Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 37
Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*

Plus: quiz, recipe, news, game, fitness classes and more.

Prepared by: Lazza, Luke and Dean: Monday 28th December 2020

www.hmhb2016.org.uk
Welcome to the 37th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first thirty-six (where were you?) please go to our website, or ask someone to do that, and download PDF copies from our MHP page - www.hmhb2016.org.uk - all the packs are there.

HMHB is a mental health project that is looking to shake up intervention through our own pioneering, 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 that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

Life should be fun, with us focusing on responsibility, change, choice and being proactive.

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. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms.

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We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding, and the National Lottery, we can do this, for a limited number. So you need to speak with us as soon as possible.

Please connect through our website contact page.

Thanks to everyone who reads these packs.

Currently, we do our various work as volunteers. HMHB really needs seed funding to cover salaries and overheads. If you are or know a business to help sponsor, or know grants to cover this, please get in touch. If you can, share on social media our fundraiser www.gofundme/hmhb2016

“When you let go of what didn’t work, what held you back previously, or wipe out those fears that don’t deserve to rule you anymore, you create room to become a more passionate, engaged, and inspiring individual”
Validation is a terrific tool for motivation

Telling a distressed friend or family member something as simple as "I understand why you feel that way" can go a long way toward helping them feel better, new research suggests.

In the study, participants described to the researchers a real-life incident that made them angry. When researchers didn't show support or understanding for the anger, that participants were describing, the storytellers showed declines in positive emotions. But when the researchers validated what the participants were saying, their positive emotions were protected and stayed the same.

Similarly, study participants reported dips in their overall mood as they recalled the anger-provoking event, and only those who were validated reported a recovery of mood back to their starting point.

There was no significant difference found in participants' negative emotions, a result that speaks to the value of focusing on protecting positivity, said Jennifer Cheavens, senior author of the study and a Professor of Psychology at The Ohio State University.

"We have underestimated the power of positive emotions. We spend so much time thinking about how to remedy negative emotions, but we don't spend much time thinking about helping people harness and nurture positive emotions," Cheavens said.

"It's really important to help people with their depression, anxiety, and fear, but it's also important to help people tap into curiosity, love, flexibility, and optimism. People can feel sad and overwhelmed, and also hopeful and curious, in the same general time frame."

The study is published online in the “Journal of Positive Psychology”.

In three experiments, the researchers assessed the effects of validation and invalidation on what are known clinically as positive and negative affect. Positive affect refers to positive emotions and expression that Cheavens said allow us to be curious, connected, and flexible in our thinking. Negative affect, on the other hand, refers to negative emotions and expression ranging from disgust to fear to sadness.

So, empathise and be kind - it may be small to you, but may make a massive affect on others.

Lazza's weightloss challenge

Lazza is going to properly restart his weight loss journey in the pack released 4 Jan. This week he starts using a Food Diary to check on his food intake. He is also going to cut out added sugar, and drink more water. Small changes can add up to a big difference. And whatever challenge you are targeting, let’s go for it together. :-)

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Lazza’s Fiendishly Hard Quiz Spectacular!!!
It’s meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

Education
According to research, which are the top ten UK based universities for 2020.
How many of the ten will you get?

Television: Who presented the following UK TV shows in 2020?

a. QI
b. Countdown
c. Catchphrase
d. Eggheads
e. Mastermind
f. Tenable
g. Only Connect
h. Impossible
i. Naked Attraction
j. University Challenge
k. Tipping Point
l. 8 out of 10 Cats
m. Would I Lie To You
n. Who Wants To Be A Millionaire

Music
Name the film for which these people were nominated for Oscars for Best Actor and Best Actress:

1. Lady Gaga, Bradley Cooper: 2018
5. Jennifer Lawrence, Bradley Cooper: 2012
6. Reece Witherspoon, Joaquin Phoenix: 2005
11. Kristin Scott Thomas, Ralph Fiennes: 1996
12. Susan Sarandon, Sean Penn: 1995

Science
What are these elements in anagram form?

1. BEILLMRLUY
2. AEGIMMNUS
3. CHIMMORU
4. EEILMNSU
5. CIIMNORUZ
6. AIMNNOTY
7. EGNNTSTU
8. BHMSTU
9. ILMNOPTUU
10. EEEIIMNSTU
11. DEGHNORY
12. CEHILNOR
13. AEGNNOOSS

Food and Drink
In 2020, who were the top fifteen countries to produce coffee?
How many of these coffee producing countries can you name?

