

# REMEMBER!

## Sessions

The purpose of the sessions at the Competence Center for Transcultural Psychiatry is that you should become better at handling your daily life. In other words, you need to find methods and strategies that can help you overcome the problems you face. You can actually learn to better control your behavior, the anxiety and other emotional reactions.

Through the sessions you can increase your ability to see your own strengths and resources. This can help you find meaning in your everyday life and help you become more psychically active and focused than before. Periodically you might feel that the sessions will make you relive old traumas and perhaps worsen your symptoms. However, the treatment will improve your condition in the long run.

## Good advice

- The precondition for a successful treatment is that you attend all the planned sessions as much as possible.
- The sessions are just as important as the medication treatment.
- It is important that you participate actively both during and in between sessions.
- The treatment is not something that we as therapists do TO you but WITH you.
- In between sessions, it is important that you work with the things we have talked about in the last session and consider which topics you would like to discuss in the next session.
- It is important to set defined and realistic goals for the treatment.

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## Depression

A depression is a state of mind caused by a lack of the substances that ensure that we are in a good mood, have energy, and interest in the things we do.

When we experience long-time exposure to stressful factors, whether on the outside or on the inside, we can develop a depression.

Anyone can be struck down by a depression.

You may have a depression if you for more than 2 weeks have experienced:

- Low mood, feeling sad without reason or failing to enjoy things that you previously enjoyed.
- Less energy, having no strength to do things that you previously did. You may find it hard to do even basic things such as getting out of bed, cooking, or showering.
- Loss of interest in things that you would normally be interested in. Previously, you were perhaps looking forward to see particular friends or family members, or to hear what your children or grandchildren had been up to. Found your undertakings interesting, enjoyed cooking, working or watching a particular TV programme.
- Other symptoms include thoughts about death, loss of appetite, more anxious/fearful, less, lack of interest in sex, poor sleep, many physical pains and discomfort, and memory and concentration difficulties.

## Good advice

- A depression must be treated. The best treatment is usually a combination of medication and sessions that look into the available options for improving your life.
- There are good chances of recovering if a depression is successfully treated. There will usually be concentration and memory difficulties for an extended time, even when other symptoms have diminished.
- Bear in mind that a depression can feel different from person to person, so it is important that you express how it feels to you.

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## Anxiety

A certain level of anxiety is necessary for the human species to survive and avoid dangerous situations. When we feel threatened due to danger, our fight and flight centre in the brain activates. If this centre is activated for a prolonged period, like when you are in jail or have experienced war, it can be hard for the brain to perceive that you are finally safe. A state of anxiety can arise in which you experience anxiety at unsuitable times.

When you get anxious, you may experience:

- Tension
- A sense of unease in your body and stomach
- Rapid heartbeat
- Difficulty breathing

Anxiety is an unsettling feeling that there is a danger, without it necessarily being there, and often without knowing why the feeling is there.

## Good advice

- Anxiety is a natural reaction in the body, which is not dangerous. It will pass.
- Anxiety attacks can often be so unpleasant that you attempt to avoid situations triggering it. This however will make the body think that there is in fact a danger, and it is therefore unsuitable.
- Instead, you can learn how to control your anxiety by using techniques such as breathing and mind exercises.
- Medication for depression can often help treat anxiety as well.



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## Post Traumatic Stress - PTSD

Life-threatening incidents and uncertain living conditions are causes of physical and mental stress. The production of stress hormones in the body increases when you are under stress. It can be beneficial in the short term, but long-term stress can cause a wide range of persistent mental problems such as:

