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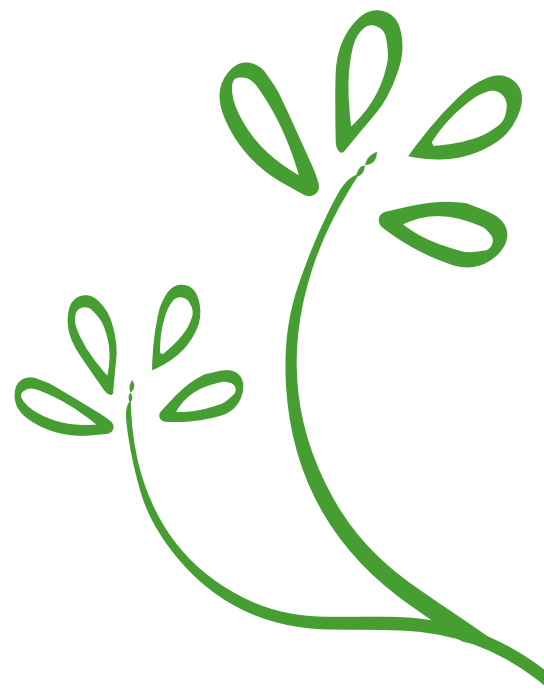
# Your Health Guidebook on **STAYING WELL**





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# Introduction

Into its 8th year, the Singapore Patient Conference (SPC) is a dedicated patient conference with a difference – one where our patients, caregivers, volunteers, community partners, health and social care professionals come together to share their care journeys, to spark new ideas and to celebrate the unsung heroes in health and social care. Themed 'Building a Community of Carers', SPC 2020 explores new ways and initiatives that allow care to transcend beyond the hospital walls and into the community, especially during this Covid-19 pandemic.

This guidebook is the last of the three instalments of our Kampung Care Packages. **Staying Well** focuses on your overall mental and physical well-being regardless of which stage of life you are in. It also provides useful information to help you and your loved ones stay strong and healthy together despite the ongoing pandemic.

**As we embark on our journey to Build a Community of Carers,  
let us STAY WELL together for better health.**





# Health Screening

Going for health screening may seem like a daunting affair but don't be afraid! Health screening is important for early detection of medical conditions before they progress.

It also helps lower your chances of possible medical complications which leads to faster recovery and better management of your health.



**Here are some tips for living a healthier lifestyle:**

- 1 Be Aware**
- 2 Eat Right**
- 3 Adopt an Active Lifestyle**
- 4 Refrain from Drinking Alcohol**
- 5 Quit Smoking**



**Incorporate these tips into your daily life for best results!**

## Did You Know...



Screen for Life provides subsidies for health screenings for Singaporeans! For more information, you can scan the QR code or visit [www.bit.ly/screenforlife](http://www.bit.ly/screenforlife)





# Recommended Screenings Based on Age and Gender



For females age 25 years and above

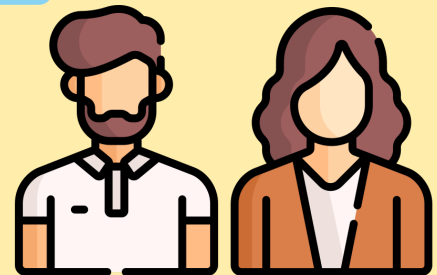
- CERVICAL CANCER

For adults age 40 years and above

## Examples of Chronic Illnesses

- ✓ High Blood Pressure
- ✓ High Blood Cholesterol
- ✓ Obesity
- ✓ Diabetes Mellitus

- CHRONIC ILLNESS
- CERVICAL CANCER



For adults age 50 years and above



- COLORECTAL CANCER
- BREAST CANCER
- CHRONIC ILLNESS
- CERVICAL CANCER



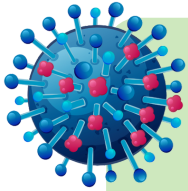
Talk to your doctor to find out what types of screening tests are suitable for you!

# Vaccinations

Vaccination protects you against contracting diseases. You can also guard yourself from infectious diseases and stop them from spreading to your family and friends.

## What Vaccinations Should You Take?

Talk to your doctor to find out what vaccinations are suitable for you!

