

Lifestyle changes recommended for you which may improve your IBS:

- Increased Physical Activity**
 - aim for 30 minutes a day
 - move more – take stairs instead of lifts etc.
- Weight Reduction**
 - aim for a 10% weight loss or waist loss to start
- Improve Diet**
 - cut down processed foods
 - eat more fibre, fruit and veg in whole foods
 - drink plenty of water
 - cut down on unhealthy fats, sugar and salt
- Special Diet**
 - low FODMAP diet
- Reduce Chewing Gum/ Fizzy Drinks**
- Quit Smoking**
- Reduce Alcohol**
 - aim to reduce to 2 standard drinks/day with 2 alcohol-free days/week
- Better Time Management/ Stress Management**
 - aim to reduce rushing
 - look at your routines to allow more time in the mornings, more time to eat healthily and exercise, more time for hobbies/relaxation
- Regular Meal Times & Portions**
 - don't skip meals
 - watch portion sizes
 - identify and avoid trigger foods
- Improve Sleep**
 - aim for 7-8 hours/night
 - go to bed and get up at the same time each day, even on the weekend
 - reduce screen time before bed and no screens in the bedroom
 - make sure your bedroom is cool, quiet and dark
- Dis-ease**
 - remember unpleasant feelings do not necessarily indicate disease
 - if you are worrying a lot, counselling may help