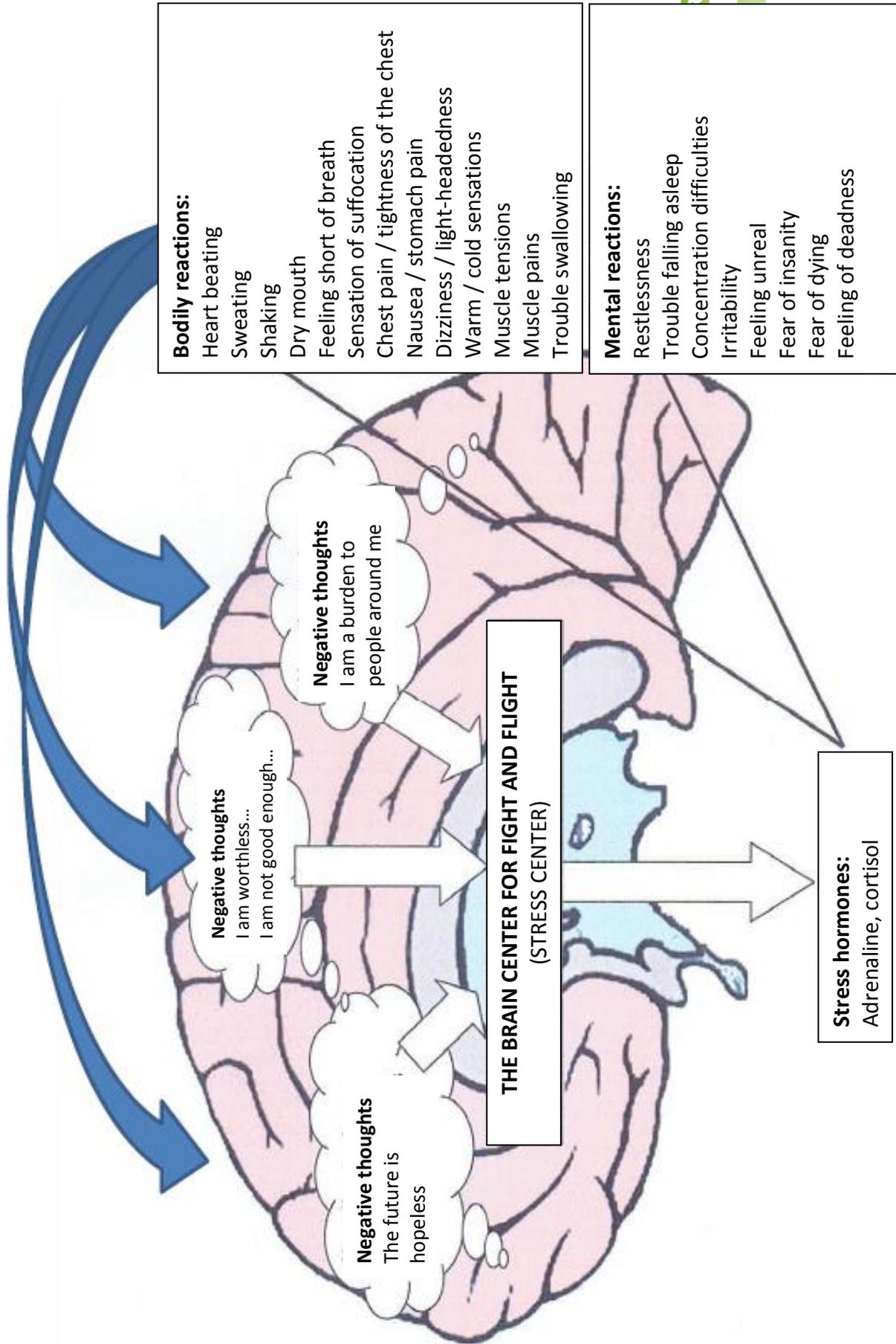
- reliving life-threatening experiences
- anxiety and tension
- sleep problems and nightmares
- irritability or outbursts of anger
- concentration and memory difficulties
- difficulty trusting and relating to other people
- isolation and loneliness
- feelings of emptiness and hopelessness



## Good advice

- Do not fear that you are becoming insane. What you are feeling are normal reactions to stress in individuals who have experienced severe trauma such as torture, war, and displacement.
- One way to handle the reliving of the trauma is to direct your attention to practical tasks and physical activity.
- Anxiety symptoms are unpleasant but not dangerous.
- Follow your doctor's sleep advice.
- Find your own way of maintaining control if you feel irritated or angry. For example, go for a short walk, think of something positive, count to 100, or the like.
- Follow your doctor's advice regarding concentration and memory difficulties.
- Avoid isolating yourself – it will aggravate your symptoms and make it harder to recover.
- Do not let the fear of anything that may remind you of the trauma control your everyday life. *You* are in charge of your life, not the evil of the past.
- Life has meaning. Identify the things in life that are most meaningful to you.

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Psykiatri

## Medicine

We use **Sertraline** in order to relieve the symptoms of stress, anxiety and depression. If side effects occur it is typically during the first weeks of the treatment. The most common side effects are usually a dry mouth, stomach problems and dizziness. Some patients experience sexual side effects as well. It usually takes several months before the medication starts to help; the effective dose is typically 100 - 200 mg daily.



**Mianserine**, which is also used at the clinic, improves the sleep. The most frequent side effect can be tiredness or a heavy sensation in the body in the morning. The effect of this medicine is usually felt fairly quickly; the effective dose is typically 10-30 mg daily.

**Sertraline and Mianserine** do not create dependency and do not change your personality. The medicine is provided free of charge in during the treatment at the Competence Center for Transcultural Psychiatry and it is cheap to buy afterwards.