Try and answer all before you look at the answers. Test yourself. Take your time.
MIND-SET:
Has 2020 taught us anything?

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. It something we can all do, but it takes effort.

So, how has 2020 been for you? When you look back at the last twelve months what are the stand out moments for you? Are they negative or positive?
Now, before we continue, I know that there are people who have had a very tough time, and maybe even have had family or friends who have passed away due to the virus. I cannot even imagine the pain you will be going through. Everyone at HMHB send there most sincere thoughts.

I hope anyone suffering and struggling can find some peace, and I do hope you will not be too upset at HMHB for trying to find good things from 2020.

We have learnt a huge amount about ourselves.
• The importance of our family and friends to keep us going
• The significance of being able to mix with people
• How simple hugs, and being able to demonstrate how we feel towards our partners or friends, is vital for our mental health
• Getting outdoors is something we all need to do more often
• That maybe we are looking at our phones and tablets too much, and that when we are back to whatever normality prevails, we need to start living life in our world, not computer ones.

Also:
There is no rainbow without the rain: Sometimes, so we stop becoming complacent, it is important for us to remember we are just another of the hundreds of thousands of creatures on this planet, just trying to have as good a life as possible. Because we have reached a level of knowledge and understanding, we think we also have control. We don’t. Not over many things. But, it also is a learning curve, and we can get through if we work hard. Good things can come out of bad.

A young UNICEF reporter, 15 years old, said about the pandemic:
“This situation has shown us that we are all the same regardless of our religion, culture, customs, whether we are poor or rich. The virus simply does not choose. It connected us in a way, it showed us that we should all stick together. During this chaos, while many of us in a panic, it showed us the weight of humanity. It reminded us who we are. Maybe the world will finally change.” It is a great quote.

We do not live without relationships and we should never forget that. They can be personal or working connections. We have a very caring and shared affiliation between us and it’s amazing to see how we stick together at times. Sharing is caring. Sometimes we need to remember how important kindness is. We need to remember that we have been given a gift called life and that we should appreciate it.
MIND-SET:
Life is a lesson, and we must listen.

Another UNICEF young reporter, aged 25, wrote this:
“Humans are very complex beings; they spend their whole life learning. But why wait for something bad to happen so that we learn how to appreciate the good? Why can’t we appreciate the little things that actually make us happy?

I never had a chance to think about the things that have happened to me. I wasn’t appreciating many things and I have given importance to so many things, which weren’t important at all. I didn’t know that the rain makes me happy or that the coffee I have on the balcony is tastier than the coffee in a coffee shop. I realize that reading books makes me happy. Playing cards and monopoly at home wasn’t that bad at all and working out at home is better that at a gym. I realized that I’m a philanthropist and have a great sense of empathy, which makes me very happy.

Just think about everything you dream of? It is good that we dream and work towards achieving a goal. Don’t be afraid to work miracles on yourself, don’t be afraid to live as you deserve. Its normal to come across obstacles, that’s how we learn when we overcome challenges.

Life is a lesson; we learn every day and we will continue learning every day. Everything doesn’t have to be perfect in life for us to be happy and to appreciate ourselves and everything around us. We just have to be grateful.

Remember that the best life lesson is learned during hard times and when we make mistakes. Enjoy your life and appreciate what you have. Just think about the fact that there are people in the world with less. Be happy and positive for everything around you and you will become a stronger person”.

Finally, a 15 year old UNICEF young reporter said this:
“It’ll take just a little patience and support for us to master this crisis, but together can we do it. We only need to respect the recommendations and measures issued by the state, to protect ourselves, the people closest to us, and others who live in our community. We all know that it is not easy to stay at home but taking a break to stop and reflect has its own virtues.

If someone asks me how I’m dealing with the pandemic and how it influences me I would say: I know that is not easy for us, I know it’s not easy for those lying in the hospitals, I know it’s not easy for those who lost someone. Life takes us in different directions. That’s why it’s important to live the moment, without thinking of the past or the future. I sit at home, do my school assignments, go out on the balcony, have a tea or coffee, listen to good music. I can’t count all the activities I do to stay positive. It matters to me that my brother, my parents and grandparents are safe and for them I do my best. I write essays, I paint, I read. This situation has taught me many things.” (definitely writes older than their age)

If these young people can find light at the end of this dark tunnel, then we all need to be looking around us. Yes, it is a time where we have had to change our normal activities, and Christmas was one of these, but you can always celebrate in February or March or April. It’s about being optimistic.
Hopefully, during lockdown, we have taken time to assess our lives. What is important, what/who we like and should avoid, what changes we need to be making? Sometimes, it is through adversary we learn lessons.

