions about maintaining physical health