

**Talking about
your health and
wellbeing**

SMALL CHANGES
BIG
DIFFERENCE

Get involved; be one of the many people across the Scottish Borders improving their health.

A small change makes a big difference.

 **SmallChangesNow**

 **@SmallChangesNow**

www.SmallChangesBigDifference.org

As a healthcare service we have a responsibility to promote health and wellbeing.

Talking about health and wellbeing alongside your medical care helps ensure your healthcare is right for you and shaped by you.

What to expect from us

Our aim at NHS Borders is to take every opportunity to talk to you about your health and wellbeing as well as your health problems or conditions.

We may talk with you about an issue related to your healthcare that's important to you. Or we may talk with you about the type of exercise you take and how often, your diet, alcohol, smoking or how you are feeling or coping. These can all affect your health condition, your treatment, your wellbeing and your recovery.

Even a 1 minute conversation is a good way to start asking you about your health and wellbeing and what matters to you.

What we ask from you

To help you prepare for a valuable conversation about your health; think about what's important for you right now.

You can also take steps to protect your own health and take care of yourself.

This could mean:

- Being more active in your day to day life, taking more exercise when you can
- Eating a balanced diet
- Stopping smoking
- Safe drinking and keeping your alcohol intake within recommended limits
- Looking after your sexual health
- Making time for people and activities you enjoy.

Try to support others you care about to protect their health and wellbeing.



Even a 1 minute conversation about your health and wellbeing is a good way to start finding out what matters to you.

Looking for further support

If you feel ready to think about making small changes to your lifestyle, the Lifestyle Adviser Support Service can help. A Lifestyle Adviser can spend time with you exploring how you want to make changes to your lifestyle and improve your health.

Lifestyle Advisers are based in GP practices across the Borders. Your healthcare professional can refer you to the service. Or you can visit your local GP practice to arrange an appointment.

Small changes make a big difference and all add up to improved health and wellbeing. Go to **[www. SmallChangesBigDifference.org](http://www.SmallChangesBigDifference.org)** for information about how you can get involved in improving your health.

You can also get more information about healthy living at NHS Inform, Scotland's health information service 0800 22 44 88 or by visiting [www. nhsinform.org.uk](http://www.nhsinform.org.uk)

For a copy of this information in:

- another language
- audiotape
- Braille
- BSL DVD

please telephone: 01896 825522

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