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PRESENTING

Sensual balance-Importance of Sleep & food to optimise healthy sexual relationship

HEALTHY MIND AND BODY

Physical health

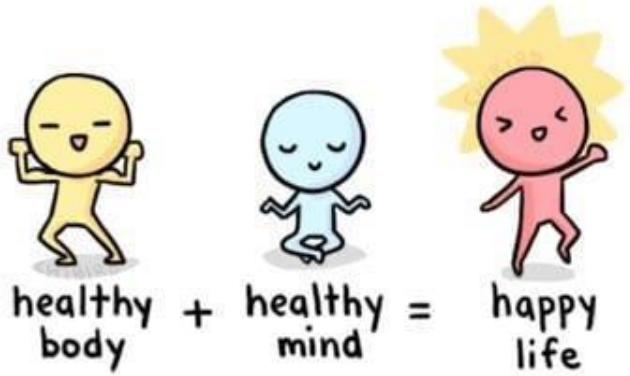
- Exercise regularly, eat a balanced diet, get enough sleep, stay hydrated, and maintain regular medical checkups

Mental health

- Manage stress, build emotional intimacy, practice self-acceptance, and seek professional help if needed.

Sexual health

- Communicate openly with your partner, educate yourself about sexual health, practice safe sex, and explore mutual desires

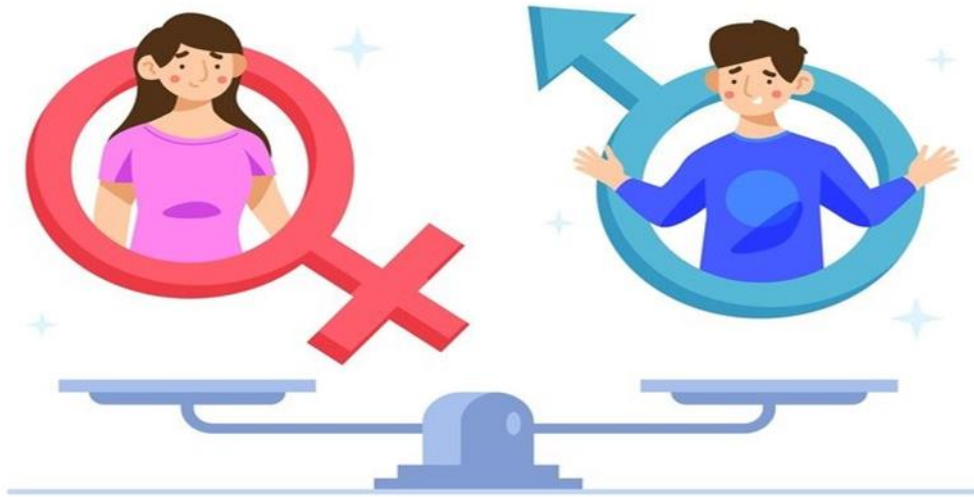


The Basics of Sexual Health

Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationship. Reproductive health implies that people are able to have a responsible, satisfying and safer sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so

Defination

According to the current working definition, sexual health is: a state of physical, mental, emotional & social well-being in relation to sexually; it is not merely the absence of disease, dysfunction or infirmity



SEXUAL RELATION- A BALANCE

It basically includes emotional, psychological, physical, intellectual and spiritual dimension along with involvement of certain characteristics for an healthy balance.

Communication

- Proper open-straight ,respectfull communication

Relationship

- Responsible ,trustworthy relation between the partners

Self-worth and esteem

- Being open to sexual feeling and pleasures with their partners and accepting the way they are.

Values

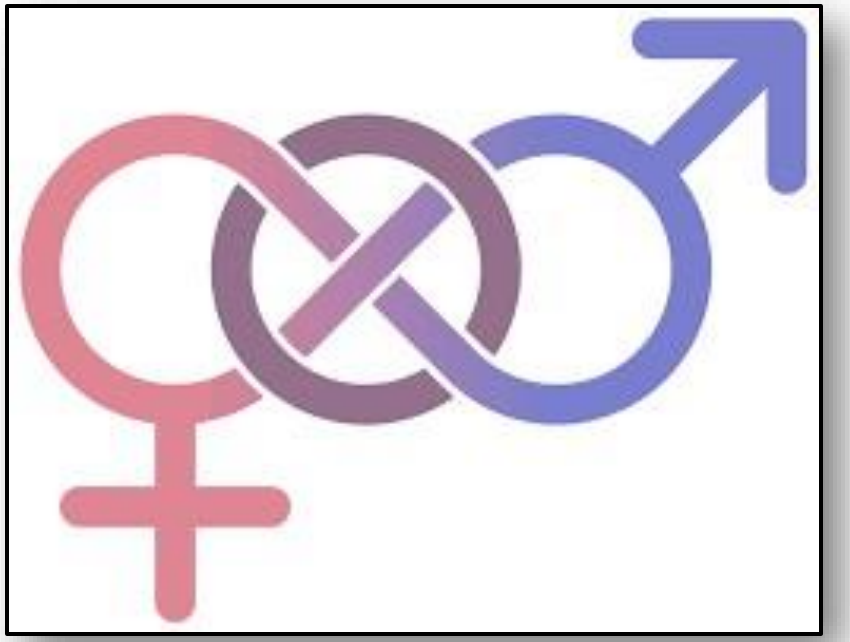
- Having “right” values ,and respect.

