Healthy Minds, Healthy Bods

Mental Health Pack

Number 5

Prepared by: Lawrence, Luke and Dean: Monday 18th May 2020

www.hmhb2016.org.uk
“It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things” (Da Vinci)

Welcome to the 5th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed our first four you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - www.hmbb2016.org.uk

HMHB is a mental health project that is looking to shake up intervention through our own unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show how a healthy lifestyle is the way forward.

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods.

Due to some wonderful funding from Cripplegate, and the London Recovery Fund, we can post out copies for people who cannot download from the website, or struggle with the internet. Numbers are limited, but if you would like a printed copy please send us a request at hmbb2016@outlook.com (I realise the irony around the fact you would need to use the internet), or text 07964 430456.
Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don’t allow issues and situations to overwhelm, and are proactive in finding solutions to life problems.

Well, if scientists are to be believed, worrying might actually do you good. According to new research from the University of California, Riverside, being anxious might help you recover from traumatic events and prompt you to take up activities that promote health and prevent illness.

We strive to be chill and level-headed and consider people who worry to be alarmist or too tightly wound. While no one is saying that pervasive, generalised anxiety is a good thing (it's a mental illness actually), everyday worrying has some real advantages. According to a recent study published in “Social & Personality Psychology Compass,” a little anxiety is healthy; helping people recover from trauma, be better planners, prepare more thoroughly, live a healthier lifestyle, and even overcome depression. The challenge is to reap the rewards of worrying without going over the edge.

So, if you feel you are worrying to excess, seek some professional medical advice. Anxiety can be overwhelming, if it is controlling you, you need to find a way to control it instead.

However, normal worry is fine because:

1. **It shows you are a caring person:** you might think, “I worry about my family because I love and care about them,” or “People know me as the worrier; I’m the one who worries and cares for people.”
2. **It can help you solve problems:** you might think, “If something is wrong, I need to think about it a lot so I can fix it” or “When I worry about problems, I’m more likely to find an answer.”
3. **It can motivate you:** you might think, “If I didn’t worry about how I look, I would never go to the gym and I would become a lazy slob!” (this was Lazza recently. Lol)
4. **It can prevent bad things happening:** because you worry, you actually prepare for bad things happening by building safeguards and stopping them occurring.

Worrying is your body telling you to think about situations, and make sure that you are making the best possible choices. There is nothing wrong in being cautious. Just do not allow it to overwhelm you, and take over your thinking too much.

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**Our Free Saturday morning Fitness Session**

*It was a cold morning, but we soon warmed up*

1st February 2020

*Sobell Leisure Centre*
A Fixed Mind-set is when people believe that traits such as ability or talent are fixed, set at birth and not able to be changed. They let failure or success define who they are. It could be said that they believe that success comes from about 65% ability, and only about 35% effort.

Signs that you are using a fixed mind-set mentality include:
- avoiding situations because you believe you will muck them up
- when things go wrong you cannot handle it - and react badly to feedback
- hiding your mistakes when they happen
- being negative about yourself and others
- Saying “I can’t do it” and giving up easily.

A Growth Mind-set is when a person’s self-esteem is centred on the belief that abilities can be developed through dedication and hard work. In this mind-set, it is believed that success comes from about 35% ability, and 65% effort.

A growth mind-set is about learning how to fail well, and knowing that learning from failure is what leads to eventual success. This can be summed up in the sentence “I can’t do that… YET.”

Signs that you are using a growth mind-set mentality include:
- You are keen to learn from people around you
- You understand that getting what you want, or learning new skills, requires putting in effort
- You are aware of your weaknesses, but are focused on improving them
- You welcome challenges and are open to new things.

**Lazza’s weight-loss journey**

Sunday May 3rd, he was 98.5 kg / 15st 7.15 lb.
His target is 76.2 kg / 12st.

1st week he lost 1.3 kg / 2.86 lb

Sunday May 17th, he was 96.4kg / 15st 2.52 lb
Losing 0.80kg

2 weeks: Overall loss: 2.1kg / 4.63 lb
There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

As you saw at the base of the previous page, our Lazza is on a weight-loss journey. To do that, he needs to be in calorie deficit; A calorie deficit is any shortage in the amount of calories consumed relative to the amount of calories required for maintenance of current body weight.

