

# 5 ways Men can improve their Health and Wellbeing



## Seek support...

Research shows that men shoulder extra burdens that they are experiencing, silently. Shockingly, less than a third of the people accessing certain therapies are male, and **yet men are three times more likely to take their own lives**, with those in their late 40s being particularly at risk. It's imperative anyone feeling stressed, depressed, or anxious reaches out – whether that's seeking help with organisations like The Samaritans, letting your family know, or setting up a video call to talk with your best friend.

## Get to the doctor...

Whether you're struggling with a mental health problem or a physical one - booking a doctor's appointment, if needed, is absolutely essential and shouldn't be avoided. Research shows that **nine out of ten men wouldn't call their GP** unless they thought it was a serious problem. A popular alternative, could be to organise a video or phone call with a GP app service. If you don't have access to one, then looking after yourself by getting symptoms checked out by a professional face-to-face is of paramount importance.



## Watch your waistline...

The food we consume massively contributes to our health and wellbeing. And, whilst we're not suggesting that the odd treat should be off the menu, it's worth noting that men are slightly more likely, than women, to be diagnosed with **Type 2 Diabetes**. Many heart conditions are also more prevalent in males - with 'abdominal aortic aneurysms' (where the main blood vessel from your heart down your chest and abdomen swells) being six times more likely to affect men than women. Remember, eating a balanced diet and maintaining a healthy weight can hugely reduce the chances of this and other conditions.

## Use your exercise time...

A **30-minute walk** can do wonders for our mental wellbeing - it boosts our mood, increases self-perception and reduces stress by producing feel-good hormones. Getting out in the fresh air, just once or twice a week, has **endless benefits**. Walking is a low impact exercise (so it's kind on your joints!), improves fatigue, reduces depression, prevents weight gain, and even improves circulation and posture! Plus, it's free - so you can listen to music and use it as a welcome break if you've been sat at a computer or workstation.



## Talk to your employer...

During times of stress, distress or anxiety, it's important that you **open up to your boss** about anything they can do to support you. Is there a Mental Health First Aider in your workplace? Or is there someone else that you feel comfortable talking to? Fighting the urge to tell your boss you're 'fine' when they ask and telling them truthfully about any work-related problems you're coming up against can have a **positive impact**, and ensure your organisation is aware of the challenges you're facing (and most importantly, what they can do to reduce them!).

Sources: [mentalhealth.org.uk](http://mentalhealth.org.uk) / [samaritans.org.uk](http://samaritans.org.uk) / [menshealthforum.org.uk](http://menshealthforum.org.uk) / [theguardian.com](http://theguardian.com) / [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) / [bhf.org.uk](http://bhf.org.uk)

☎ 01902 371 000 🖱 [www.paycare.org](http://www.paycare.org)

Paycare is a not for profit company limited by guarantee. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and Prudential Regulation Authority. Company Registration Number 820791

Paycare

Everyday Health Cover since 1874