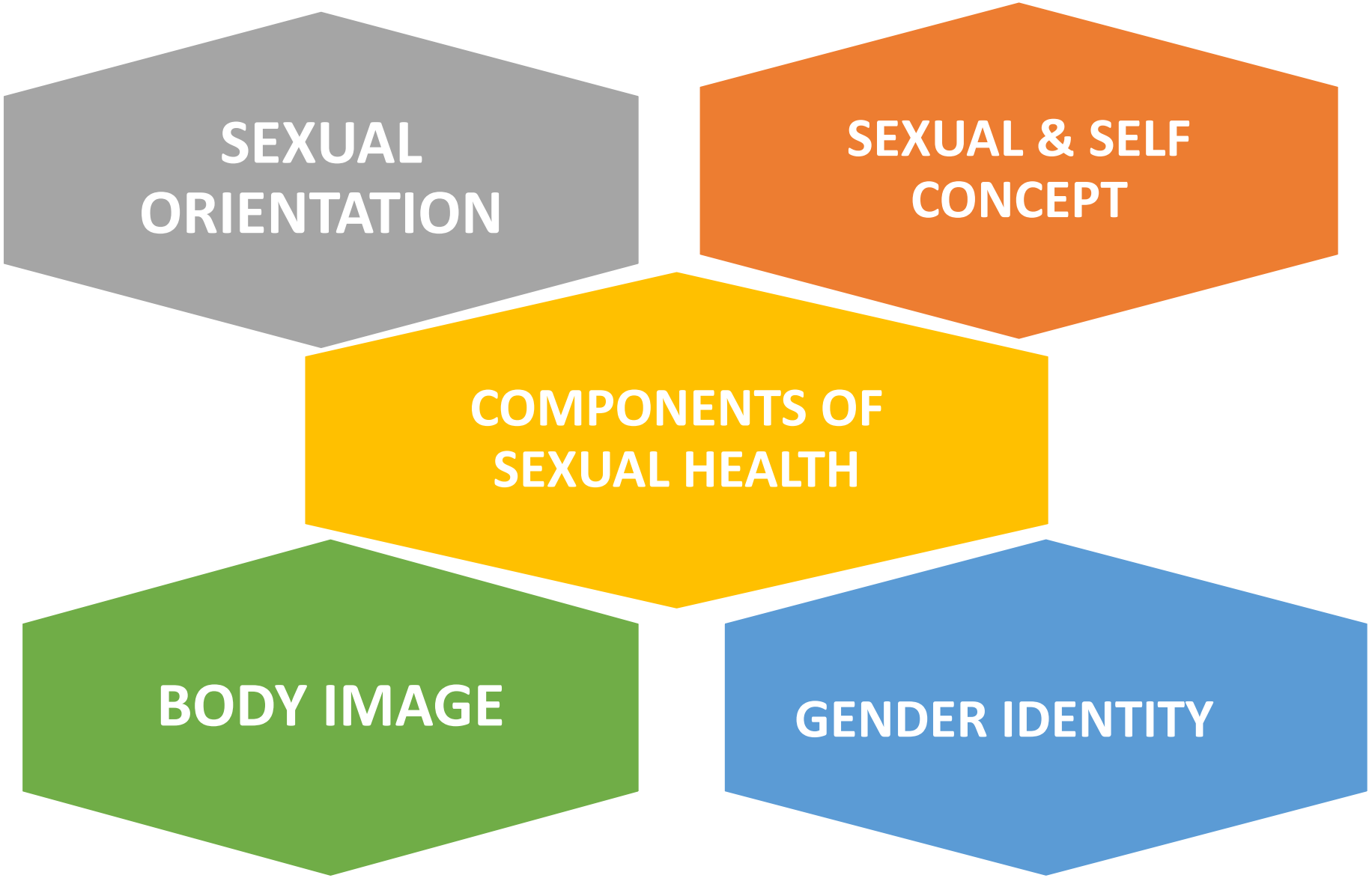
Spirtuality

- Understanding of sexual union is a way of connecting heart ,mind ,body and soul

WHAT MAKES A HEALTHY SEXUAL RELATIONSHIP?

- Emotionally fulfilled
- Satisfied
- Respected
- Equality/fairness
- Positivity
- Love and trust




SEXUAL ORIENTATION
SEXUAL & SELF CONCEPT
COMPONENTS OF SEXUAL HEALTH
BODY IMAGE
GENDER IDENTITY

FOOD AND SEXUAL RELATIONSHIP

Nutrition and Its Importance

- **Hormonal Balance**: Proper nutrition supports the production and regulation of hormones that are vital for sexual health. For example, nutrients like zinc and vitamin D are essential for testosterone production in men and estrogen in women, both of which are crucial for libido and sexual function

- **Circulatory Health**: A diet rich in antioxidants, healthy fats, and vitamins can improve blood flow and cardiovascular health. This is important for sexual function because good circulation helps in achieving and maintaining erections in men and arousal in women

Nutrition and Its Importance

- **Energy Levels**: Consuming a balanced diet provides the energy needed for physical activity and overall vitality. Adequate energy levels can enhance sexual desire and stamina, making it easier to engage in and enjoy sexual activity

- **Reproductive Health**: Certain nutrients are essential for reproductive health. For example, folic acid is crucial for cell division and reproductive health, while antioxidants like vitamins C and E help protect reproductive cells from damage. A well-rounded diet can support fertility and overall reproductive function

IMPORTANCE OF FOOD AND NUTRIENTS IN HEALTHY SEXUAL RELATION

Nutrient supply

- A balanced diet provides the necessary nutrients that support overall bodily functions, including sexual health.

