



# Bolingbroke Academy

## Wellbeing – managing yourself and staying healthy

The choices you make about your lifestyle have a big impact on your health and wellbeing. In particular, a balanced diet and regular exercise are key to preventing many common health problems, while managing your time and workload well so that you have sufficient time to rest and sleep will also help you to reduce stress levels and perform better. The list below is not exhaustive, but has lots of good ideas for how you can stay healthy and productive during sixth form and beyond. There are some useful phone numbers on the next page if you need to talk to someone about your own or someone else's health and well-being. You can also talk to your tutor or one of your teachers if you need to.

### Tips for staying healthy

- See your doctor regularly – if you haven't had a medical recently, book one in. This will check on weight, Body Mass Index, blood pressure and pulse, and help identify any issues or concerns.
- Don't smoke and do whatever you can to avoid second-hand smoke. Smoking is a major cause of serious diseases such as cancer, heart disease and emphysema.
- Get regular exercise – ideally you should aim for 30 minutes of exercise, 4 times per week. Even walking rather than taking the bus can have a big positive impact on your health.
- Eat a healthy balanced diet, with at least 5 portions of fresh fruit and vegetables each day.
- SLEEP! 16-19 year olds are estimated to require 8-10 hours of sleep a night to function well at school. This means managing your time well and avoiding distractions such as your phone when it is time for bed.
- Don't drink alcohol – it is illegal to buy alcohol unless you are 18 years or older and drinking alcohol as an adult increases the risk of serious health problems in later life.
- Don't use illegal drugs. Only use prescription drugs if you have been prescribed them by a doctor.
- Always wear a seat belt. If you cycle, always wear a helmet, especially when cycling on roads.
- Don't drink alcohol or use drugs and drive. Don't get into a car with a driver who has been drinking alcohol or using drugs.
- If you're feeling really down or sad, or if you're thinking about harming yourself in any way, talk to someone you can trust about how you are feeling: this could be a parent/carer, your tutor, a teacher or your GP.
- If you are sexually active, always use condoms to avoid sexually transmitted diseases.
- If you are in a relationship, talk to your doctor about other contraception options.
- There are also lots of helplines and websites that can give you support and advice for mental and physical health issues – see below.

## Useful phone numbers

Alcohol and drug abuse  
Insight Southwark  
020 3031 9386  
[www.insightsouthwark.co.uk](http://www.insightsouthwark.co.uk)

Bereavement  
Cruse Bereavement Support  
0808 808 1677  
[www.cruse.org.uk](http://www.cruse.org.uk)

Child abuse  
ChildLine  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Eating disorders  
B-eat  
Adult helpline: 0808 801 0677  
Youth helpline: 0808 801 0711  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

General health  
NHS Choices  
[www.nhs.gov.uk](http://www.nhs.gov.uk)  
Non-emergency medical advice: 111

Homelessness  
Shelterline  
0808 800 444  
[www.england.shelter.org.uk](http://www.england.shelter.org.uk)

Mental health  
MIND  
0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)

Radicalisation  
NSPCC  
0800 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

Sexual assault  
South London Rape Crisis  
0808 802 9999  
[www.rasasc.org.uk](http://www.rasasc.org.uk)