So, what is a Calorie? It is a unit of energy. In a nutritional sense, all types of food, whether they are fats, proteins, carbohydrates or sugars, are important sources of calories, which people need to live and function. How many calories a person needs in a day depends on the individual’s activity level and resting metabolic rate. NHS guidelines say a middle-age moderately active female should consume 2,000 calories per day. A middle-age moderately active male should consume 2,400 to 2,600 calories per day.

For an adult, 45 to 65 percent of calories should come from carbohydrates, 20 to 25 percent should come from fat and 10 to 35 percent should come from protein. Children need a higher proportion of fat, between 25 and 40 percent of their calories, but no more than 25 percent of total calories should come from added sugars.

The human body needs calories to survive. Without energy, the cells in the body would die, the heart and lungs would stop, and the organs would not be able to carry out the basic processes needed for living. People absorb this energy from food and drink. But essential nutrients are just as important. If people consumed only the number of calories needed every day, they would probably have healthy lives. Calorie consumption that is too low or too high will eventually lead to health problems.

Calculate your own daily calorie need:
1. Find your weight in kilograms
2. If a woman multiply by 0.9: if a man multiply by 1.0
3. Multiply this by 24
4. Multiply by “lean factor” - it’s an average of around 0.90 - but depends on body fat percentage. This number is your Basal Metabolic Rate - if you do nothing all day
5. If light activity in day - multiply by 1.50: medium activity by 1.75: heavy activity 2.0

So for Lazza: 97.2 x 1.0 x 24 x 0.90 x 1.75 = 2075.
Therefore to lose weight, he will need to eat less that 2075 calories every day. Obviously it is different for everyone, and of course is just a guideline, an approximation. Don’t take it literally.
NUTRITION: You and Calories

- Knowing the calorie content of food and drink can help ensure you're not consuming too much.
- The calorie content of many shop-bought foods is stated on the packaging as part of the nutrition label.
- This information will appear under the "Energy" heading. The calorie content is often given in kcals, which is short for kilocalories, and also in kJ, which is short for kilojoules.
- A kilocalorie is another word for what's commonly called a calorie, so 1,000 calories will be written as 1,000kcals.
- Kilojoules are the metric measurement of calories. To find the energy content in kilojoules, multiply the calorie figure by 4.2.
- The label will usually tell you how many calories are contained in 100 grams or 100 millilitres of the food or drink, so you can compare the calorie content of different products.
- Many labels will also state the number of calories in 1 portion of the food. But remember that the manufacturer's idea of 1 portion may not be the same as yours, so there could be more calories in the portion you serve yourself. Thinking of cake slices as a good example, or a small bag of nuts.
- You can use the calorie information to assess how a particular food fits into your daily calorie intake.

Why are we covering Calories?
I have been chatting to a lot of our users, as well as following many online, and one of the major repercussions of this lockdown appears to be people saying that they are “putting on weight”, that they are “larger than before” and they are worried about “getting fat”. That is purely because they are in a calorie surfeit and probably not exercising enough. Too much snacking whilst staying indoors. You are in control of your diets. You decide what you are eating and when. So this is another terrific reminder to us to eat healthy. Over the previous issues we have looked into the essential nutrients we need to stay alive (amino acids, fats, carbs/sugars) which we get from our diet, and therefore we have to consume calories. But we need to be alert (where have I heard that before???). Don’t forget, if you are overweight, you have a bigger chance of Covid 19 complications!!!

The more calories a food has, the more energy it can provide to your body. When you eat more calories than you need, your body stores the extra calories as body fat. Even a fat-free food can have a lot of calories. Excess calories in any form can be stored as body fat.

Being overweight can lead to an increased risk of cardiovascular disease, stroke, heart attack, various cancers, bone issues, organ damage, high blood pressure, type 2 diabetes, sleep problems etc.
Vitamin E

“A vitamin is an organic molecule (or related set of molecules) that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Essential nutrients cannot be synthesized in the organism, either at all or not in sufficient quantities, and therefore must be obtained through the diet”

A. Vitamin E helps maintain healthy skin and eyes, and strengthens the body's natural defence against illness and infection (the immune system)
B. You should be able to get all the vitamin E you need from your diet.
C. Any vitamin E your body doesn't need immediately is stored for future use, so you don't need it in your diet every day
D. Vitamin E is not a single compound, but the name refers to a group of fat-soluble compounds that includes four different tocopherols
E. Vitamin E is a powerful antioxidant; that is, it helps neutralise free radicals (oxygen molecules that can harm cells and may contribute to chronic diseases).
F. Vitamin E is fat soluble and can therefore be stored in the body.
G. Do not take Vitamin E supplements without first checking with your doctor as too much can be toxic. That goes for any supplements you can buy.
H. If you don't get enough E, you may become more prone to infections, experience impaired eyesight or suffer from muscle weakness. Fortunately, vitamin E is widespread in foods. As a result, you are unlikely to become deficient unless your nutrient absorption is impaired.