Blood flow

- Some foods can improve blood circulation, which is essential for sexual arousal and performance.

Hormonal balance

- Certain foods contain nutrients that help regulate hormones related to sexual health.

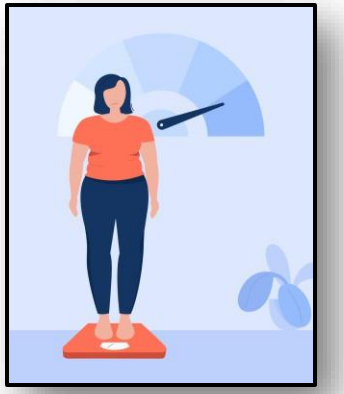
Energy and stamina

- A well-rounded diet ensures you have the energy and stamina required for a fulfilling sex life.

DIETARY CONDITIONS THAT PREVENT GOOD SEXUAL HEALTH

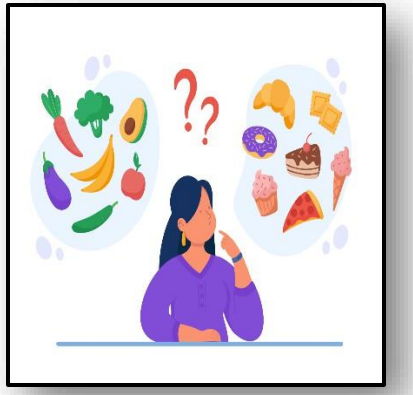
Obesity

- Excess weight can lead to hormonal imbalances and reduced libido.



Poor nutrition

- A diet lacking in essential nutrients can affect overall health and sexual function.



High sugar intake

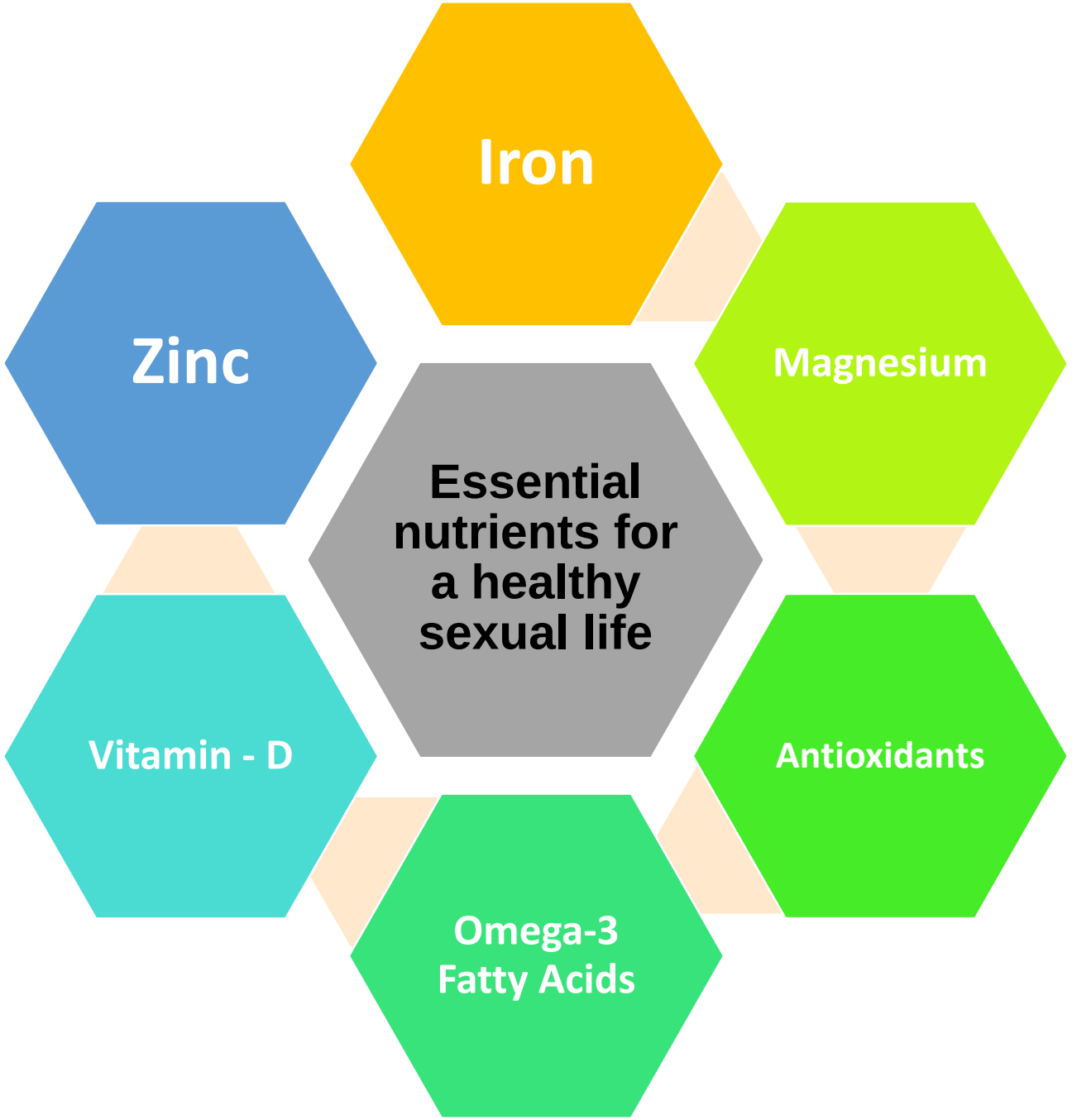
- Excessive sugar consumption can lead to diabetes, which can cause sexual dysfunction.

