

2023

# GENERAL WELLBEING

For School Administrators

**WEBINAR:**  
**FSSU**

Wednesday 14 June



NIAMH O'CONNELL  
THE WELLNESS CLINIC



# Niamh O'Connell

## THE WELLNESS CLINIC

BA (Hons) Intl UCD

Dip NLC (IHS) MFNTP

Cert Therapeutic Use of  
Mindfulness IICP



# Supporting your Overall Health

Healthy Eating

Adequate Sleep

Daily Exercise

Relaxation Strategies  
(Stress Management)

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# Nutrition



Water - minimum of 8 SERVINGS



Milk, Yogurt, & Cheese Group  
2-3 SERVINGS



Vegetable Group  
3-5 SERVINGS



Fruit Group  
2-4 SERVINGS



Fats, Oils, & Sweets  
USE SPARINGLY



Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
2-3 SERVINGS



Bread, Cereal,  
Rice, & Pasta  
Group  
6-11 SERVINGS



Alcohol  
in limited  
quantities



OLD FOOD  
PYRAMID

# The Food Pyramid

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

For adults, teenagers and children aged five and over

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.\*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

# Principles of eating well

- Balance blood sugar levels. Aim for protein, fat and carbohydrate at every meal.
- Consume good fats. Fats are essential to the nervous system and support brain function.
- Eat protein at every meal for mood balancing.
- Get your B vitamins. The spectrum of B vitamins help soothe stress and support the nervous system. B vitamins can be found in many vegetables, like dark leafy greens, eggs and **whole grains**, especially oats: soak beforehand to release maximum nutrition.





# Breakfast

Healthy, quick options



Porridge

Overnight Oats

Eggs on toast

Yoghurt and fruit with nuts / seeds

Banana and peanut butter on toast

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# Lunch

Healthy, quick options



Sandwich with meat / eggs / cheese

Leftover dinner

Soup

Smoothie with nuts

Hummus and vegetables

Salad jar

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# Dinner

Healthy, quick options



Prepare one protein, one veg and one carb for the week

I.e. roast chicken, potatoes and carrots

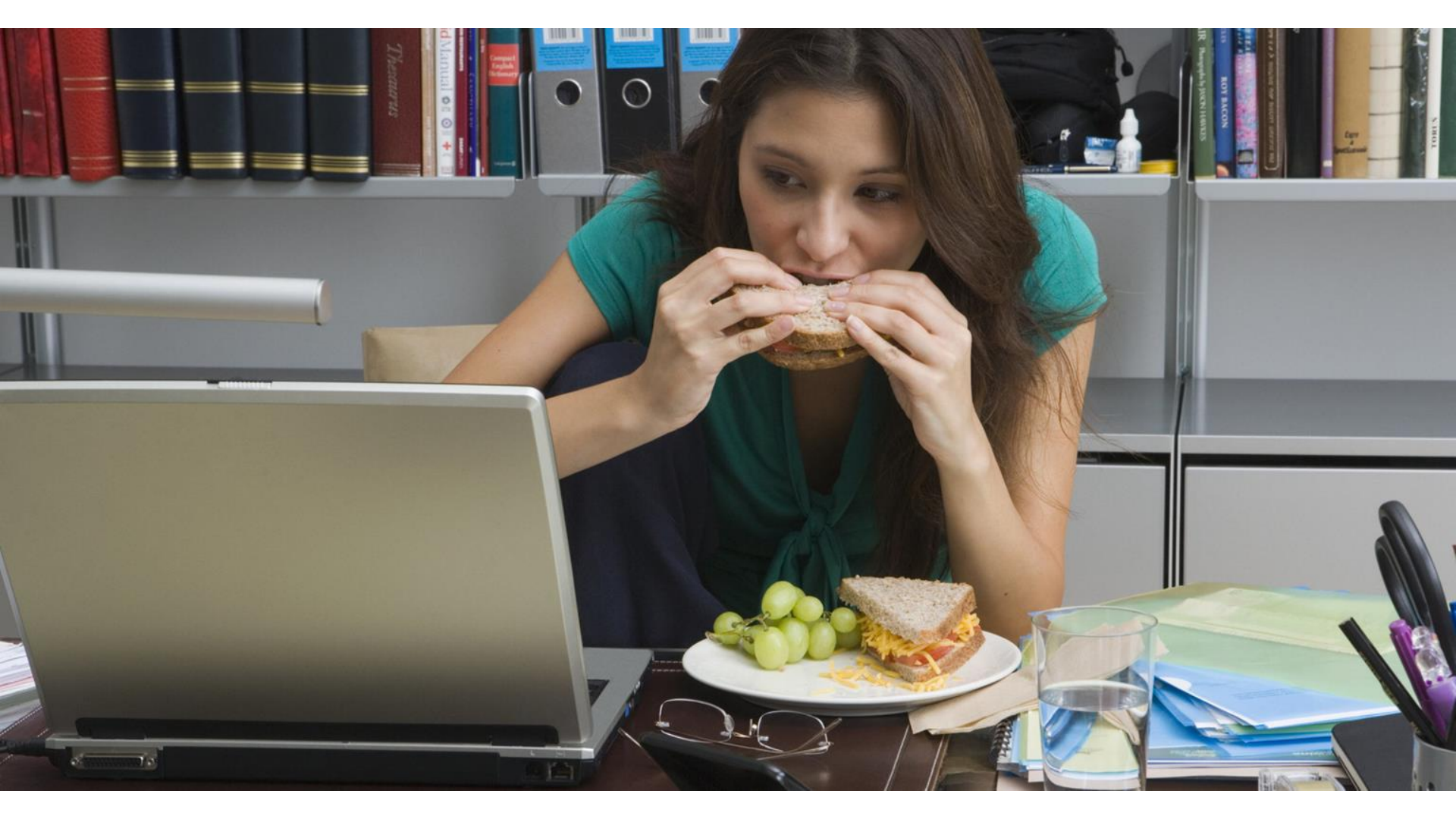
Portion into bowls to microwave at night