Sources of Vitamin E.
Nuts and seafood are both excellent sources of Vitamin E, alongside our usual vegetables and fruits. In fact, much of what we describe as a “healthy diet”. Vegetable oils like wheat germ and sunflower oils are among the best sources of vitamin E. Corn and soybean oils also provide some vitamin E.

Like all Vitamins, this nutrient is “essential for life”. Your body cannot create it so you have to get it through your diet. Why not research this Vitamin this week, and what foods you need to consume? It’s your body, and your choice.
Lazza cooks his first ever crumble this week. Why not try a new recipe, or dust off an old favourite?

This is so easy to make (needs to be), and you even get to do some mixing with fingers.

You need:
- 150g/5oz Plain Flour;
- 100g/3.5oz butter (cubed);
- 50g/1.75oz porridge oats
- 100g/3.5oz Mixed Nuts (I used hazelnuts & almonds);
- 50g/1.75oz desiccated coconut

Fruit: I used a frozen 500g bag of raspberries/blackberries/blackcurrants/redcurrants - but you can use fresh fruit too (add 5min to baking if frozen), 3 tablespoon caster sugar

Method:

1) Preheat the oven to 200C/180C fan/gas mark 6
2) Place flour, oats, butter into a bowl and rub it all together until it resembles breadcrumbs.
3) Pour in the nuts and coconut and mix it all up into the crumble topping
4) It’s honestly that easy (even I did it - see below)

1) Put all your fruit into an oven proof dish (pick the fruits you like - I chose a frozen pack to get a good mix at a very good price).
2) Sprinkle over the crumble mix and sugar.
3) Bake for 35 minutes, until golden and bubbling.
4) Eat with cream, custard, ice cream, or plain.

I did it. Wow!!!
And it tastes delicious.
Watching my sugar intake though.
I did give some away. Your turn!!
“you never realise just how long a minute is until you start exercising”
“If you are sweating, that is just your fat crying”

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of lockdown, that people practice movement and flexibility exercises, where they become slightly breathless or break out into a sweat. It can significantly improve your health.

Healthy Minds, Healthy Bods were part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area. I, personally, have used both Clissold Park and Highbury Fields so far. As long as you Social Distance you will be fine. Find ways to be active.

- Exercise benefits every part of the body, including the mind.
- Exercising causes the body to make chemicals that can help a person feel good.
- Exercise can help people sleep better.
- Exercise can help people who have depression and low self-esteem.
- Exercise can give people a real sense of accomplishment and pride at having achieved a goal.
- Exercising regularly lowers a person's risk of developing some diseases, including cancers, cardiovascular, diabetes, and high blood pressure.
- Exercise also can help keep your body at a healthy weight.
- Aerobic Exercise helps your heart and lungs get stronger and better at getting oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.
- Strength Training produces strong muscles; they support your joints and help prevent injuries
- Exercise can also help the body stay flexible, meaning that your muscles and joints stretch and bend easily
EXERCISE/FITNESS; HIIT
High Intensity Interval Training

HMHB appreciates that some of our users are going through various health issues at this moment, many of which are serious and people are having to attend on-going treatments. We naturally, send everyone our best wishes.

1. Exercise can be a scary word. Please don’t worry. Believe in yourself.
2. High-intensity interval training, also called high-intensity intermittent exercise or sprint interval training, is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. (you exercise, you rest, you exercise, you rest, etc.)
3. That sounds complicated - I promise you it is not. It is just describing a type of exercise routine.
4. A typical HIT session, not including your warm up, would last a maximum of 20 minutes. However, you can make it longer or shorter.
5. HIIT training leads to greater EPOC (excess post-exercise oxygen consumption) when compared to continuous exercise. This means that after you have finished exercising, your body will continue to burn calories at a higher rate than normal.