Alcohol and substance abuse

- These can impair sexual performance and desire

FOODS THAT BOOST UP SEXUAL HEALTH

- Fish
- Dark chocolate
- Garlic
- Nuts and seeds
- Eggs
- Beans and yoghurts
- Fruits
- Berries

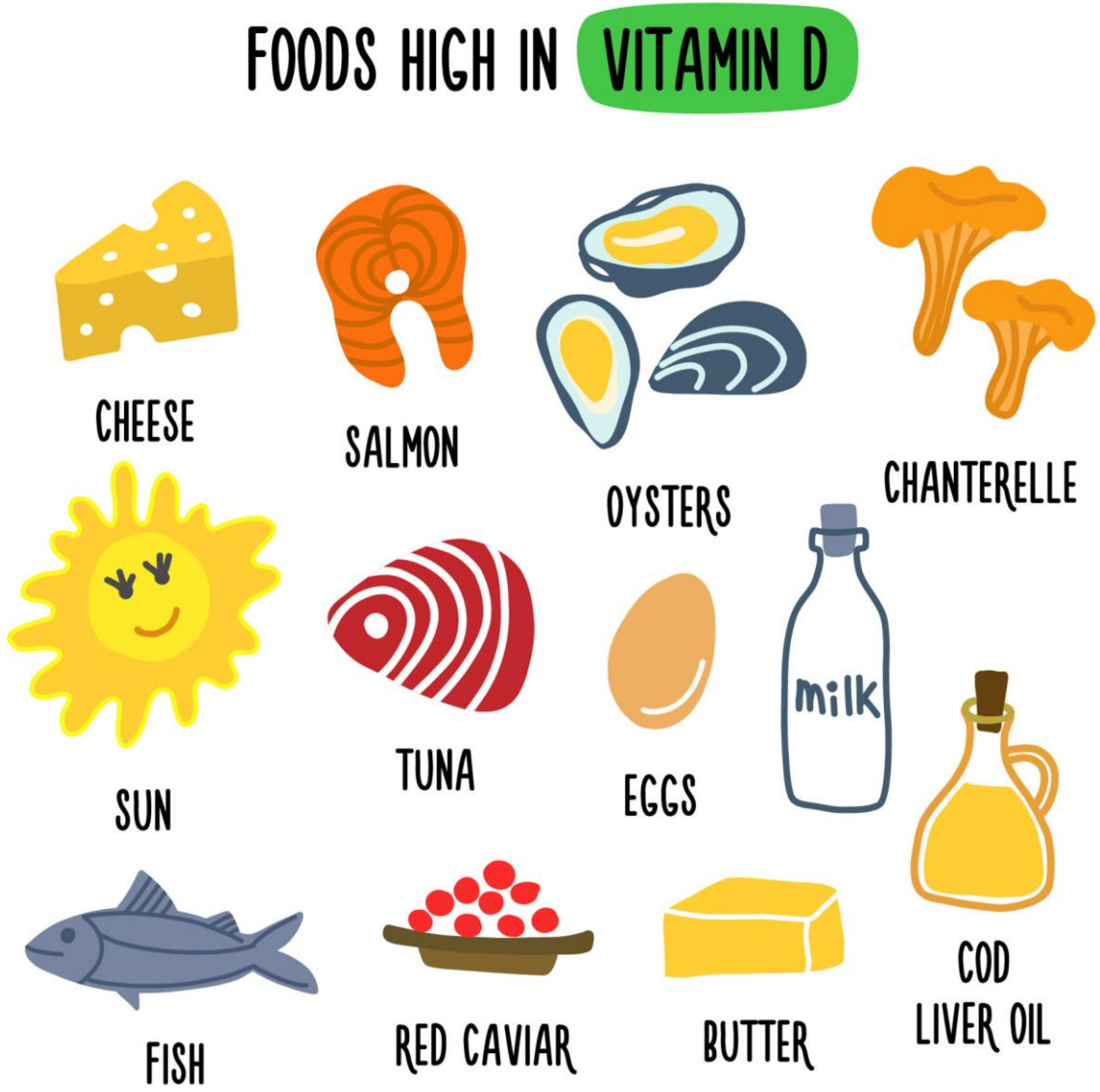

Iron
Zinc
Magnesium
Essential nutrients for a healthy sexual life
Vitamin - D
Antioxidants
Omega-3 Fatty Acids

zinc

- Supports testosterone production and immune function. Found in seafood, red meat, nuts, and seeds