Always walk your own journey
It appears to be a very human trait that we compare our lives with others. This, even more so, on social media. But it is not healthy. This peer pressure can make you stray from the path you started to carve for your future. Don’t mind other people’s aspirations. In fact, support your friends and family when they are trying to achieve. But, don’t ever let someone else’s goals and dreams influence your vision of life. It’s your path and you decide where it takes you and how long it takes you to see it through. You have your own goals.

Don’t hesitate when you should act
How many of us wish we had said or done something after the event has happened. Or thought about it at the time, but decided not to take action. There is an old Roman proverb that people often quote – “Carpe diem” – meaning “Seize the day”.

More often than not, we fail to act due to lack of confidence or courage. This hesitation can keep us from moving forward and puts us in a cage of wondering what might have been. Whenever you feel it’s time to act, take action. There is no guarantee it will work out the way you wish, but be brave.

You need to be proactive and work hard
If you want to have a good life with a successful career, emotional satisfaction, and trustworthy friends, you have to work hard. Luck can take you only so far and the rest is entirely up to you, the amount of effort you put in every day, and the ability to learn from your mistakes. Don’t think for a moment that someone else is going to fight your battles with the same vigour and devotion as you would. We have had to continually be persistent and pushy with HMHB. Without that, we would never have got to where we are today.

Start taking proper care of your health
When we’re young we can push our body to its limits day after day. It seems as nothing can touch us and we are invincible. However, as we grow older all the parties, drinking, smoking, and eating fast food take a toll on our health. Start developing healthy habits while you’re still young and healthy. Take regular check-ups with your doctor and dentist in order to prevent future problems.

However, if you are older, it is not all bad news. By introducing more exercise, and looking at your nutrition, as well as changing to a mindset where you start to challenge yourself to do new things and experience life, you can actually reverse damage already done. You can improve your focus and attention. It is never too late to make changes. I am, personally, making some big changes in 2021.

So much comes down to mindset - do you believe life can be better?
Simple changes to lifestyle can bring significant benefits.
Alter your thinking. Push away the negativity.
Only you can make those decisions. Only you can create change.
It’s your choice.
MIND-SET:
Optimism for 2021.

It’s very important to start thinking about how 2021 can be better. We have started doing that in the last couple of packs. And here are a couple of reasons why.

Life is too short.
Funnily, we were chatting about this on one of our last walks we did before Tier 4 came along. Life goes by faster than we think. When you’re in your twenties you think you’ll stay there forever but before you know it you are in your thirties and it’s too late for the things you wanted to do as a young person. Live your life to its full extent because life is short and we never know what tomorrow brings. I am 54 now, but feel like I am still 21, even though the body is a little slower, and more painful (and I make all those groaning noises my grandad used to make getting up and down out of chairs!!!). How ever old you are now, today is what is important. And if you want a good tomorrow, start making healthy changes to your lifestyle.

Help others when they ask, but also help yourself.
We often try to help people when we see they’re making a mistake. This type of behaviour can be great, and we are certainly not saying to stop doing it. But it can lead us into all kinds of troubles and misunderstandings. Don’t force your ideas onto others, let those who want your help and guidance seek you out. Sometimes it’s best to stay away and let them come to you or you might seem intrusive to people. Every situation is different, but look after yourself too.

Optimistic people are:

• **Happier:** University College London says:
  “optimistic people are happier because they imagine positive events more vividly and expect them to occur sooner. This all boosts the luscious feeling of anticipation, which is greater the more pleasurable the anticipated event, the more vividly we can imagine it, the more probable we think it is to happen, and the sooner it will be happening. Of course, it makes sense that having a sense of hope and positive attitude about the future would make us more content in the present.”

• **Better Emotionally:** Optimists have a more positive mood and morale, more vitality, a sense of mastery, and high self-regard. They feel in control of their destiny. All that positivity must radiate outward, because optimists tend to be better liked by others too.