Healthy Minds, Healthy Bods is going to introduce you to a HIIT session you can do at home: It involves five exercises: Burpees, Press Ups, Plank, Squats and Crunches. On the next page we give you a chance to work out, from home, with our own PT Zombie and Lazza (Fitty and Fatty)

**Burpee.** training virtually every muscle in your body; including your shoulders, chest, abs, quads, inner thighs, bum, and triceps. One of the best exercises you can do.

1. Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
2. Push your hips back, bend your knees, and lower your body into a squat.
3. Place your hands on the floor.
4. Either jump your feet back to softly land on the balls of your feet in a plank position, or step back into the position. Your body should form a straight line from your head to heels. Be careful not to let your bum stick up in the air.
5. Jump (or step) your feet back so that they land just outside of your hands, and stand back up.
6. Reach your arms up above your head, then repeat.

It looks hard, but with practice you can do it. If you cannot step back, try and squat and then reach up instead.
EXERCISE/FITNESS; Getting ready for HIIT

Press Ups; you’re working your chest, shoulders, back, core, and arm muscles - and your shoulder joint
Start in a standard press up position
Place each hand as wide as is comfortable. The wider apart your hands are the harder you will work out your chest
Slowly lower your chest towards the floor whilst ensuring your abs are tight and your spine is in neutral position.
Slowly push back up to start position: Repeat.

Plank; one of the easiest core exercises, but also fantastically effective
Lie on your front with your fists clasped, elbows pushed into your sides, forearms on the floor and toes tucked under.
Rise up so resting on your forearms and feet, in a straight line parallel to the floor. Easier version is to be on your knees.
Squeeze the muscles in your bottom and thighs and push your heels
Check your back and bottom aren’t popping up or caving in and that you are making a straight line from heels to head. Hold.

Squat; mainly targets the quadriceps, hamstrings and glutes, but also your core, calves and back too.
Stand feet shoulder width apart.
“Sit back” – make sure to move your bum backward, don’t just bend your knees (see pic opposite)
Be careful to keep your knees in line with your toes, don’t let them cave in (you should always be able to see your toes)
Don’t forget about your upper body – look straight ahead and don’t round your back.
Repeat going up and down, going as low as you are able.

Abdominal Crunches; work the rectus abdominis muscle in the midsection of your body
Lie down on your back. Plant your feet on the floor, hip-width apart.
Bend your knees and place your arms across your chest, or on the floor (never behind your neck). Contract your abs and inhale.
Exhale and lift your shoulders from the floor, keeping your neck relaxed.
Imagaine an orange under your chin, so never bring chin to chest.
Inhale and return to the starting position. Repeat.

Your Turn - you can also go to Youtube and enter hmhb2016; you will find this.
PT Dean and Lazza have filmed a HIIT session using these five exercises. It’s unedited, with mistakes, laughter and banter. Complete it with Lazza as he struggles through it. Video lasts under 18 minutes.

On HMHB Youtube Channel: https://www.youtube.com/watch?v=n98wq0ecc_8
HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise. Please check it out.

www.healthymindshealthybods.blogspot.com

In the simplest terms:

Metabolism describes the chemical reactions in your body that keep you alive and functioning.

That’s it.

Your body is incredible. In an earlier pack we talked about just how miraculous it is. We seem to forget that it is working 24 hours of every day, with every breath, with every heartbeat, and it is our responsibility to look after it. You have one body, and one life. Why would you not?

There are three main ways your body burns energy each day:
1) the basal metabolism; energy used for your body's basic functioning while at rest;
2) the energy used to break down food (also known as the thermic effect of food)
3) the energy used in physical activity.

One very underappreciated fact about the body is that your resting metabolism accounts for a huge amount of the total calories you burn each day. Physical activity, on the other hand, accounts for a tiny part of your total energy expenditure; about 10 to 30 percent (unless you're a professional athlete or have a highly physically demanding job). Digesting food accounts for about 10 percent.

It's true that two people with the same size and body composition can have different metabolic rates. One can consume a huge meal and gain no weight, while the other has to carefully count calories to not gain weight. Amazingly, this is still a mystery as to why.

It is our metabolism that changes Protein into Amino Acids, Carbohydrates into sugar, and Fats into Fatty Acids (all essential nutrients). This is our fuel; our energy. Without it we die. Our bodies need this energy to doing everything from moving to thinking to growing. Specific proteins in the body control the chemical reactions of metabolism. Thousands of metabolic reactions happen at the same time, all regulated by the body, to keep our cells healthy and working.