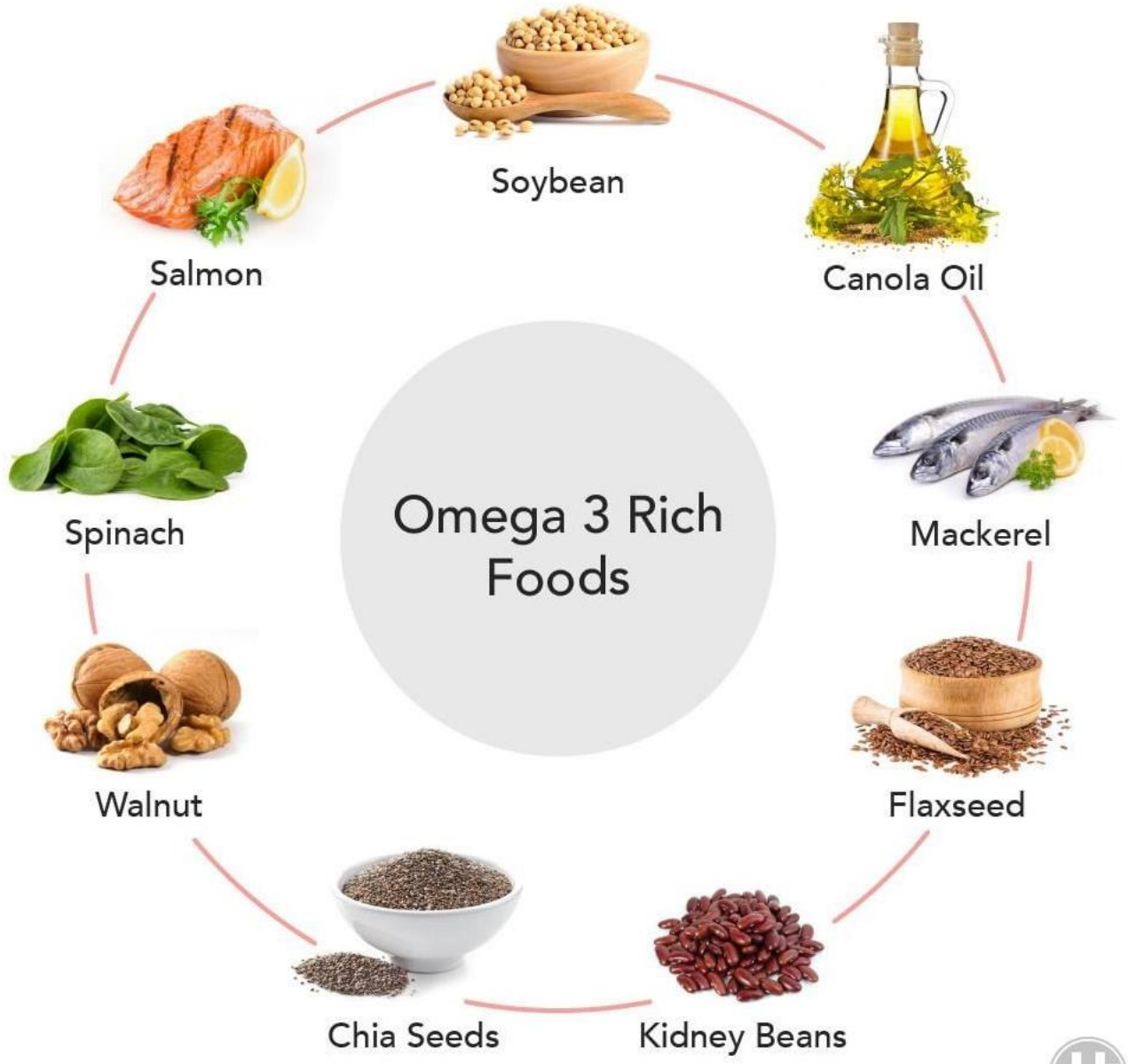
Vitamin D

- This aids in hormone regulation and improves mood. Obtained from sunlight exposure, fatty fish, and fortified foods



