

Let's Talk...

14 ways to be kind to your gut



When it comes to looking after our gut health, it's easy to feel overwhelmed. There are trillions of microorganisms living inside our guts (known as our gut microbiome) and it's hard to keep that little ecosystem happy! From the foods we eat to the way our brain and gut interact, our guts are complex systems and what we do every day has a big impact. Whilst some factors that influence our gut microbiome are beyond our control, our lifestyle habits do make a difference. If you're looking to take better care of your gut and don't know where to start, try our 14-day calendar to get started.

1 Increase your water intake.

It's recommended that adults drink 6-8 glasses of water or fluids per day. Staying hydrated is an important way to look after your gut health and drinking plenty of water supports digestion.

2 Take a 10-minute walk after every meal.

A short 10-minute walk after each meal can boost digestion and help reduce common digestive symptoms like bloating and acid reflux.

3 Prioritise getting a good night's sleep.

Rest is important and not getting enough sleep can impact your gut health. If you don't have a solid bedtime routine, try to introduce some good habits like reducing screen time and avoiding caffeine before bed.

4 Make a gut-friendly recipe.

A diverse, balanced diet is vital for a healthy gut and is one of the most important ways that we can look after our digestive health. Need some inspiration? Go to gutscharity.org.uk/recipes.

5 Try our free Poo-Torial tool.

Knowing your normal is important. It helps you to spot when something isn't right. Better understand what the colour, consistency and frequency of your poo means at gutscharity.org.uk/poo-torial.

6 Choose a self-care activity.

The gut-brain interaction is real, so being kind to your mind means being kind to your gut. Take care of yourself today by taking some time out to enjoy a self-care activity of your choice.

7 Add a plant-based food to a meal.

Fruits, vegetables, legumes, nuts and seeds are all great plant-based foods that help to create a diverse and balanced diet. They're easy to add to your favourite meals and mixing it up keeps the microbes inside your gut happy.

8 Try a new form of movement.

Exercise is good for your mind and body, and it's an important part of looking after your gut health. Swimming, yoga, dancing, racquet sports... whatever you choose is up to you.



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Use this space to reflect on how you're feeling, either during the 14-day challenge or afterwards.

Notes

9 Be kind to your brain with a stress-busting activity.

Stress can have a big impact on your gut health. Try a new activity to help relax your mind.



10 Make a fibre-filled breakfast.

Did you know that UK adults don't get anywhere near enough fibre? Kick start your day by making a tasty breakfast that prioritises fibre. Oats, wholegrain cereals, wholemeal bread, berries, nuts and seeds are great options.

11 Upskill your symptoms knowledge.

Experiencing digestive symptoms from time to time is normal. While it's usually nothing serious, knowing what to look out for can help you spot when things aren't quite right. Find our resources at gutscharity.org.uk/lets-talk-guts.

12 Get outside and enjoy some fresh air.

Did you know that environmental and lifestyle factors can impact your gut microbiome? Get into the outdoors and enjoy some fresh air for both physical and mental benefits.

13 Give yourself permission to take it easy.

Trying to do everything all at once can sometimes feel impossible. Choose one thing to prioritise when it comes to your gut health. Remember to be kind to yourself. Small changes add up!

14 Have a Gut Together with someone.

We want everyone to feel more comfortable talking about their guts. Join the conversation by hosting a Gut Together. Head to gutscharity.org.uk/lets-talk-guts to download your free guide.



Guts UK is the national charity for the digestive system. We provide information and support on more than 40 digestive conditions and symptoms, as well as health and lifestyle. Go to gutscharity.org.uk/information to find out more.

Please note, this resource might not be suitable for use by people with a diagnosed digestive condition. Please always follow the advice and guidance of your medical team.