## Good advice

- Take the medicine as prescribed by your doctor - otherwise it does not work
- Keep on taking the medicine although there are some side effects in the beginning – they often decrease or disappear after a short while.
- In case you experience some discomfort during the treatment; it can often help to change the time of the day where you take the medication.
- Talk to your doctor about the side effects before you decide to terminate the treatment.
- If you have agreed with your doctor that the medication is effective then you should continue to take it for a longer period.
- When you no longer receive treatment at the Competence Center for Transcultural Psychiatry, your general practitioner or psychiatrist can provide you with prescriptions for the medicine.

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Psykiatri

## Medicine

We use **Venlafaxine** in order to relieve the symptoms of stress, anxiety and depression. If side effects occur it is typically during the first weeks of the treatment. The most common side effects are usually a dry mouth, stomach problems and dizziness. Some patients experience sexual side effects as well. It usually takes several months before the medication starts to help; the effective dose is typically 225 - 375 mg daily.



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## The effects of Antidepressants

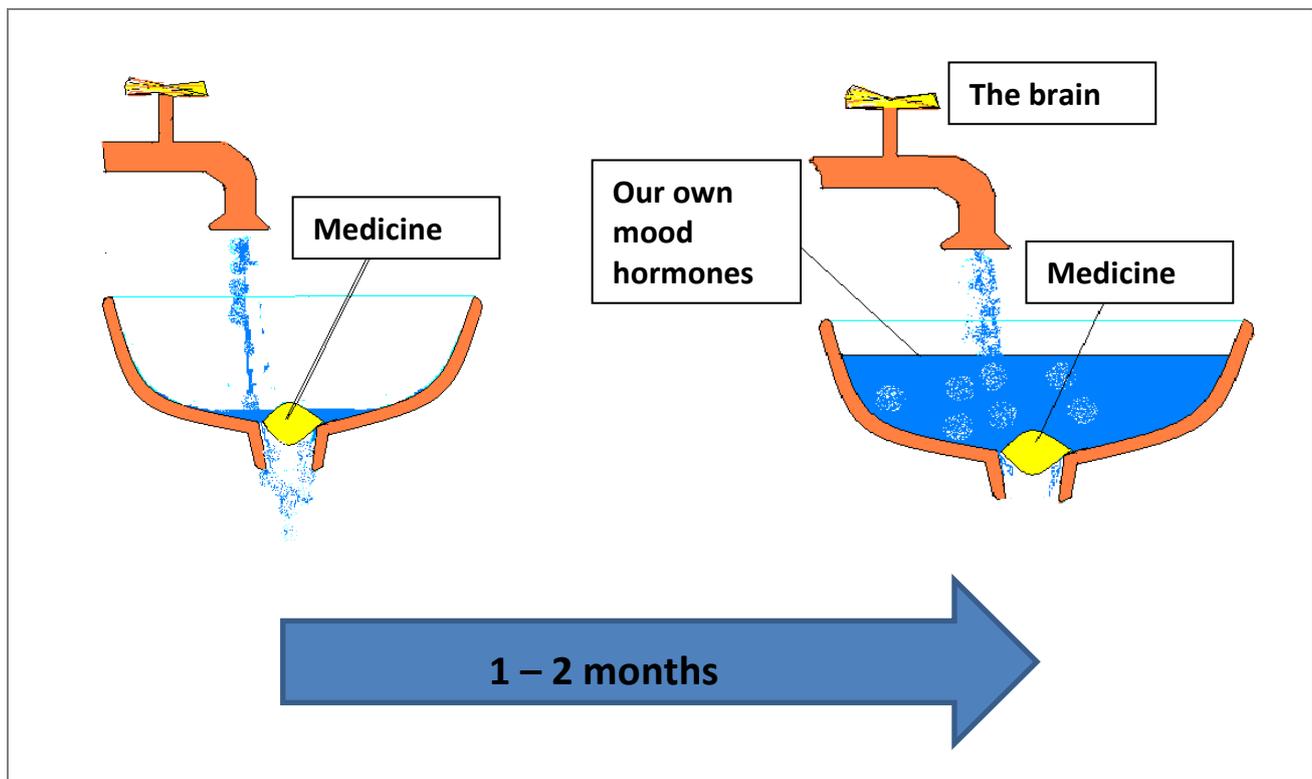
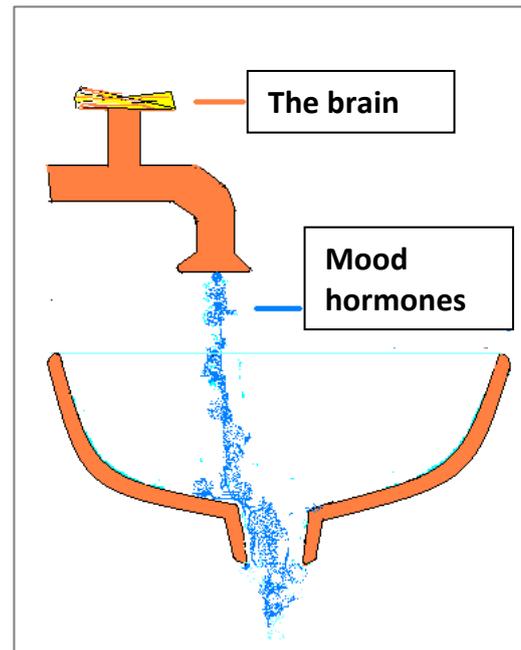
When suffering from depression the brain cannot store the hormones which are responsible for feelings like happiness and therefore you will lack those hormones.