Freeze some and alternate your “frozen dinners”

or

One-pot meals in slow cooker / instant pot: stews, soups, curries. Vary the carb each evening: bread / rice / noodles / potatoes / naan / couscous etc.

# Mindful Eating



# Mindful eating vs Mindless eating

More than 3 opportunities a day to practise mindful eating

- Mindful eating increases satisfaction so you will eat less
- Slows you down and improves digestion
- Will make you more discerning about the quality of food you choose

Lemon exercise

The gastrointestinal tract is sensitive to emotion. ... A troubled intestine can send signals to the **brain**, just as a troubled **brain** can send signals to the **gut**. Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, **stress**, or depression.

# Sleep



# What happens when we sleep?

Body:

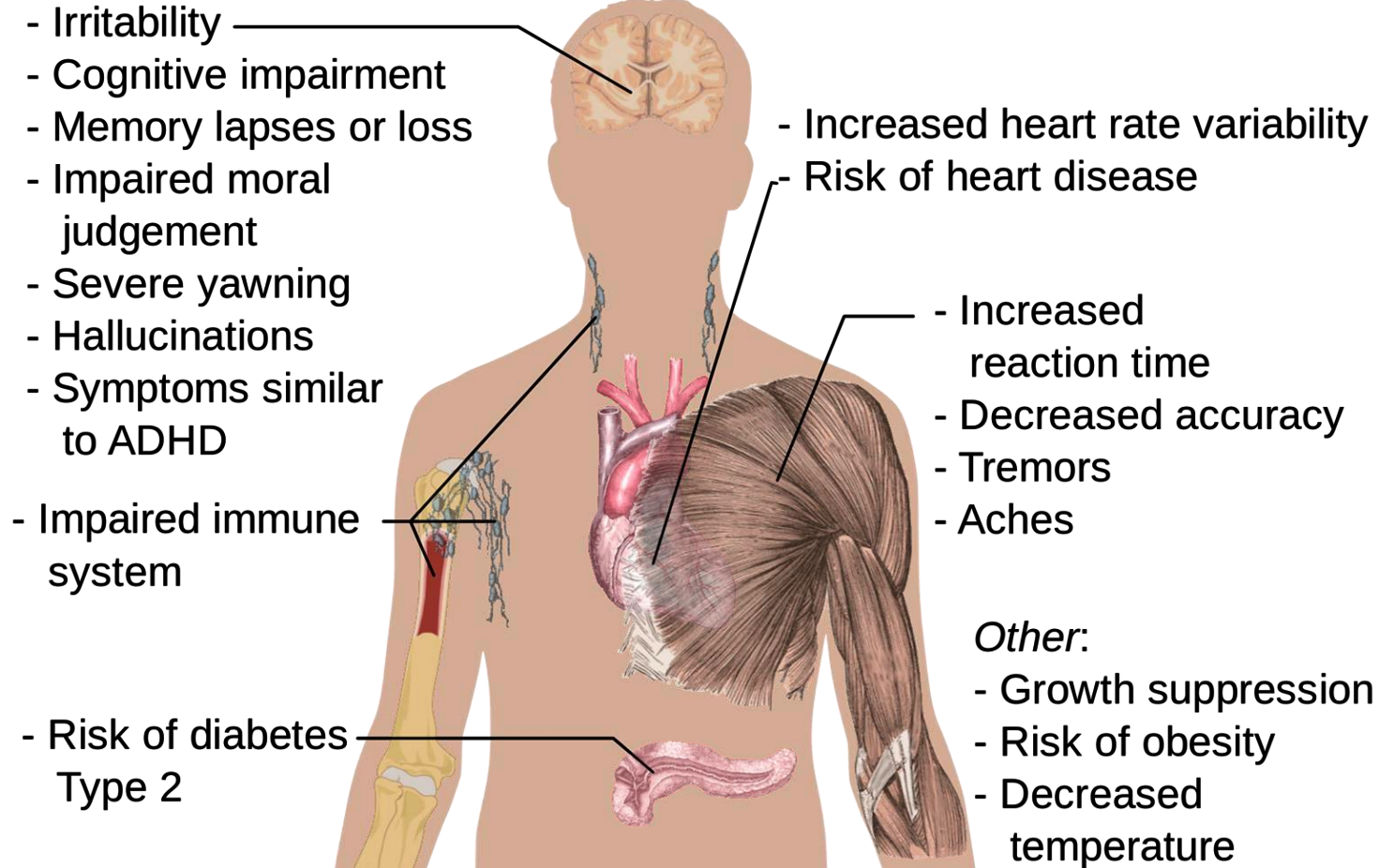
- Grows
- Repairs muscle
- Synthesizes hormones