• **Less Negative:** Optimists experience less depression and anxiety, and optimistic explanatory style can alleviate depression and help prevent relapses. Depression is often accompanied by a pessimistic explanatory style: we tend to blame ourselves for misfortune, believe it’s permanent, and believe it affects all areas of life. Depressed people also exhibit learned helplessness, the feeling that they’re not in control of their lives (which leads to passivity). In contrast, optimism brings a sense of agency and confidence, and with it less despair and hopelessness.

2021 can be your year.
It’s up to you.
How you start it is vital.
What do you want?
How will it go?
It’s your choice!!!
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.

You merely need to visit a supermarket today to see that many people regard protein as some kind of universal elixir, one that food companies are profitably adding to anything they can. In addition to the protein balls, protein bars and protein shakes, you can now buy protein noodles, protein bagels, protein cookies and even protein coffee (seriously??). Even foods that are naturally high in protein such as cheese and yoghurt are sold in protein-boosted versions. Strangest of all might be “protein water”, clear, fruit-flavoured drinks laced with whey protein, as if ordinary water was insufficiently healthy.

Around half of all UK consumers are apparently seeking to add “extra protein” to their diets, according to market research from the cereal brand Weetabix, which has also cashed in on our hunger for protein. The protein version of Weetabix, a 24-pack of which costs 50p more than the same-sized pack of original Weetabix, is worth £7m in sales per year. The original is totally fine!!

In a way, there’s nothing strange in the fact that we see protein as valuable, because it is. Along with fat and carbohydrate, it is one of the three basic macronutrients, and arguably the most important.

**We could survive without carbohydrates (not recommended), but fat and protein are essential. Protein is the only macronutrient to contain nitrogen, without which we cannot grow or reproduce.**

There are nine amino-acid proteins, the building blocks of human tissue, that we can only get from food. Without them, we could grow neither healthy hair and nails nor strong bones and muscle, and our immune system would be impaired. A child who lacks vital protein in the first five years of life will suffer from stunting and sometimes wasting, too, as the dreadful persistence of malnutrition in the developing world reminds us.

**So do we actually need this extra protein?**
Frankly, no. Most people in the UK should be getting plenty of protein in their diets. When we seek out extra protein to sprinkle over our diets, most of us in rich countries are fixating on “a problem that doesn’t exist”, said David L Katz, an American doctor and public health scholar who is the director of the Yale-Griffin Prevention Research Centre. In his latest book, “The Truth About Food”, Katz notes that while the “mythology of protein tends to propagate the notion that more is better”, there are serious concerns that a very high protein intake over a lifetime can result in harm to the liver, kidneys and skeleton. The current protein mania has partly come about because so many people now regard carbohydrates or fats (and sometimes both) with suspicion. In the current nutrition wars, protein has emerged as the last macronutrient left standing. But the whole “macronutrient fixation” is a “boondoggle” that has been calamitous for public health, Katz says. “First they told us to cut fat. But instead of wholegrains and lentils, we ate low-fat junk food.” Then food marketers heard the message about cutting carbs and sold us protein-enriched junk foods instead. “When we talk about protein,” said Katz, “we are dissociating the nutrient from its food source.”
NUTRITION: Should we be eating foods with “added” salt?

Experts have been arguing about this for decades. It's been a bitter and passionate fight, with little middle ground. One side says everyone needs to cut back on salt and that doing so would substantially reduce heart disease. The other side says universal salt reduction would have little effect on public health and would be a needless deprivation for most people.

Salt is sodium chloride, the white crystals left over when seawater evaporates. It's the sodium in salt that causes most of the problems. One teaspoon of sodium chloride "table salt" contains 2,300 milligrams (mg) of sodium.

The human body can't live without some sodium. It's needed to transmit nerve impulses, contract and relax muscle fibres (including those in the heart and blood vessels), and maintain a proper fluid balance. It doesn't take much to do this. The Yanomamo people of the Amazon rainforest get by on just 200 mg of sodium a day (about the amount found in one-tenth teaspoon of salt). By comparison, we probably get around 3,400 mg (about 1½ teaspoons of salt), while in northern Japan the daily intake is a whopping 26,000 mg (more than 11 teaspoons of salt).