The brain keeps producing them, but they run through the brain too quickly and are destroyed.

The medicine works as a plug that blocks the “hole” where the hormones disappear.

As a result the “hole” closes and slowly the good natural mood hormones are collected.

This collective process is very slowly and it takes at least 1-2 months before you will notice any effects.



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## Sleep 1

Most people who suffer from stress and depression have major sleep problems – e.g. difficulties falling asleep and sleeping through the night. Poor sleep affects your mood and your ability to concentrate during the day. Even small things can become overwhelming and irritating.



Poor night sleep can develop into a bad circle, where you end up turning days into nights. Common sleeping pills are addictive and lose their effect over time. We rarely use this type of medication at the Centre. Since sleep problems is one of the symptoms of stress and depression, the treatment of your condition may also help improve your sleep over time.

## Good advice

- A regular sleep pattern is important:
- Ensure a regular sleep pattern. Get up at the same time every morning, also when you haven't had much sleep, and also during weekends. You may want to use a timetable.
- If you cannot fall asleep, or wake up and are unable to fall back asleep, get up. Try to avoid stressing about the fact that you are unable to sleep. Be happy that there are several hours until the time you are getting up.
- Once you start feeling sleepy, go back to bed.
- Try to spend time in daylight each day.
- Avoid late afternoon naps.
- Avoid falling asleep on the sofa watching TV. If you are tired, go to bed.

## Relaxation

- Set up a range of rituals consisting of relaxation techniques 10-60 minutes before bedtime.
- Take a warm bath/shower before going to bed.
- Try out different relaxation techniques, e.g. mind exercises, breathing exercises and relaxation exercises (see sheet on exercises).
- Listen to calming music that you enjoy. You could use a device that automatically switches off after a while.
- Read a book (not too thrilling).
- Solve crossword puzzles or the like.
- Immediately switch off the light when you go to bed.

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## Sleep 2

### Physical activity (see sheet on physical activity)

- Be physically active during the day – but unwind a couple of hours before bedtime.
- Avoid practising sport or the like within the last 3 hours before bedtime.



### Pain (see sheet on pain)

- Neck/back exercises

### Arranging your bedroom

- A good mattress can help you sleep better.
- Keep the bedroom at a comfortable temperature and air it out well.
- Avoid having noise in the bedroom. You may want to use earplugs.
- Use a dark curtain to avoid waking up from sunlight/street lights etc.
- The bed is meant for sleep and sex – nothing else.

### TV, computer, phone

- Avoid thrilling books or TV, e.g. the news, with many images right before bedtime.
- Avoid light from screens (e.g. computer, tablet, TV) before bedtime. You can dim the brightness of most screens.
- Avoid having your computer, phone etc. in the bedroom – they signal that you are “available”.
- Do not watch TV in bed or in the bedroom.
- Switch off your phone or leave it outside the bedroom.

### Diet (see sheet about diet)

- Avoid a large coffee intake. Avoid caffeinated drinks such as coffee, tea and coke in the evening.
- Do not go to bed hungry. Grab a snack, e.g. cheese sandwich and a glass of milk, if you are hungry. Avoid sweet, salty or fatty foods, and do not eat too much.
- Avoid large high-energy and high-fat meals before bedtime.
- Consider having a glass of water on the night table.

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## Physical activity

By being physically active ½ hour a day, you can:

- improve your mood
- increase your energy – both physically and mentally
- regulate your appetite and improve your digestion
- improve your sleep
- reduce your experience of pain
- prevent illness



### Bear in mind:

- **When you start** exercising, you may experience pain in your body. This is called muscle soreness. It will pass after a while, and it is not dangerous, it is just a natural reaction of the body that happens when you have been physically inactive for a long time.
- It can be **uncomfortable or hard** especially in the beginning. You may find that it physically resembles the sensation of anxiety. Remind yourself that it is good for you to do it, and that it is an active thing that YOU do in order to get better. This is a victory in itself.
- **Things take time:** even if you do not feel a change straight away, you are still actively doing something good for yourself. The change is usually felt after some time. You will however improve each time.

