GILEAD This material was organised and funded by Gilead Sciences. *Find Your Four* is a campaign developed and funded by Gilead Sciences in collaboration with the HIV community.

FIND your FOUR

A RESOURCE FOR A HEALTHY MIND ...

This resource is to help you think about a healthy mind to live well with HIV.

If you need to talk to someone, **call a 24 hour helpline.**

HOW ARE *you* FEELING TODAY?

Is this different to how you feel usually?
If so, this resource could help you.

HERE ARE *four ways* TO HELP YOU THINK ABOUT A HEALTHY MIND

EAT

- Are you eating more or less than usual?
- Do you eat at regular times of the day?
- Would you like to eat more healthy food, e.g. fruit and veg?

- Eating well is important to feel good in your mind and body
- For most people, eating more fruit and vegetables is a good place to start

SLEEP

- Do you have problems falling asleep?
- How many hours do you sleep each night?
- Do you feel rested after sleep?
- Are you having more nightmares than usual?

- A good night's sleep can make your day much happier
- A regular bed time and a calm environment can help you get to sleep
- Turn off your phone and other electronic devices to help you relax

MOVE

- Do you go outside every day?
- What exercise do you enjoy?
- Would you like to exercise more?

- Exercising regularly can make a difference to your mood
- Moving your body more often, even just a short walk or outside activity, can help you feel better

TALK

- Do you talk to someone every day?
- Do you make time to speak to friends or family?
- Do you talk about how you feel?

- Talking to people about your worries can help you live a happy and healthy life with HIV. You can talk to your HIV doctor, nurse, GP, or someone living with HIV such as a peer support worker

Visit www.hivfindyourfour.co.uk to find more ways to live well with HIV. The website includes:

Rights to HIV Care: With this simple guide, learn about your rights to care and know that you can talk to your healthcare team about what matters to you

Routes to HIV Care: With this simple guide, learn about the different types of care so you can talk to your healthcare team about the services and support you need

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