

**HOW DO I ACCESS EAP?**

To make a confidential appointment via Telephone, Face to Face, Video or WEB e-counselling

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menshealthweek

TE WIKI HAUORA TĀNE 2016

Men's Health Week is a great time for NZ men to have a think about their health and consider how important being healthy is to them.

WHAT'S YOUR SCORE?

NZ men can find out their score by completing an online survey

<http://menshealthweek.co.nz/mens-health-survey> It provides a score which rates your health in minutes. Compare it with your mates or colleagues and see who is the healthiest!



DRINK YOUR WAY TO A HEALTHY HEART

Did you know that drinking plenty of water each day can cause you to eat less, be more focused and have fewer heart attacks? Men who drank 2 litres of water a day suffered 54% fewer heart attacks than those who didn't. Challenge yourself to start the day with a large glass of pure water, right after you wake up and aim to drink 3-4 more large glasses throughout the day. It works!

SLEEP ON IT

We need 7-8 hours' sleep a night to ensure our body and mind is fully rested and to restore the body. Less than this can cause weight gain, diabetes and low testosterone. Our brains are programmed to sleep when it's dark and wake when it's light. Also heat and stimulation can fuel insomnia: **Here are some tips for a restful night's sleep:**

- Ensure your room is fully dark to aid a peaceful night's sleep, switch off or cover LEDs.
- Cool it. The ideal room temperature for a good night's sleep is 16-18 degrees.

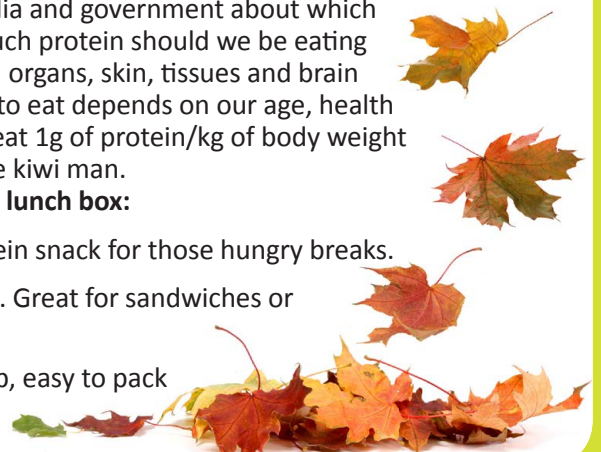
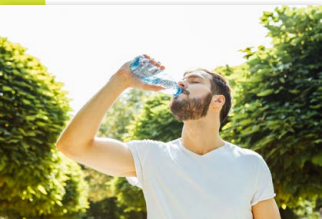
Caffeine can disrupt the sleep cycle for some people. Best to ease off tea and coffee 6 hours before bed. If you suffer from insomnia try a day without any and see if your sleep improves.

WHAT'S IN YOUR LUNCH BOX?

We can easily get confused by the experts, the media and government about which food groups are best for us. One concern is how much protein should we be eating for health? Protein is essential for building muscles, organs, skin, tissues and brain chemicals for our mental health. The right amount to eat depends on our age, health and activity levels. The rule of thumb is we should eat 1g of protein/kg of body weight for optimal health, which is 81g/day for the average kiwi man.

Here are some ideas to get more protein into your lunch box:

- Go nuts! A small handful of nuts is a great protein snack for those hungry breaks.
- Go to work on an egg! An egg has 7g of protein. Great for sandwiches or boiled as a snack.
- Packed like sardines. Canned sardines are cheap, easy to pack and a tasty lunch on toast.





MENTAL WELLBEING AND STRESS REDUCTION

One in six New Zealanders will experience serious depression, at some time in their life. Depression and anxiety disorders are very common. In the 2011/2012 New Zealand Health Survey, 14.3% of New Zealand adults (more than half a million people) had been diagnosed with depression at some time in their lives, and 6.1% (more than 200,000 people) with anxiety disorders (including generalised anxiety disorder, phobias, post-traumatic stress disorder and obsessive-compulsive disorder). Proven ways to keep yourself mentally well are:

- Get support. Talk to your mates about things. A problem shared is a problem halved.
- Eat your fish. Salmon, sardines and mackerel are high in protein and omega 3 oils which are very important for brain health and good mood.
- Get out in the sun. Being in the sun, for an hour increases vitamin D levels in the skin which makes the feel good chemical, serotonin.

WAYS TO HELP REDUCE DEPRESSION

The role of man in society and the expectation of their role to achieve, provide and succeed.

Men's health and wellbeing is often compromised due to the pressure placed on them. Most people feel anxious or depressed at times, these feelings are normal reactions to life's stressors. But some people experience these feelings daily or nearly daily for no apparent reason, making it difficult to carry on with normal everyday functioning. Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated or disinterested in life in general.

1. **Set goals** - When you are depressed you may feel like you can't accomplish anything and this makes you feel worse about yourself. It is important to push these thoughts back and set daily goals for yourself. Make your goal something that you can succeed at and as you start to feel better you could add more challenging goals.
2. **Increase your physical activity** - Activity such as exercise have enormous benefits, remember the value of a 20 minute walk. Studies show that people who exercise regularly will benefit with a positive boost in mood and lower rates of depression. Regular exercise seems to encourage the brain to rewire itself in many positive ways.
3. **Do something new** - When you are in a rut push yourself to do something different. When we challenge ourselves to do something different and step out of our comfort zone, this releases a chemical change in the brain and alters the level of dopamine which is associated with enjoyment, pleasure and learning.
4. **It is important to have fun** and work at achieving this. Plan things you once enjoyed doing even if they feel like a chore. Welcome humour - A good laugh goes a long way.
5. **When tension is running high** - Remember to count to 10 slowly and repeat, and count to 20 if necessary.
6. **Doing your best is ok** - Instead of aiming for perfection, be proud of however close you get.
7. **Stay connected** - When you feel depressed you can easily lose the desire to want to connect with your friends and family. It is important to stay in touch, go to the movies, invite friends over for dinner. Sometimes we may need to relearn how to do some of these 'fun things' again.
8. **Challenge negative thinking** - Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.
9. **Unwind and de-stress** - Remember to schedule in some "me time".
10. **Talk to someone** - Tell friends and family you are feeling overwhelmed and let them know how they can help you. Remember **EAP Services** provides impartial and confidential support.



ASK → LISTEN → ENCOURAGE → FOLLOW-UP

If you feel something is not quite right with someone, chances are that they might need a bit of extra support from people around them. They might be acting a bit differently, seem to have a lot on their plate or simply are not themselves. Don't ignore these signs but instead take some time to start a conversation.

Regular face to face conversations can help us to build and maintain strong relationships with friends and family. Research shows people with these strong relationships are more likely to cope well with life's ups and downs.

Encouraging conversations doesn't mean you have to have all the answers, particularly if the person you're worried about says 'no'. It's not about being an expert. It's about following some simple caring steps.

1. **Be willing to listen and give as much time as needed**
2. **Make sure you are in the right headspace yourself**