## Good advice

- Consider how physical activity can become **a natural part** of your everyday life. It is important to choose activities that you enjoy – perhaps something you did when you were younger.
- **Going for a walk** is the easiest. It requires no preparation and does not cost money.
- You can gradually **increase the pace**, or extend by **running**. You may want to get some running shoes.
- **Cycling** is good. It is not as straining for the legs as running, and you can get around your local area faster. You can also take your bike onto a train.
- **Swimming/Water aerobics** is an easy, cheap, and excellent way of using your whole body.
- Exercising in your local **fitness** centre can for one thing help you strengthening your back and shoulder muscles. This can help reduce back- and headache.
- **Relaxation, Yoga, Tai Chi** and the like can give a sense of calmness and relaxation. Classes are often offered at night school or at your local fitness centre.
- We can help you look into the possibilities for practising sport or physical activity in your local area. You could also do this yourself via websites or local newspapers.

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## Muscle tension and neck exercises

Muscle stress and tensions are by far the most common cause of pain in back and neck. This can cause tension headaches, which is the most common type of headache.

78% of the population have experienced tension headaches and 3 % have chronic tension headaches, defined as headache each or every other day around the year. That means that there are many days where you have a sore head from early morning throughout the day, and this pain is hardly affected by the doings of the day.

Tension headaches can be triggered by:

- Worries and stress, lack of sleep or poor sleep.
- A large use of painkillers (such as more than 25 of e.g. panodil per week) – Be careful, you can get a headache of a large usage of headache pills.
- Sitting still in the same position for a long time or having a bad sitting position, e.g. when watching television or using a computer.
- If you do not exercise, your muscles and joints become stiff, and they will ache when you try to move them – just like a rusty tap that is hard to open.

## Good advice

The treatment consists mainly of a daily exercise programme for shoulder and neck. The exercise should be done every day, 3-4 times a day throughout a longer period (weeks-months) to have an effect:

- 1. Exercise:** Stretch the chest-back: Fold your hands at the neck, pull you elbows backwards and pool your shoulder blades together.
- 2. Exercise:** Lateral bend: Pull your chin in and bend your neck slowly to the side, so your ear approaches to your shoulder. Pull your other shoulder downwards and feel the stretch.
- 3. Exercise:** Turning: Pull your chin in and turn your neck slowly to the side, so your nose approaches you shoulder. Turn as far as possible on both sides.
- 4. Exercise:** Stretching the neck muscles: Pull your chin in and bend your neck slowly forward, so your chin approaches your chest. Place one hand at the back of your head and press gently until you feel a stretch.
- 5. Exercise:** Stretch the neck: Sit up straight. Pull your chin in and make your neck long, like if someone pulls your hair towards the ceiling. You should feel your neck being straightened and it tightens at the back of your neck.

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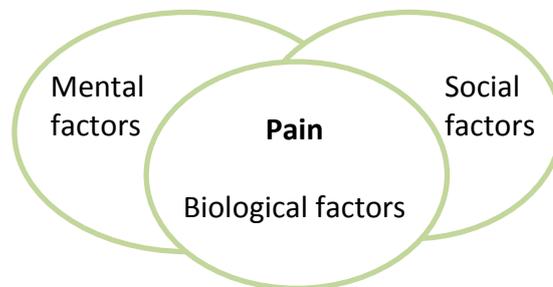


## Pain

Many people, who have been exposed to trauma, suffer from pain. Pain can vary in character, and can come from many different parts of the body. They can be caused by damaged nerves or be partly mentally triggered.

Pain emerge, and is affected, in an interplay between mental, social and biological conditions. If you are depressed or anxious, pain is experienced more intensely than if you are mentally balanced. The thoughts and ideas about the pain also affect the experience of pain. If you are worried or think negatively about the pain, you experience more pain than if you are not worried or if you think neutrally.

The pain will rarely disappear fully, but most people can get relief, and it is possible to learn how to live with pain.



## Good advice

- Agree with your doctor on a stable medical treatment. Try to avoid too powerful and possibly addictive drugs. Pain is often connected with anxiety and frustration, which result in muscle tensions. This is why the medicine we use might help relieve pain.
- Breathing exercises, stretching and relaxation exercises help relieve muscle tensions and can have a calming effect.
- Find a balance between activity and rest. Start out with many short breaks. Find out what you can do without severe pain increase. When you have found the right level of activity, slowly increase the duration, the level of the activity, so that the nervous system slowly gets used to increased stimuli/activity. You must not think of the activity as a threat. Hence: “I have a need to be active,” “I choose to be active” rather than “I must and should be active.”
- Isolation worsens pain. Therefore, make contact with others, strengthen your network and your social side, and hereby strengthen your defence against pain.