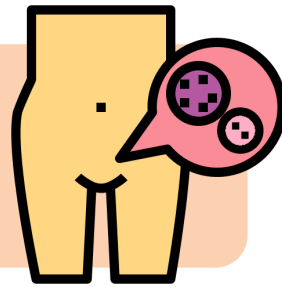


### Influenza

Everyone over six months of age can take one dose annually

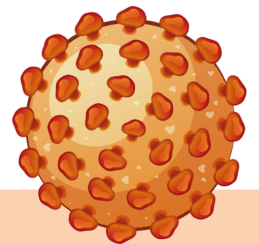
### Human Papillomavirus (HPV)

Females aged 18 to 26 years can take three doses over 6 months



### Tetanus, Diphtheria and Pertussis (Tdap)

All adults who have not had the vaccination can take one dose every 10 years

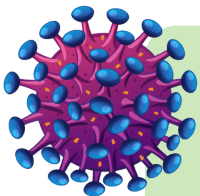


### Hepatitis B

Adults who have not had the vaccination or the disease and are not immune can take three doses over 6 months

### Measles, Mumps and Rubella (MMR)

Adults who have not had the vaccination or the disease and are not immune can take two doses at least 4 weeks apart



### Did You Know...

You can receive subsidies for nationally recommended vaccinations at CHAS GP Clinics. Scan the QR code on the left to find out more!



# Stress Management

Feeling stressed out at work and home? Stress is the feeling of pressure, strain or tension that comes from dealing with challenging situations. It is often a part of life. Knowing what you personally find stressful can help you cope better in life.

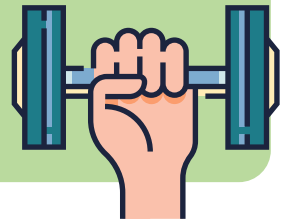
**Let us learn some tips on how to manage our stress levels well.**

## Tips to Manage Your Stress Levels



### Exercise and Get Moving!

Engaging in exercises such as jogging at East Coast Park or playing sports will help you reduce your mental stress in a healthy and natural way.



### Have a Good Support System!

It always helps to talk to your friends when you are having a difficult time.

Having the support from your friends and loved ones might just be what you need to feel a whole lot better.





3

keep  
**Positive**  
thinking



### Think Positive

Think positively even during stressful situations. This will help you perceive the situation in a new light.

Instead of an obstacle, see the situation as an opportunity to challenge yourself and improve.



### Be Realistic About What You Can Do

Set achievable goals for yourself so that you do not become frustrated or discouraged. You can try goal-setting as a start to better organise and plan your time.

4



### Manage Your Time Well

Find balance in work and life by managing your time efficiently and prioritising your daily tasks.

You can have a to-do list in your office and a calendar at home to mark out your family activities.



**Remember to breathe,  
take a step back and  
enjoy the little things in life**

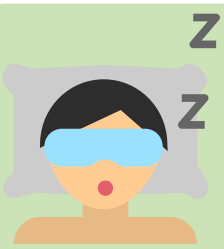


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# Sleep Hygiene



**How Much Sleep is Enough?**  
A normal adult should sleep **seven to nine hours** every day.



## Benefits of Having a Good Night's Sleep

-  Improves your immunity
-  Improves your memory and attention span
-  Reduces your stress levels
-  Improves your physical health



**Take care of your mental health TODAY**

For more sleep hygiene and self-care tips, scan this QR code!



# Tips for a Good Night's Sleep

Having problems sleeping well?

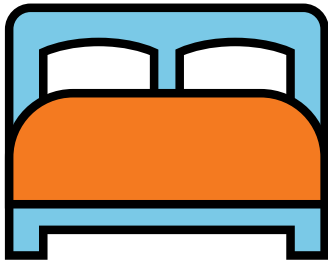
Try the following tips to get a good sleep tonight!



1

## Avoid Napping

Feeling tired in the day? Avoid napping after 4pm! If you need an energy boost, take a power nap for **20 to 30 minutes**.



2

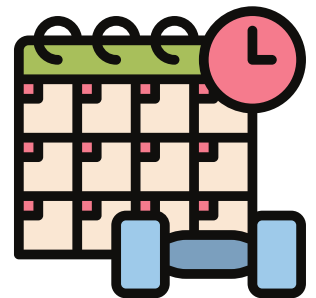
## Use Your Bed Only for Sleeping

Avoid eating, drinking, working and reading on your bed, no matter how comfortable it may be!

3

## Exercise Regularly

150 minutes of moderate exercise is recommended weekly. Avoid intense exercises four hours before sleeping. Do light stretches instead.