Mind:

- Deals with stress
- Consolidates memory
- Boosts creativity



# Effects of Sleep deprivation



# How much sleep do you need?

Depends on:

- Life stage (child, adolescent, elderly need more)
- Time of year
- Illness / health
- Menstrual cycle
- Perimenopause/Menopause
- Stressors



# Caffeine sensitivity



Easily addicted to caffeine

Increasingly dependent on it to wake up

Palpitations, nervousness, anxiety, anger

Half-life of caffeine is 4-6 hours

Avoid caffeine after 5pm

Switch to decaffeinated or herbal drinks

Wean off it slowly

**What is your Sleeping environment like?**



# Sleep Hygiene

Change your bedding weekly

Air your room daily, open window, throw back duvet

Dust and vacuum your room weekly

Use plants for air purification i.e. peace lily

Hide clutter out of sight

Keep screens out of the bedroom



# Sleep aids:

Set an alarm for your bed-time

Lavender oil, bed socks, heavy blankets, ear plugs, blackout blinds, eye mask

Progressive muscle relaxation: Head to feet

7-11 breathing

Yoga / stretching

Warm bath

Warm drink





# Exercise

# Think of it as “Daily Movement”

How do you move your body daily?

Housework

Walking to shops

Dancing in the kitchen while cleaning up

Yoga or stretching

Evening classes



# Add movement to your commute

Walk twenty minutes before getting on the bus

Get off the bus earlier

Cycle to work

Walk to work

Walk to a different bus route to work

Walk around the block during lunch

Jog at lunch

Swim at lunch



# Working from home

Walk around your block before logging on in the morning

Stretch every hour

Gardening breaks

20 min online yoga at lunch

Walk / cycle during lunch

Take an exercise class am/pm

Walk the school run

Evening walk / cycle

Dance, rollerskate, gym, swim, team sport etc.



# In Conclusion:

If your great grandmother wouldn't recognise the food, it's not good for you!

Do one thing today to help your sleep tonight

Get 20 minutes of movement today

Remember body and mind work together as one

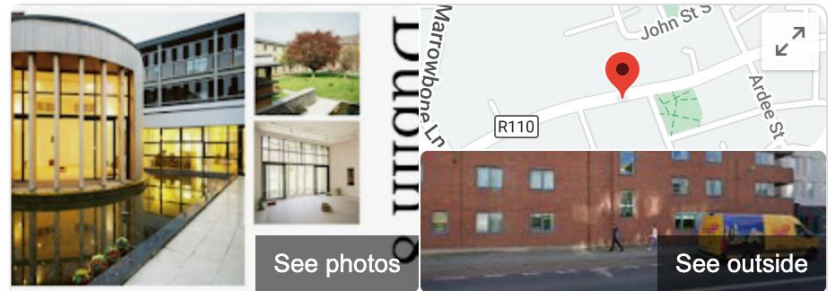


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# HOW TO *when you have too much to do* RELAX

NIAMH O'CONNELL



Book recommendation:  
"How to Relax when you have too  
much to do" by Niamh O'Connell

Available on Amazon Kindle:  
[Click here to view](#)

# Q&A