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## Stress and Headache

Psychiatric conditions can increase the frequency and severity of headache, and make the pain more difficult to treat. Headache in people who are highly stressed is related to:

- Excessive worrying
- Constant tension in the muscles of the shoulder, neck, and jaw
- Lack of sleep
- Inadequate food and hydration
- Increased irritability and feelings of frustration
- Straining because of concentration and memory problems
- Excessive alcohol drinking or use of illicit drugs
- Recalling or re-experiencing a previous head injury
- Overuse of pain medication

## Good advice

- If your headache is triggered by stress, then it must be treated with techniques reducing the stress.
- Eat regularly, drink adequate amounts of water, and avoid alcohol.
- Make a list of the most important things that you can do within the day (or week). Do not pressure yourself to do more than what you can handle.
- Engage in activities that are calming and relaxing. For example, listen to slow music, lie down in a quiet room, go out for a leisurely walk, drink a cup of tea, or get a massage.
- Take many short breaks within a busy day.
- Deflect attention from the headache by doing practical tasks and less strenuous physical activities.
- Find your own way of calming down when you are irritated or angry.
- Work-related stress can be reduced and prevented. Talk to your boss, colleagues, or health and safety representative.
- If you must take analgesics for daily or almost-daily headache, remember that too much medication can make the headache worse in the long run.

Medications like paracetamol or ibuprofen should not be taken for more than 3 to 4 days in a week. Combination medications (like aspirin plus codeine) and strong pain relievers available only by prescription (like tramadol, codeine, and sumatriptan) should not be taken more than 2 to 3 days in a week.



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## Socializing

Many people, who have experienced severe traumas, find it difficult to be with other people. This can be because one finds it difficult to trust other people; one easily gets irritated over small things and gets tired of speaking or just feels uncomfortable among a group of people one perhaps does not know very well.

As a human being, however, we need to be in contact with other people. A life alone in isolation increases one's mental problems in the long run. In solitude one becomes more focused on the pain and has difficulties finding meaning in everyday life.

Studies have shown that people with a good social network are less often ill. A social network is the people you surround yourself with. It may consist of your family, friends, acquaintances, neighbors, work colleagues or professionals in the public sector.

Studies of quality of life have shown that being occupied with something meaningful during the day has great significance to people. It may be a job but also voluntary work, hobbies, family life, nature experiences and other activities can help to enhance one's quality of life.

## Good advice

- Try to be more active and outgoing in your everyday life.
- Seek support in your social network.
- Empower your network, try to be welcoming and open towards other people although it may be hard for you.
- Keep an eye out for activities in your local community.
- Ask your contact person at the commune or our social adviser about activities nearby.



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## Concentration and memory

Many people, having experienced severe trauma and/or suffer from depression, have difficulties remembering, concentrating, managing everyday tasks, and maintaining an overview. The brain's filter, which usually sorts relevant from irrelevant, becomes big-meshed, so that stimuli and sensations have easier access to the mind. E.g. noise from the street, others conversation, disturbing thoughts and pain. This affects attention and concentration. When you are inattentive, you fail to encode information and it can also be difficult to stay attentive when you search through your memory. It can be difficult to initiate actions and to cope with tasks that require an overview, planning and timing. E.g. shopping and cooking or tasks that involve multiple tasks concurrently. Sleep, physical activity and healthy eating are important for concentration and memory, therefore it is advised to follow the general advice in this regard.

## Good advice

### Concentration:

- Take breaks in which you make time for relaxing and resting in between activities.
- Make sure there is quiet around you when you need to concentrate. Put the phone away so you are not unnecessarily disturbed.
- Agree upon a way to signal family or colleagues that you need to concentrate, for example a sign that says occupied.
- Limit the number of tasks, and work on one task at a time.
- Train your memory and ability to concentrate. Read every day, perhaps just a few minutes at a time. Draw things you have seen during your day with as much detail as possible or play "memory games" with your children.

### Memory:

- Establish routines where possible, for example, when to take your medicine.
- Have fixed places for things like your mobile phone and keys at your house and in your bag.
- Use a calendar, preferably on your mobile phone, in order to remember what has happened and what happens next.
- Use the reminder function on your mobile phone or ask others to remind you of appointments.

### Problemsolving and overview:

- Structure your day with fixed routines for when you are eating, cleaning, working, etc. Ask others for help if this is hard for you to do.
- Use a calendar to plan your day and bring it with you so that you can always create an overview. Remember to allow plenty of time for each task and to schedule

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breaks.

- Arrange with others to do things together, and to go together to activities.
- Reward yourself for getting started with activities.
- Avoid having too many tasks running simultaneously. You can increase the number of tasks when you are ready.
- Set up limited social activities that do not require preparation and planning. Although it can be difficult, it is important to break the isolation and to socialise.