4

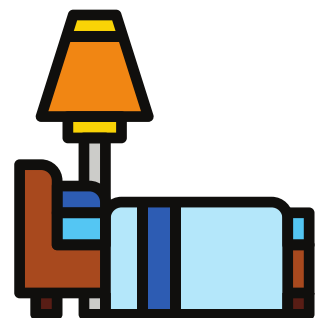
## Eat Right

Avoid heavy meals right before you sleep. You may eat some light snacks or drink a glass of warm milk to help you sleep better.

5

## Have a Good Sleeping Environment

Keep your sleeping environment cool. Have a blanket to keep yourself warm. Remember to dim your lights as well.





# Practising Mindfulness

Mindfulness is being fully present and having full awareness of your thoughts, feelings, sensations and surrounding environment.



It is also the process of accepting that there is no "right" or "wrong" way to think or feel in a moment, not revisiting the past or imagining the future.

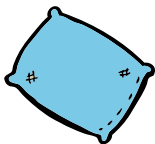
## Benefits of Mindfulness:



**Improves your memory, attention and decision making**



**Reduces your stress and anxiety, leaving you more relaxed, positive and resilient**



**Improves your sleep quality**



**Improves your immune system**



# Guide to Practising Mindfulness



**Pay close attention to your breathing,** especially when you are feeling intense emotions.



## Focus on your senses

– pay attention to the sights, sounds and smells that usually slip by without you noticing.

You can do this anytime; at work or even when you are walking to the bus stop or MRT station.



## Tune in to your body's five senses

– from the water hitting your skin in the shower to you enjoying the warmth from your cup of hot coffee at work.



## Inspired by the tips above?

Scan here to try out a simple mindful breathing exercise.



Try to find mini-moments of mindfulness throughout your day to reset your focus and sense of purpose.





# Tips for Mental Well-being

Having a good mental well-being is important as it helps us face our everyday challenges, solve problems and positively impact the people around us. It is easy to neglect caring for our mental well-being due to our busy lives. How then do we start building this good habit?

**Here are some easy tips for you to start your journey of achieving better mental health!**



## Do More of What Makes You Happy

**Remember to take a break and spend time on your hobbies and things you enjoy**

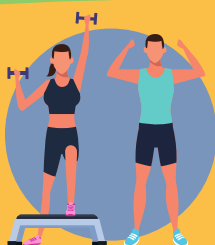
This will refresh you to better handle your problems. It is never too late to pick up new skills that you are interested in, such as reading or cooking.



## Exercise Regularly

**Keep moving!**

Exercising will not only keep you physically strong, but mentally alert too! Exercising helps you think better and reduces your stress levels.

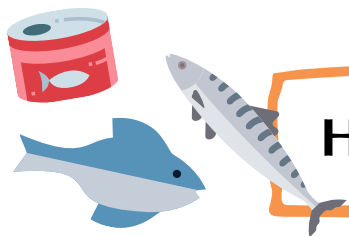


**Looking for simple and fun exercises to do?**

Scan the QR code on the right for quick and easy exercise videos







## Have a Healthy Diet Rich in Omega-3 Fatty Acids



**Eat foods rich in omega-3 fatty acids,** such as salmon, tuna and mackerel to reduce the risks of dementia and mental decline.

A balanced and nutritious diet is a natural defence against stress.

## Feel Good by Doing Something for Others

Engaging in volunteering work or helping a friend or family member out allows you to take the focus away from yourself.

**Helping others will make you feel good and more empowered.**



## Laugh and Uplift Your Mental Well-Being!

**Laugh more to relieve your tension and stress**

Humour makes you feel positive and relaxes your mind. Laugh yourself silly and have fun whenever you can.





## Avoid Alcohol, Drugs and Cigarettes



**Think alcohol, smoking and drugs can solve your problems?**

They provide only temporary stress relief and are not the solutions. You can consider turning to your friends and loved ones for help and comfort instead.



**Need help to quit smoking?**

Scan the QR code on the right for tips to a smoke-free you!



**If you are feeling weighed down by issues and need emotional or psychological support, you can reach out to the different avenues below:**



**National Care Hotline:**

1800 202 6868

**Samaritans of Singapore:**

1800 221 4444

**Institute of Mental Health's  
Mental Health Helpline:**

6389 2222

**Silver Ribbon Singapore:**

6385 3714

**TOUCHline (Counselling):**

1800 377 2252



**You may also consult someone online at Fei Yue's Online Counselling Service**





Scan the QR Code with your smart phone to like, follow and share our SPC Facebook Page to join our journey towards Building a Community of Carers



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