

A Lifestyle Medicine Guide to The Six Pillars



Lifestyle Medicine is an evidence-based clinical care that supports behaviour change through person-centred techniques to improve six key areas known as The Six Pillars: Healthy Eating, Mental Wellbeing, Healthy Relationships, Physical Activity, Minimising Harmful Substances & Behaviours, and Sleep. These are explained in more detail below.

Healthy Eating



Healthy eating is important for a healthy lifestyle because it provides the necessary nutrients and energy for our bodies to function properly. It can also help prevent chronic diseases such as obesity, heart disease, and diabetes.

Additionally, healthy eating habits can also have a positive impact on mental health and wellbeing. Some studies have shown that a balanced diet, rich in fruits, vegetables, whole grains, and lean proteins, can improve mood, reduce symptoms of depression and anxiety, and boost cognitive function.

Mental Wellbeing



Good mental wellbeing is an essential component of a healthy lifestyle. It affects your overall health and wellbeing. It can help you cope with the stresses of daily life, improve your relationships, increase your productivity, and boost your immune system. On the other hand, poor mental health can lead to a range of negative consequences, including physical health problems, decreased quality of life, and an increased risk of substance abuse and self-harm.

Healthy Relationships



Healthy relationships are necessary for good health, providing emotional support, reduce stress, and improve overall wellbeing. People in healthy relationships tend to have lower levels of anxiety and depression, as well as better physical health outcomes. Additionally, supportive relationships can provide a sense of purpose and meaning in life, which is important for maintaining good mental health.



Physical Activity

Physical activity can improve your lifestyle in many ways, including reducing the risk of chronic diseases, improving mental health, increasing energy levels, promoting better sleep, and helping to maintain a healthy body weight. Additionally, engaging in regular physical activity can provide a sense of achievement and improve overall quality of life.



Minimising Harmful Substances & Behaviours

Harmful substances and behaviours can have negative impacts on our physical and mental wellbeing. Harmful substances such as tobacco, alcohol, and drugs can lead to addiction, chronic diseases, and organ damage. Harmful behaviours such as lack of exercise and poor diet can lead to obesity, heart disease, and other health problems. By minimising these, we can improve our overall health, increase our lifespan, and reduce the risk of chronic diseases.



Sleep

Sleep allows your body to rest and recharge. While you're sleeping, your brain processes and consolidates memories, while your body repairs and rejuvenates itself. Getting enough sleep has been linked to improved cognitive function, better mood, and a stronger immune system. Chronic sleep deprivation, on the other hand, has been linked to a higher risk of obesity, diabetes, heart disease, and other health problems.

Prevention is better than cure

You can find out more about Lifestyle Medicine and the 6 Pillars at the British Society of Lifestyle Medicine website: <http://www.bslm.org.uk>