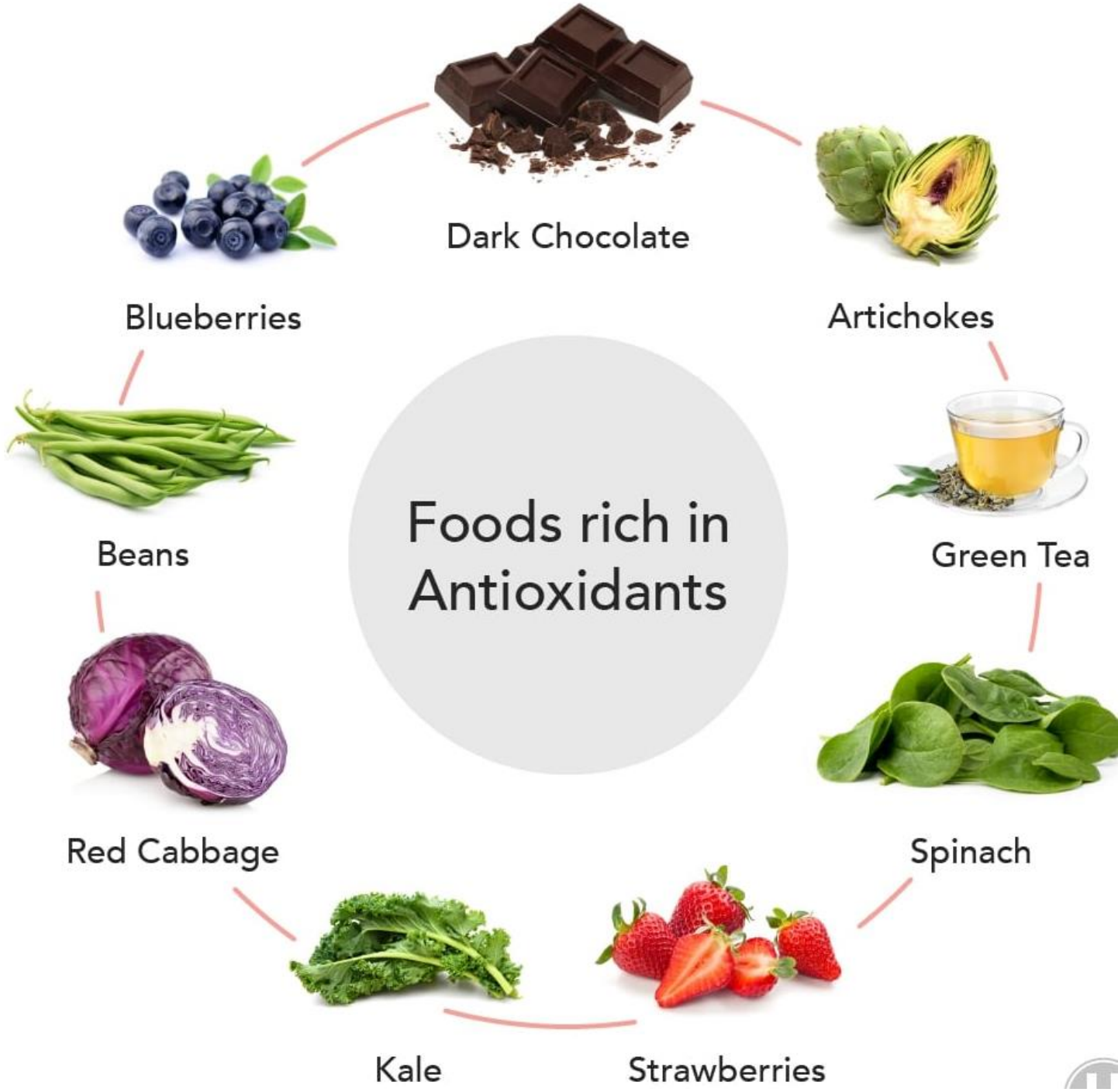
Omega-3 Fatty Acids

- Promote healthy blood flow and reduce inflammation. Found in fatty fish, flaxseeds, and walnuts



Antioxidants

- Protect reproductive cells from oxidative damage and support healthy blood flow. Found in fruits, vegetables, nuts, and seeds(Mostly present in **Vitamins C and E)**

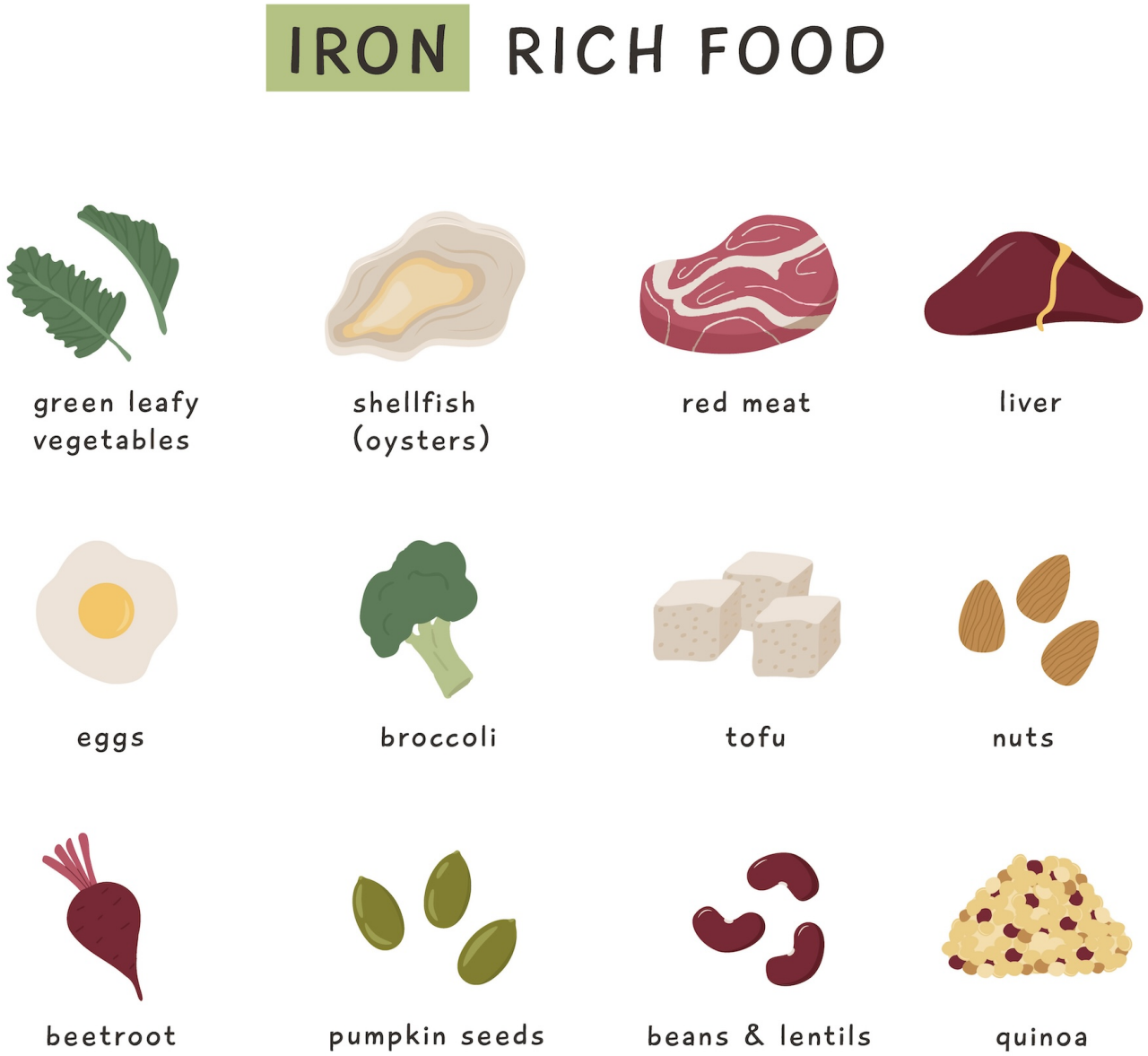


Magnesium

- Helps with muscle relaxation and nerve function. Found in leafy greens, nuts, seeds, and whole grains