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## Mind exercises

- You can learn how to relax your mind and body and focus on the positive aspects of your life through simple exercises.
- Find a quiet and calm place and make sure not to be disturbed while you are doing the exercise.
- Two simple exercises are described below; use the one that suits you best.
- In the beginning, many people find the exercises difficult. Merely to focus on a positive experience can be hard.
- It is necessary to practice many times in order to learn how to use the exercises correctly. Do not give up, even though it is hard to stay focused.

### Exercise 1

1. Do the exercise in the evening.
2. Sit comfortably in an upright position or lie down.
3. Close your eyes and think about the day that has passed.
4. Recall 2-3 things that were positive.
5. It can be everyday things like spending time with family, living in a peaceful country, the sun was shining, you went for a walk and had some fresh air, the birds were singing, or the like.
6. Feel free to write down the things that come to mind.
7. Repeat this exercise every evening.
8. Discuss your thoughts with your doctor next time you meet.

### Exercise 2

1. Sit comfortably or lie down.
2. Close your eyes and think of a pleasant place you know or one you dream about – a beach, a meadow, or the like.
3. Imagine that you are at this pleasant place – listening to the sounds, smelling the scents, seeing the colours. It is important that you focus on the details one at a time, e.g. the warmth of the sun against your skin and the scents of the flowers.
4. Feel the tranquility and peace fill your body and soul.
5. Open your eyes slowly and stretch your body.
6. Remember that you can always return to this place when you need peace and tranquillity in your body or soul.



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## Breathing

Stress and anxiety are linked to the way you breathe. The more agitated, anxious and stressed out you are, the more rapid and shallow your breathing becomes. Such breathing can cause physical symptoms like prickling or tingling sensations in the hands or dizziness with fear of fainting. The physical experiences can make you even more stressed and anxious, and you have entered a bad circle.

Controlling your breathing can break this bad circle. You can learn some simple exercises that result in calm breathing and thus indirectly reduce anxiety and stress.

### Exercise 1

- It is important that your breathing is calm and deep. You should see your stomach expand as you inhale, and you need to breathe in and out through your nose.
- You start by listening to your body and your breathing without changing it; you just notice how it is. Is it deep or shallow? Do you breathe through your nose or mouth? Is it fast or slow? Do you use effort or is it effortless? How does your body feel?
- Now you begin to change your breathing. Make your breathing deep and calm. Breathe through your nose. If breathing sits high in the chest, move it down into the stomach. Each time you breathe in, your stomach expands. Place one hand on your stomach and feel it. Now breathe like this for a couple of minutes or longer.

### How it should be done

- Both inhaling and exhaling should be through the nose.
- Breathe “using your stomach”, i.e. inhalation happens using your diaphragm. The chest rises passively and the stomach expands.
- Exhalation happens passively: The diaphragm is relaxed, the chest descends and the stomach moves inwards.
- Exhalation may be somewhat longer than inhalation, the pause half as long.
- Over time, you will find that you become better and better at relaxing using this simple breathing exercise.

### Exercise 2

- Sit comfortably or lie down.
- Close your eyes and imagine that you are at the bottom of a stairway with 10 steps.
- Go slowly and calmly up the stairs.
- At each step up you breathe slower and try to become more and more relaxed.
- When you get to the top of the stairway, slowly open your eyes.



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## Diet

Many studies conclude that a healthy diet is important for both mind and health. Overall, there is no food or beverage that you cannot have – it is all about how much and how often.



- Healthy food and beverage helps to improve both your physical and mental health and your wellbeing, so that you feel less irritable and depressive, and your sleep and concentration improves.
- Healthy food – preferably combined with regular exercise – can among other things, lower your blood pressure, reduce body cholesterol and regulate your blood sugar.