When sodium is in short supply, a host of chemical and hormonal messages signal the kidneys and sweat glands to hold onto water and conserve sodium. When you get more sodium than you need, the kidneys flush out the excess by making more, or saltier, urine. If they can't get rid of enough sodium, though, it accumulates in the fluid between cells. Water inevitably follows sodium, and as the volume of this fluid increases, so does the volume of blood. This means more work for the heart and more pressure on blood vessels. Over time, this can stiffen blood vessels, leading to high blood pressure, heart attack, or stroke. It can also lead to heart failure. There is also some evidence that salt can directly affect the heart, aorta, and kidneys without necessarily increasing blood pressure.

There isn't a one-size-fits-all recommendation for daily sodium intake. Some people definitely benefit from getting less. For others it won't make much of a difference on blood pressure. If you are under age 50, your blood pressure is in the healthy range (under 120/80), and your health is good, you have little reason to worry about dietary salt right now. That said, weaning your taste buds from their dependence on salt might be a good idea for down the road.

A lower-sodium diet is good for people who are older, who are of African American descent, who have high blood pressure or diabetes, or whose blood pressure is gradually creeping upward. The Institute of Medicine, and American Heart Assoc, recommend limiting your sodium intake to no more than 2,300-2,400 mg a day.

If you have heart failure, salt can cause or increase swelling. Too much salt can lead to hospitalisation for powerful intravenous drugs to remove excess fluid. People with heart failure are usually advised to keep their sodium intake under 2,000 mg a day. People with kidney disease are usually instructed to do the same.

So, we have looked at Protein and Salt, and should we be having more. Most experts say we get enough in our diets, and too much can do harm. Do your own research around your own diets.
NUTRITION: Should we be eating foods with “added” sugar?

Why are Sugars added to foods?

- **Taste:** Sweetness improves the palatability of many foods. Adding sugar to foods with high nutrient quality may increase the chance they are consumed. In addition, sugar plays an important role in contributing to the flavour profile of foods by interacting with other ingredients to enhance or lessen certain flavours.

- **Colour and Flavour:** The Maillard reaction is a chemical reaction between amino acids and reducing sugars that gives browned foods their desirable flavour; and caramelization is fundamental to the formation of colour in several food products and can’t happen without the addition of sugar. Caramelization happens when sugar is heated to a certain temperature and is used in a wide variety of products including sauces, sweets, breads, jams, and even to dessert wine. The Maillard reaction also provides desirable flavour formation in foods such as baked goods, chocolate, coffee, and meat.

- **Bulk and Texture:** Sugar provides bulk to foods which impacts the mouthfeel and texture. Sugar affects multiple chemical reactions that form the texture of baked goods, ice cream, candies, and jams, preserves and jellies.

- **Fermentation:** This is a process in which microorganisms, in the absence of oxygen, generate energy by oxidizing carbohydrates, like sugar. Sugar aids in the fermentation of many common food and beverage products produced including yogurt, vinegar, sour cream, wine, beer, bread, cheese, soy sauce, and sauerkraut.

- **Preservation:** The hygroscopic nature of sugar plays a crucial role in reducing water activity in foods. Hygroscopic is defined as the ability to absorb water from the surrounding environment which helps in preserving and extending the shelf-life of food products. Sugar also prevents baked good from becoming dry or stale, and it also preserves the colour of frozen fruits and jellies.

However, added sugar can cause serious health issues.

- Consuming too much added sugar, especially from sugary beverages, increases your risk of weight gain and can lead to visceral fat accumulation.
- Consuming too much added sugar increases heart disease risk factors such as obesity, high blood pressure and inflammation. High-sugar diets have been linked to an increased risk of dying from heart disease.
- High-sugar diets can increase androgen secretion, oil production and inflammation, all of which can raise your risk of developing acne.
- A high-sugar diet may lead to obesity and insulin resistance, both of which are risk factors for type 2 diabetes.
- Too much sugar can lead to obesity, insulin resistance and inflammation, all of which are risk factors for cancer.
- A diet rich in added sugar and processed foods may increase depression risk in both men and women.
Many people across the world, and that includes countries like the UK and USA, have micronutrient deficiencies. Micronutrients are essential elements needed by life in small quantities. They include microminerals and all the Vitamins. Microminerals, or trace elements, include at least iron, cobalt, chromium, copper, iodine, manganese, selenium, zinc, and molybdenum.

One of the problems is that although we know we should eat lots of vegetables, as well as fruits, most of us do not eat anywhere near the recommended numbers.

Fortified and enriched foods were introduced in the 1930s and 1940s. They were intended to help boost vitamin and mineral intake with foods that adults and children were already eating, like grains and milk.

