



NHS Fife Department of Psychology

# The benefits of maintaining a healthier lifestyle

Help Yourself @ [moodcafe.co.uk](http://moodcafe.co.uk)



On the following pages there are just some of the short, medium and long term benefits of maintaining a healthy lifestyle. If you're finding it difficult to motivate yourself, it might be help to print off the relevant information below and keep it somewhere to remind yourself e.g. in your wallet/purse, stuck to a cupboard or door in the house. Or write down a list of your own reasons for engaging in a healthier lifestyle so that all of them are personal and relevant to you.

## Being active, eating healthy and maintaining a healthy weight

### ***Short-medium term benefits of making healthier choices now:***

- Improved mood
- More energy
- Sleep better
- Feel less tired
- Better concentration
- Healthier skin
- Better immune system so get ill less
- Better management of your weight
- More confidence
- Feel less stressed
- Feel happier
- Improved sex life
- Less chance of fertility problems

### ***Long term benefits of making healthier choices now:***

- Reduced risk of serious illnesses e.g. heart disease, stroke, diabetes, cancers and other illnesses
- Reduced risk of high blood pressure, osteoporosis (thinning bones) and diabetes
- More likely to live longer
- Have a better quality of life when you are older

### ***For more information see:***

There are pages on eating well and exercise on [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

[www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx](http://www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx)

[www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx](http://www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx)

## Stopping smoking

### ***Short-medium term benefits:***

- Fresher breath
- Cleaner hair and clothes
- Better taste and smell
- Less likely to have erectile dysfunction (males)
- Look healthier – fewer wrinkles or tired looking skin
- Have more money
- No longer addicted to nicotine
- No longer feel tied down to cigarettes like they control me
- Breathe more easily
- Feel less tired or breathless
- Be free from carbon monoxide and other poisons

### ***Long term benefits:***

- Have healthier lungs, heart, and circulation
- Reduced risk of high blood pressure, diabetes heart disease, stroke, diabetes, cancers and other illnesses
- No longer have a 1 in 2 chance of dying from smoking-related illnesses

### ***For more information see:***

Under the wellbeing tab on [www.moodcafe.co.uk](http://www.moodcafe.co.uk) there is a page on stopping smoking

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

[www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx](http://www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx)

## Drinking within the recommended limits for alcohol

### ***Short-medium term benefits:***

- Fewer hangovers and better sleep
- Have healthier looking skin and hair
- Look and feel better
- Be more in control so less likely to regret doing or saying something e.g. unsafe sex, arguing with mates
- Reduced risk of accidents, aggressive behaviour, fights or doing something dangerous
- Less likely to have difficulties having sex or reaching orgasm
- Less likely to suffer from anxiety, depression or stress

### ***Long-term benefits:***

- Reduced risk of high blood pressure, heart attack, stroke, liver disease and some cancers

### ***For more information see:***

Under the wellbeing tab on [www.moodcafe.co.uk](http://www.moodcafe.co.uk) there is information on drinking less  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx](http://www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx)

Visit [moodcafe.co.uk](https://moodcafe.co.uk)  
for more helpful resources