Iron

- Essential for energy levels and overall vitality. Found in red meat, legumes, and fortified cereals



Foods that Enhance Libido

- Libido means Sex drive or desire for sex,varies dramatically from one person to the next. It also varies depending on a person's preferences and life circumstances. Libido can be affected by medical conditions,hormone levels, medications,lifestyle and relationship problem

Oysters

Chocolate

Avocados

Foods to Avoid

- Avoid foods that Can Harm Sexual Health
- Processed foods and high sugar intake
- Excessive alcohol and caffeine
- Impact of trans fats

The Role of Hydration

- Proper hyd ration ensures that all organs, including those involved in sexual function, work optimally

- Hydration affects blood volume and circulation, which are critical for sexual arousal and performance

- Adequate hydration is necessary for natural lubrication, especially in women

Dehydration and Sexual Health

- Dehydration can lead to reduced blood flow, impacting sexual function in both men and women
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- Dehydration can lead to vaginal dryness, causing discomfort or pain during sex

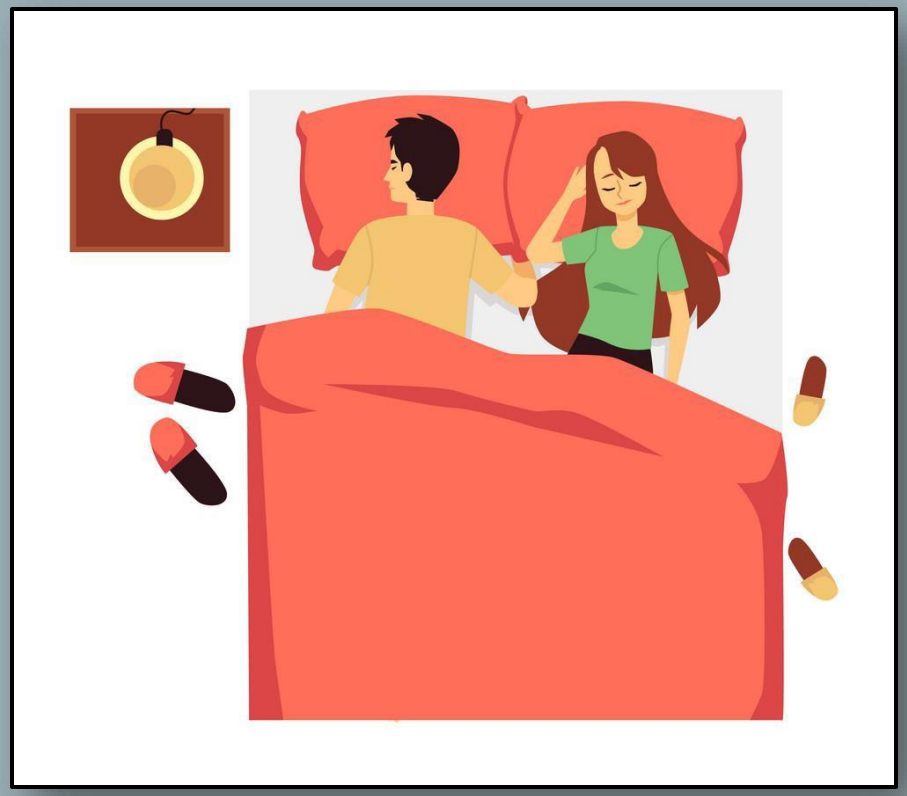
➢ Symptoms of Dehydration:

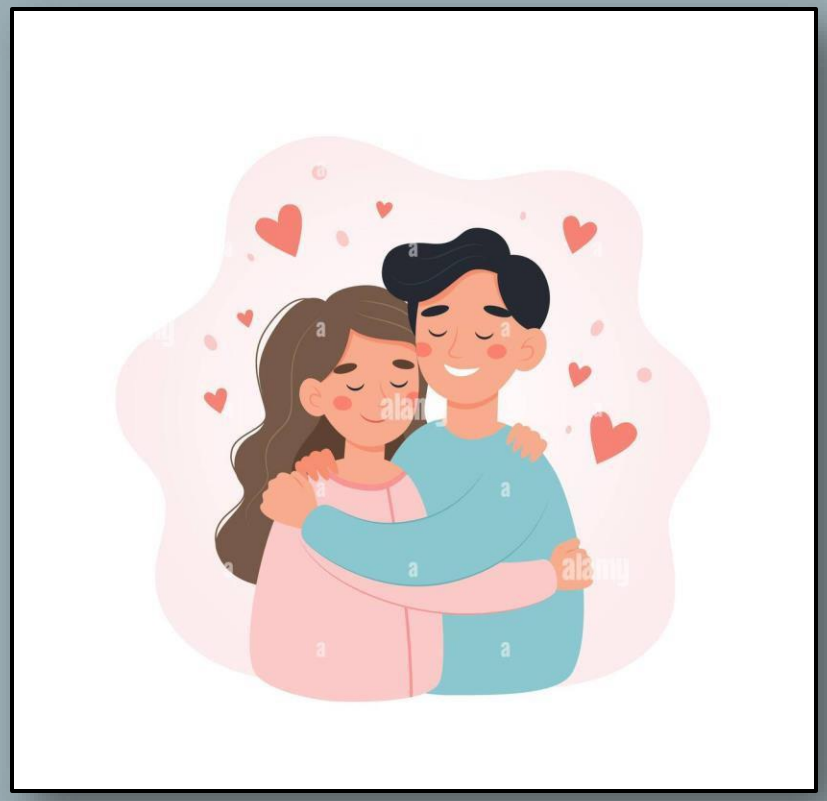
- Fatigue, headaches, dizziness
- These symptoms can lower libido and sexual energy

