

Major Trauma Wellbeing Group

Session Summary: Healthy Lifestyles

Healthy Eating

Often people experience different nutritional difficulties following major trauma. Although many people experience none. Some difficulties may include:



Healthy eating is about finding a balance, our body and brain need to get the right amount of nutrients and vitamins found in different food groups. There are many benefits of eating healthy following major trauma such as it can reduce recover time, improve mobility, reduce risk of infection and can improve mood.

Food Labelling

Traffic light labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars. When you are buying food from a shop, try to avoid eating foods with red labels too frequently.

	FAT	SUGARS	SATURATES	SALTS
LOW Healthier choice	3g or less	5g or less	1.5g or less	0.3g or less
MED OK most of the time	3.1g to 17.5g	5.1g to 22.5g	1.6g to 5g	0.3g to 1.5g
HIGH Just occasionally	More than 17.5g	More than 22.5g	More than 5g	More than 1.5g

All measures per 100g

Healthy Eating Top Tips:

- Healthy eating is about finding the right balance between different food groups for you!
- Aim to have breakfast every morning, which is a good opportunity to get your 5-a-day
- Try to choose healthier snacks low in calories, salt, sugar and fat!
- If you are buying something from a shop, try to consult the label on the packaging.
- Keep hydrated by drinking 6-8 glasses of water a day and avoid sugary fizzy juice

Keeping Active



After a major trauma how you keep active can look different! How much physical activity you should be doing depends on your physical recovery. Your GP or physiotherapist should be able to advise you on how much physical activity you should be doing.

Physical exercise has many benefits for physical health and mental wellbeing such as:

Improved
sleep

Sense of
achievement

Reduced anger
and frustration

A healthy
appetite

Better overall
mood

Less tension,
stress and
mental fatigue

Natural energy
boost

Getting started

If you're new to physical activity and exercise, or haven't done a lot in a while:

start slowly and build up gradually over time

always stay within your comfort levels

don't exercise on days you feel unwell

Stop exercising immediately if you experience pain. Contact a health professional to check that you are ok to continue

Setting Goals

Goal-setting is essential to achieving positive outcomes in rehabilitation – we suggest that you make your goals “SMART”:

Specific

- Make it clear what you wish to work on

Measurable

- Work out a way of quantifying your success

Acheivable

- Your goal should be something you can plan to acheive

Realistic

- Practical in a way that can be attained in real life

Time-Bound

- Helps to make the goal more focussed

My Goal

Choosing a goal can help you to develop a clear, achievable plan, helping you work towards improving your eating habits and/or exercise. You may wish to write your goal here;

If you have any questions about the Major Trauma Wellbeing Group please contact:

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