- **Fortified foods** are those that have nutrients added to them that don’t naturally occur in the food. These foods are meant to improve nutrition and add health benefits. For example, milk is often fortified with vitamin D, and calcium may be added to fruit juices.

- **An enriched food** means that nutrients that were lost during processing are added back in. Many refined grains are enriched. Wheat flour, for example, may have folic acid, riboflavin, and iron added back in after processing. This is intended to restore its original vitamin levels.

In some cases, fortified or enriched foods are helpful. They can fill in the gaps and increase a particular vitamin and mineral consumption that would otherwise be less than the recommended value.

But it’s also easy to get too much. These foods can contribute to nutrient overdoses. Be aware of how much of each nutrient you are eating. Don’t forget to include foods that don’t come with a nutrition label, like dark leafy greens. Keep an eye on serving sizes to make sure you’re not overdosing on added vitamins or minerals.

No matter what, you can’t cover poor nutrition by adding extra vitamins. Desserts made with enriched flours and fortified breakfast cereals coated in sugar aren’t healthy options. The typical diet is already full of nutrient-poor processed foods, added sugars, and refined grains. Avoid foods that contain added sugars, have trans fats, or are high in sodium.

While fortified and enriched foods can certainly add to a healthy diet, they aren’t enough by themselves. You still need to eat a well-rounded, varied diet that is loaded with vegetables and other whole foods. You cannot rely on fortification or enrichment to get all of the nutrients you need.

**We have covered lots of “added” topics.**
You can get all the nutrients you need if you look after your diet.
There are times additions can be helpful.
But mostly, take control over your meals.
Why not do your own research?
It’s your body. Look after it.
Nutrition: HMHB look at different Foods
Today: Porridge

On this page, we will take a brief look at some worldwide foods. Why we use them, what they do for us, etc.

Breakfast is often called ‘the most important meal of the day’, and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health. Many studies have shown the health benefits of eating breakfast. It improves your energy levels and ability to concentrate in the short term, and can help with better weight management, reduced risk of type 2 diabetes and heart disease in the long term.

Despite the benefits of breakfast for your health and wellbeing, many people often skip it, for a variety of reasons.

One of the best breakfasts is Porridge - so why is this?

The most common Porridge is made from Oats. But, did you know, it can be made around the world from wheat, barley, corn, buckwheat, and tritcale (a hybrid type of wheat).

Depending on where you live, it is cooked with water or milk, and people add sugar, salt, fruit, and other flavourings. In the shops you can now buy all the flavoured sachets, but it is much much better and healthier to make from oats and add your own fruits, etc. Once you add fruit, you do not have to add sugar, as the fructose in the fruit will sweeten the dish.

Beta-glucans are sugars that are found in the cell walls of bacteria, fungi, yeasts, algae, lichens, and plants, such as oats and barley. They are sometimes used as medicine. A 2014 review found that daily intake of at least 3 grams of oat beta-glucan lowers total and low density lipoprotein cholesterol levels by 5–10% in people with normal or elevated blood cholesterol levels. Beta-glucan lowers cholesterol by inhibiting cholesterol production, although cholesterol reduction is greater in people with higher total cholesterol and LDL cholesterol in their blood.

• According to the Oxford English Dictionary, the word porridge, first seen in the 16th century, may be a variant of pottage or porray, both types of stew or broth.
• Traditionally, Scots porridge should be served in a wooden bowl and stirred with a wooden stick.
• Such a porridge stirrer is called a spurtle. The Golden Spurtle is the trophy for the annual World Porridge Making Championships in Carrbridge (a village in Scotland).
• The word “porriginous” has nothing to do with porridge. It means suffering from ringworm or dandruff.
• In Shakespeare’s The Tempest is the line: “He receives comfort like cold porridge.”
• The use of the word porridge as UK slang for a prison sentence seems to date back only to 1950 and may refer to prison breakfasts.

Porridge is a carbohydrate, but the “complex” kind. It means your body takes longer to break down the sugars. And is therefore a healthy breakfast.
Lazza is still trying out new recipes
Today - he makes his first ever Peanut Cookies

Cookies appear to have their origins in 7th century AD Persia, shortly after the use of sugar became relatively common in the region. They spread to Europe through the Muslim conquest of Spain. By the 14th century, they were common in all levels of society throughout Europe, from royal cuisine to street vendors.