The other main nutrients affecting metabolism are water, vitamins and minerals (again, all of these are essential for life). This is yet another reason, and I know we keep going on about it, to have a good nutritional diet. This is your body. Look after it. Feed it well, and it will treat you well back.
Here is an amazing opportunity to join in a FREE Zumba class, or two, with a qualified teacher.

Karina is amazing.

Was part of our weekly Sobell Fitness sessions.

Contact her at the email on her flyer.

Give it a try!!!!

yummymummyzumba@gmail.com

ACTIVE WITHIN

If anyone would like to join in their free classes, you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links

www.activewithin.com

Please, if you are struggling at all with your mental health, physical health, or emotional health, or any other issue, do seek help. There are many fantastic organisations doing amazing work during this tough time. If you are feeling lonely, isolated, stressed, look to your local doctors, who can refer you to local mental health companies, and those helping people on their own. Do not suffer alone. Never feel embarrassed.

This Pack is available in several London Boroughs, so we cannot list individual borough numbers. But please do speak to your local Doctors. We know that Mind, Age UK, Help On Your Doorstep, local Community Centres, all Councils, voluntary organisations, Peel Institute and many others would be delighted to assist you.

Good luck everyone. You are not alone. You will get through this.
Review of Challenges and Targets

Mind-set:
If you are feeling low about something, or starting to worry, try and think what it is that is actually causing that worry. Is it something you can control for example? What are our options? Look at the reasons why it is worrying you. Think about the possible outcomes. Can you affect them? If not, think about how you will react. I’m not saying all will be perfect, but understand that not everything will go right.

Nutrition:
This week we have concentrated on looking at calories. With the lockdown still here, apart from some workers, it is important to keep an eye on our intake, as ultimately weight gain comes from calorie surfeit, as you cannot use up the energy you are putting into your body, and weight loss comes from calorie deficit. So why not consider just how much you are snacking, even keep a food diary. I think you will probably be shocked at the total number of calories you will be ingesting on a daily basis.

Exercise:
Our task this week is to complete a HIIT exercise session; and why not do it in the company of our Dean and Lazza, using the link we provided. We have shown five exercises; and they were specially chosen. They cover the whole body. Burpees is a terrific all over exercise. Press ups for arms and upper body. Plank and crunches for Core. Squats for legs and glutes. The trick is motivation. You know you need to do more, it is all down to taking action. Push yourself. Sweat a little. Struggle alongside Lazza. We listed some of the benefits of exercise. It’s you choice.

Health/Routine:
This week we looked at your metabolism, and how important it is for your overall health - in fact it is what keeps you alive. Your body is a load of chemical reactions, working on a 24 hour basis. We are not saying your should not have treats, because we all deserve them. But we implore you to think about your daily routine around exercise and nutrition, as well as doing things you like in your downtime; reading, television, games, etc., as they can all benefit your emotional and mental health.
It’s a return for our letter game
Next week, we will start a quiz.

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter:  A

(pls. note there may not be 10. Don’t use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)

Name 10:
Countries
Cities
Animals
Birds
Insects
Sports
Actors (surnames)
Actress (surnames)
Singers (surnames)
Authors (surnames)
Jobs
Hobbies
Film Titles
Book Titles
Song Titles
Vegetables
Flowers
Fruits
Trees
Things you find in the Kitchen
Things you find in the Bathroom
Things you find in the Bedroom
Things you find in the Garden
Items of Clothing
Means of Transport

We hope this keeps you busy for a while.
Next week we are going to start being entertained by a Quiz Spectacular
We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

We would love to incorporate some items from you in next week’s pack. That could be a recipe, or letting us know what you are doing. Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

You can text Lazza: 07964 430456
HMHB would prefer you email us: hmhb2016@outlook.com

Please follow and like us on Facebook if you are on it:
www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: @hmhb2016
Please follow PT Dean on Twitter if you use it: @zombie_pt

Please follow and like our blogs:
www.hmhb2016.blogspot.com ; this about HMHB as a whole
www.healthymindshealthybods.blogspot.com our health blog

Our website is: www.hmhb2016.org.uk
We are updating it with new pages at the moment, and plenty of pictures on our gallery page

All copies of our Mental Health Packs can be downloaded from our website.

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people.