➢ Impact on Mood:

- Dehydration can affect mood, leading to irritability and stress, which negatively impacts sexual desire

SLEEP AND SEXUAL RELATIONSHIP





Relationship between Sleep and Sexual Health

➢ **Body Function:**

- Sleep is essential for the body's recovery, energy restoration, and mental clarity
- It regulates hormone levels, including those critical for sexual function

➢ **Impact on Mental Health:**

- Adequate sleep supports emotional balance, stress management, and overall mood

Sleep Deprivation and Sexual Health

➢Reduced Libido:

•Sleep deprivation lowers libido and can lead to sexual dysfunction

➢Erectile Dysfunction:

•Poor sleep is linked to erectile dysfunction in men due to decreased blood flow and hormonal imbalances

➢Impact on Relationships:

•Lack of sleep can lead to irritability and stress, negatively impacting intimacy and relationship satisfaction.

The Role of Sleep Disorders in sexual health

Common Sleep Disorders:

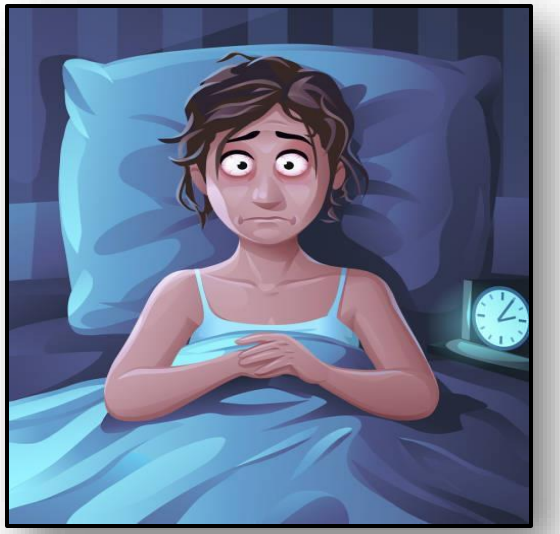
- **Insomnia:**
  - Difficulty falling or staying asleep; associated with decreased sexual satisfaction

- **Sleep Apnea:**
  - A condition where breathing repeatedly stops during sleep; linked to reduced testosterone levels and erectile dysfunction

Impact on Sexual Health:

- Sleep disorders disrupt hormonal balance and energy levels, affecting sexual performance and desire

SLEEP DISTURBANCE AND SEXUAL RELATION



Sleep deprivation can cause reduced sexual desire and arousal, Insomnia ,common sleep disorder for sexual dysfunction

Working non-standard hours , known as shift work, can throw a person's circadian rhythm out of alignment and increase the risk of sexual problems

Poor sleep can affect mental health , change in emotional state , stress , reduce intimacy and detracking from sexual relation

- Sleep deprivation can make impaired decision making and risky sexual behaviours that can lead to STDs or unplanned pregnancy

The Benefits of Good Sleep for Sexual Health

- **Enhanced Libido:**
  - Better sleep quality leads to increased sexual desire and arousal
- **Improved Sexual Function:**
  - Regular, restful sleep supports physical readiness for sexual activity
- **Strengthened Relationships:**
  - Good sleep fosters emotional well-being, leading to healthier, more satisfying relationships

IMPROVING SLEEPING HABITS

- Avoiding caffeine, alcohol , nicotine before bed time
- Keeping regular sleep schedule
- Follow of relaxing bedtime habits
- Avoiding eating and drinking before bed time
- Reducing electronic use
- Avoiding naps
- Favourable temperature
- Silenced and dark room

Tips for Improving Sleep for Better Sexual Health

- **Establish a Sleep Routine:**
  - Go to bed and wake up at the same time every day
- **Create a Sleep-Friendly Environment:**
  - Keep the bedroom dark, cool, and quiet
- **Avoid Stimulants:**
  - Reduce intake of caffeine and alcohol before bed
- **Manage Stress:**
  - Practice relaxation techniques such as meditation or deep breathing to improve sleep quality

Sleep,Sex and Hormonal Balance

Estrogen

- Vital for sexual arousal and vaginal lubrication in women
- Sleep disturbances can lower estrogen levels, leading to decreased libido

Testosterone

- Crucial sexual drive in both men and women
- Testosterone levels incease during sleep and are highest in morning

The Role of Melatonin in sexual health

- Regulates Sleep-Wake Cycle
- Influences Hormonal Balance
- Supports Libido
- Antioxidant Properties
- Regulates Reproductive Hormones
- Influence on Seasonal Reproduction
- Reduces Stress and Anxiety
- Improves Erectile Function
- Supports Fertility
- Influence on Sexual Maturation

Online contraception providers
Condom availability programs
Mobile health clinics
On-campus STI screening
Telehealth services
Strategies to Improve Access to Sexual and Reproductive Health Services
Providing contraception on-campus
School-clinic partnerships

THANK YOU