

GWENT Eating Well



Eating Well is something we can all try and do each day to help us keep healthy and feeling good, and to prevent us getting ill in the future.

A healthy, balanced diet is essential to promoting good physical health and mental wellbeing.

Enjoying our food, eating together with friends and family, cooking at home, and eating a balanced diet with the right amounts of key food groups are just some of the ways we can make eating well a healthy and enjoyable experience.

Aneurin Bevan University Health Board have a website where you can explore what healthy eating looks like for you. To view tips, tricks, and help, visit:

<https://abuhb.nhs.wales/hospitals/staying-well-and-healthy/living-well/eating-well/>

melo,
melo.cymru



Everyone experiences stress; it is a normal response to situations that we find threatening, different or when we are in a situation in which we feel we have little control over. We all feel stress differently.

The melo.cymru website has useful resources for staff including:

- Common of causes of stress
- Symptoms of stress
- Self-help advice
- Further help managing stress

To find out more, visit:
<https://www.melo.cymru/topic/stress/>