



**Well Talks provide information to enable individuals to improve their overall health and wellbeing.**





Well Talks will provide information on lifestyle changes people can make thereby reducing their risk of developing chest, heart or stroke conditions.

## Topics available:

### Stress

- Signs & symptoms
- Link between stress and ill health
- Stress management tools

### Support your Wellbeing

- What is a Solution Focused Approach?
- Using the Solution Focused Approach to support wellbeing
- Take 5 Steps to Wellbeing

### Sleep

- Sleep recommendations
- Science of sleep
- 4 pillars of good sleep & practical solutions

### Healthy Eating

- Nutrients for heart health
- Portion control
- Hydration
- Food & mood

### Healthy Eating on a Budget

- What makes a balanced diet?
- Store cupboard ingredients
- Batch cooking & food storage

### Healthy Heart

- Why we need to maintain a healthy heart
- What influences your heart health?
- How to reduce your risk

### Physical Activity: An Active Day

- Why physical activity is important
- How much do we need?
- What an active day looks like

### Physical Activity: Strengthening

- How much do we need?
- How can we keep strong and flexible?
- Working it into our day

### Alcohol

- How alcohol affects the body
- What is binge drinking?
- How to reduce your risk

### Smoking

- How smoking affects the body
- E-cigarettes and vaping
- Stopping smoking

### Know your Signs & Symptoms

- Chest Illness
- Heart Conditions
- Stroke

### Know your ABCs

- Atrial Fibrillation (AF)
- Blood Pressure
- Cholesterol

## WHAT OUR CLIENTS SAY

*“Excellent, thank you, very useful tips and things to take away. Feeling more motivated as a result.”*

To learn more about our services visit:

[www.nichs.org.uk/WellNI](http://www.nichs.org.uk/WellNI)  
T. 028 9032 0184