

How2adult

Quick tips 2 get your life together



How2eat healthy

Top Tips

- Eat 5 portions of fruit and veg a day
- Plan and prep meals
- Bulk cook and freeze
- Cook for friends
- Don't shop when you're hungry
- Buy own label brands
- Drink lots of water



How2eat 5 a day

Top Tips

- 1 x apple/ banana/ orange
- 7 x Strawberries
- 2 x Broccoli Trees
- 3 x Heaped tablespoon of cooked veg (sweetcorn, carrots)



How2keep fit

Top Tips

- Take the stairs, not the lift
- Just walk
- Get involved with your local park run
- Join a sports team or club
- Make it fun
- Install a tracker or pedometer app
- Set yourself a challenge



How2sleep well

Top Tips

- Maintain a routine with regular bedtime and waking time
- Alcoholic and caffeine containing drinks should be avoided
- Avoid sleeping in very warm rooms
- Take daytime and not evening exercise
- No daytime naps
- No sleeping in to catch up
- No strenuous mental activity at bed time
- Associate bed with sleep not TV, phones
- If unable to sleep, get up and do something and return to bed when tired



How2manage money

Budgeting

- Budget your weekly and monthly spend
- Use an app (Revolt) to track your spending
- Open a savings account for all that loose change
- Use cash instead of card



www.moneyadvice.service.org.uk/en

How2jargon bust

Your financial dictionary

- **Overdraft O/D** – An amount of money that a customer is temporarily allowed to owe the bank, used when spending more money than is available
- **Arrears** – When money you owe is overdue and you have missed one or more payments
- **Cooling Off Period** – The period of time when someone can change their mind before you're stuck in a contract (usually 14 days)
- **ISA** – Individual Savings Account
- **Direct Debit (DD)** – Permission for an organisation to take money (variable amount) from your account on agreed dates
- **Standing Order (SO)** – A regular fixed payment you set up to another person or organization on a set date
- **Credit Rating** – Evaluation of a person's ability to keep up with payments based on your borrowing and repayment history
- **Loan Agreement** – Made between you and a company when you borrow money
- **Gross Pay** – All of your wages before your tax
- **Net Pay** – Wages you receive after tax deductions
- **Tax-free threshold** – If you earn less than approx. £11,500 you do not pay tax

How2drink alcohol* safely

Top tips

- Don't go lone wolf, stay in groups/pairs
- Have drink free days
- Don't submit to peer-pressure
- Be mindful of your personal limits
- Don't leave drinks unattended
- Eat beforehand (Don't drink on an empty stomach)

*over 18's



www.drinkaware.co.uk

How2stay safe online

Top tips

- If you wouldn't do it face2face, don't do it online
- Install antivirus software to all devices
- Once you've written something you can't delete it
- Think before you post
- Check privacy settings
- Set a difficult password, check yours at:
howsecureismypassword.net



[www.nspcc.org.uk/preventing-abuse/
keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/)

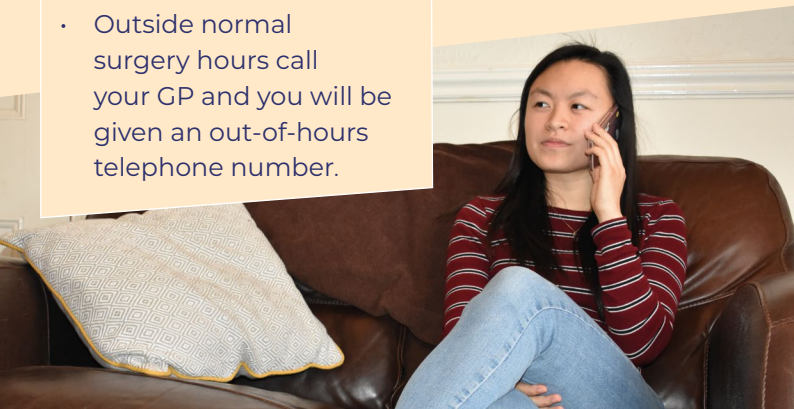
How2contact

Booking a GP appointment

- Phone/call in to the surgery
- Give them your name, address and date of birth
- Each GP will have a different process but if it's private and confidential don't be afraid to express this
- You can find the name of your nearest GP service on NHS direct

NHS out of hours

- Outside normal surgery hours call your GP and you will be given an out-of-hours telephone number.



How2reach out

Emergency and non-urgent

- For non-urgent health advice and information Google NHS direct for your area
- You should call 101 to report crime or any other concerns that don't require an emergency response. (car stolen/damage, suspected drug dealing). Less urgent than a 999 call
- Call 999 in an emergency

Support and advice:

- **www.childline.org.uk** - Call 0800 1111 for a range of help and advice
- **www.youngminds.org.uk** - for support with mental health
- **www.mind.org.uk** - for support with mental health
- **www.brook.org.uk** - for advice on sexual health
- **www.samaritans.org** - for emotional support
- **www.nyas.net** - for info, advice, advocacy and legal representation

Contact us:

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www.bayouth.wales



This guide was produced by members of ABMyouth, following ideas discussed at a Takeover Challenge with the Royal College of Paediatrics and Child Health (RCPCH) Wales and the RCPCH &Us Network.