## Good advice

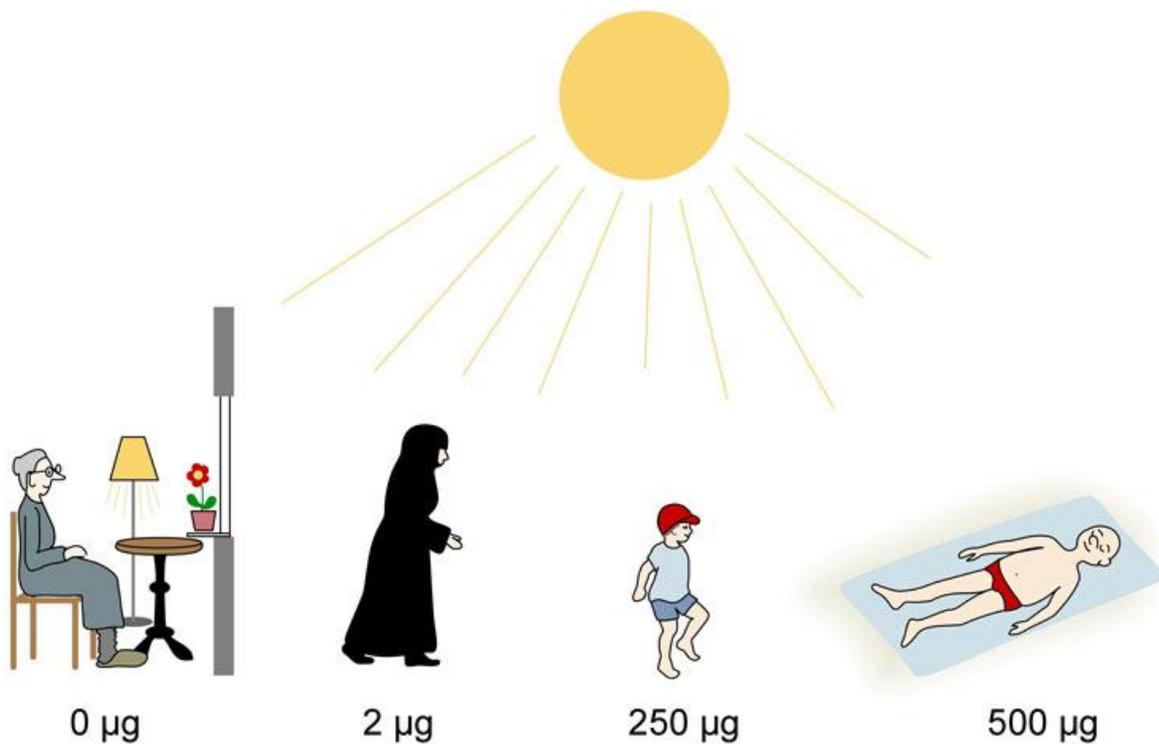
Eat a balanced diet – then you are certain of getting enough minerals and vitamins. You can also take one vitamin tablet a day.

- When changing your diet, make sure to buy foods that you like – otherwise it can be difficult to keep your dietary changes in the long run.
- Eat light meals regularly rather than a large daily meal. Preferably you should get 3 main meals and 2-3 snacks between meals. This dietary pattern stabilizes your blood sugar and is also favourable with regard to losing weight.
- Eat primarily the kind of carbohydrates that slowly cause the blood sugar level to increase such as: rye bread, oatmeal, wholegrain pasta, brown rice and vegetables like beans, lentils and peas.
- Avoid the carbohydrates that cause a step increase in the blood sugar level such as: white bread, cornflakes and sugar. Replace sweets with nuts, figs or rice crackers. If you eat chocolate, it should be as dark as possible.
- Drink plenty of water - at least 2.5 litres a day. Avoid sugary beverages such as juice and soft drinks.
- Eat food that is rich in dietary fibre – such as coarse vegetables, fruit and whole-grain products – it helps regulate your blood sugar level and improves your digestion.
- Preferably eat fish once or twice a week - fish is rich on vitamin D and is good for the heart.
- Read the description of contents on foods and beverages. Keep informed about fat and carbohydrate content and the total amount of energy. Look for the green Keyhole label which indicates that the product has been health approved.
- Stick to the food Circle: a half plateful of coarse vegetables and fruit, a quarter of a plateful of lean meat or fish, and a quarter of a plateful of products rich in carbohydrates, such as pasta, rice and potatoes.

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## Vitamin D

- Vitamin D is usually available through diet and is also formed in the skin during summer.
- It can be difficult to feel vitamin D deficiency, but it usually feels like muscle fatigue.
- To avoid deficiency, it is recommendable to:
  - Eat oily fish weekly
  - Stay in the sun for 5-30 minutes a few times a week during summer.
- People who are rarely outside or avoid sunlight, children and adults with dark skin or who wear covering clothing during summer are recommended to take a 10-microgram vitamin D supplement on a daily basis.



## How is vitamin D deficiency treated?

A sufficient amount of vitamin D is only found in oily fish, and it is therefore virtually impossible to eat your way to the amount of vitamin D that your body needs on a daily basis. During summer, we can produce vitamin D ourselves through exposure to sunlight. 15-30 minutes on the face and forearms is sufficient for most people. During the winter season, you can to some extent get vitamin D by eating fish daily, either as cold fish or as a hot meal. Still, many will need to take a supplement.

It is possible to treat vitamin D deficiency (insufficiency / light deficiency) using vitamin D tablets or capsules. The dosage is 20-25 µg/day (800-1000 IE/day), and calcium supplement is often given simultaneously.

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## Timetable / Activity Registration

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>							
<b>Mid-morning</b>							
<b>Noon</b>							
<b>Afternoon</b>							
<b>Evening</b>							
<b>Night</b>							

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