

Good Mood Guide



Keep your body fit and healthy and you will keep your mental health in tip-top condition. Make a little time for yourself to eat the right food and do some activity that suits you. You'll look and feel better, you'll be more confident and you'll have greater stamina.

Good Mood Food

Turn off the phone, switch on some relaxing music, sit down and treat yourself to some good mood food. Eat food that is:

- Low in added sugar
- Low in caffeine
- Low in artificial additives
- High in nutrients

Some ideas include:

- Muesli
- Baked beans on wholegrain toast
- Jacket potato, fresh tuna and sweetcorn
- Fruit salad
- Baked banana

You can find out more about good mood foods by reading the Mind Food and Mood Handbook, or by going to the Food and Mood website:

www.foodandmood.org

Good Mood Moves

Some moderate exercise each day will release mood enhancing hormones called endorphins into your system. Exercise relieves stress and it may help you to sleep better. Gradually build into your daily routine 30 minutes of exercise. But you don't have to do it all at once - try any of these...

- Get off the bus a stop earlier or park your car a little further away and walk the rest of the way
- Wash the car by hand
- Do the housework or gardening energetically
- Walk the dog, walk to the shops, walk the children to school
- Dance to your favourite music

Any of these ideas may also help you meet more people and make new friends.

For ideas and advice on good mental health, contact the following:
Unllais North East 01352 718058
Unllais North West 01248 353777



Canllaw Bwyd a Hwyliau



UNLLAIS
Asiantaeth Iechyd Meddwl
Mental Health Agency

Cadwch eich corff hun heini a byddwch yn cadw eich iechyd meddwl mewn cas cadw da. Gofalwch am fwyta'r bwydydd iawn a gwneud rhyw weithgaredd sy'n apelio atoch chi. Gallech edrych a theimlo'n well, byddwch yn fwy hyderus, a bydd gennych fwy o egni hefyd.

Bwyd Hwyliau Da

Diffoddwch y ffôn, chwaraewch dipyn o gerddoriaeth ymlaciol, eisteddwch a bwytwch lond plât o fwyd hwyliau da. Dewiswch fwyd fel hwn:

- Isel o ran siwgr ychwanegol
- Isel o ran caffein
- Isel o ran ychwanegion artiffisial
- Uchel o ran maethion

Dyma syniad neu ddau:

- Muesli
- Ffa pob ar fara grawn cyflawn
- Taten drwy'i chroen, tiwna ffres ac d melyn
- Salad ffrwythau
- Banana pob

Gallwch ddysgu rhagor am fwydydd hwyliau da trwy ddarllen y Food and Mood Handbook. Neu ewch at wefan Food and Mood:

www.foodandmood.org

Am syniadau a chyngor da am iechyd meddwl, cysylltwch â'r:
Unllais gogledd Ddwyrain 01352 718058
Unllais gogledd Orllewin 01248 353777

Bwydydd Da-Ac Ati

Bydd rhywfaint o ymarfer corff cymedrol bob dydd yn rhyddhau hormonau sy'n gwella'r hwyliau (endorffinau) i'ch system. Mae ymarfer o'r fath yn lleihau straen meddwl ac fe all wneud ichi gysgu'n well. O dipyn i beth, gallwch wneud hanner awr o ymarfer yn rhan o'ch rwtin bob dydd. Ond nid oes angen ichi wneud y cyfan ar unwaith – beth am roi cynnig ar un o'r rhain?

- Disgyn o'r bws yn gynnwys neu barcio eich car ychydig ymhellach i ffwrdd a cherdded am weddill eich taith
- Golchi'r car gyda'ch dwylo
- Gwneud y gwaith ty neu'r garddio gydag ychydig mwy o ymdrech
- Mynd â'r ci am dro, cerdded i'r siopau, mynd â'r plant i'r ysgol, cerdded i'r gwaith
- Dawnsio i'ch hoff gerddoriaeth

Gall unrhyw un o'r gweithgareddau hyn eich helpu i gwrdd â phobl a gwneud ffrindiau newydd hefyd.