

Are you getting your 5 A-Day?

We all know about eating 5 A-day fruit and vegetables to be healthy but did you know you could do 5 A-day to be physically, mentally, digitally, educationally and spiritually healthy?

Even though junk food tastes great, it would soon get boring if you ate it all day, every day and eventually it would make you sick. Just like food, a balanced mental, digital, learning and spiritual diet is all about variety.

Having a healthy diet doesn't mean that you never eat pizza or chocolate again but it is important that you eat them in moderation – along with your 5 fruits and veg a day! In the same way, you don't have to give up your smartphone forever to have a healthy digital diet, or give up playing out to have a healthy learning diet.

When phones, social media and games make us feel worried, stressed and a bit out of control, it often means that we haven't got the balance quite right. When we feel stressed and anxious all of the time it means that we need to take time out to get the balance back, including spending time with God.

Finding the right balance means enjoying all of the fun, exciting and creative things about being with family, being online, learning in school and being in the world around us.