For some reason this recipe was in cups!!!!!
1 cup of Plain Flour + a spoon of baking powder
½ cup of white granulated sugar
½ cup of brown demerara sugar
2 eggs
Vanilla essence
I used 125 g of unsalted softened butter
Plus loads of peanuts (I had about 200g) and I used up leftover hazelnuts and coconuts too.

This is yet another very easy bake to make, which makes me wonder why I was always so nervous before.
First, cream the butter and sugar together until well blended.
Then add the vanilla essence and eggs and mix well.
Add the flour and baking powder and mix once more.
Then add your peanuts (and as I said, I also had some crushed hazelnuts and coconut left over so did that too).
Onto a baking tray (greased) add small balls squashed down (they will expand).
Bake at 180C for between 10-14 minutes.
Remove and let them cool.
Have a lovely munch!!!

Yes, they are huge.
I didn’t realise they would expand that much.
But they are moist and crunchy at the same time, and very nutty.
Absolutely delicious.

I will be handing them out to some of my friends, as I would eat them all.

During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and very tasty bake to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!
HMHB’s Name Game Page – trickier than you think.
Name the types of Hats from the photos below.
Answers at bottom of quiz page answers (page 25)
EXERCISE/FITNESS
Exercising during Lockdown is vital!

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone. It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the March lockdown. We have restarted our Highbury Gym sessions on Tuesdays. Thanks to Mark and his team at Better. However, we guide our users to do some of their own sessions, either on their own or in a group. Be active, be safe, and go for it.

Many of us took lockdown as a time to relax and watch all the shows we previously didn’t have time for. Others have used this time for activities including writing, drawing, or completing online courses.

Undoubtedly COVID-19 has caused a huge shift in nationwide behaviour. This behavioural shift has resulted in changes in activity level. Although 40% of 18-24-year olds agree that they have been more physically active since lockdown, overall physical activity in the UK has decreased by a quarter, with a third of adults reporting weight gain. (I am one of those who has not done well!!)

It is already common knowledge that physical inactivity has negative implications on health. These consequences are not only physical but also psychological, particularly if a lot of your time is being spent indoors.

The benefits of physical exercises are numerous and include:
- releasing endorphins
- reducing stress levels
- improving sleep
- reducing joint pain
- improving cardiovascular activity.

It may be hard to find the motivation to keep physical activity up during and after lockdown, and exercise may not seem like the most pressing matter to you during a global pandemic. Despite this, you may find that upkeeping even ten minutes a day will help you feel better able to cope with the stress you may be feeling during this time. A small increase in activity is great. However, the more activity you are able to keep up, the more benefits you will feel.

There are a few crucial exercises you must be doing:
Posture Exercises: they focus on strengthening the back, neck and core muscles. These exercises are usually slow and low impact, great for all ages.
Cardio Exercises: strengthen the heart, lungs, and blood vessels, as well as lowering blood pressure and cholesterol.
Weight and Resistance Exercises: great for building muscles, improving strength, and protecting your muscles and joints from injury.
Yoga: low impact activity, great for reducing stress, relaxing, and available for all ages.
Outdoor walking/running: All round exercise covering a lot of the above, but outdoors in nature which is great for mental health too.
Most people agree that driving drunk, smoking cigarettes, and sword swallowing are inherently risky activities. What's surprising is that sometimes doing nothing at all, not moving a muscle, can be just as life-threatening.

Not exercising, or even not getting physical activity, is a confirmed risk factor of premature death. In fact, inactivity and being sedentary causes more deaths around the world than cigarette smoking or diabetes, according to a study published in “The Lancet”. Researchers found that people who were the least fit (as determined by a treadmill test) were at a 500% increased risk of dying early.

Here are a few side effects.

**Sleep Problems.**
There are many reasons people struggle with sleep (I know, as I have had sleep issues for a long time), but lack of exercise is definitely one of them.
Not getting enough sleep, or tossing and turning at night, may not seem like something to worry about. But if it happens regularly, it can usher in a host of health problems, from weight gain and diabetes, heart disease, to poor immunity, to mood disorders, and even accidents. So, poor sleep due to lack of physical activity can be life-threatening.

**You can get high blood pressure (hypertension).**
Exercise helps your heart pump more efficiently. If your heart is fit, it has to work less hard to pump blood, and the force through your arteries decreases. If you don't exercise, over time your cardio-respiratory fitness (CRF) decreases. Many studies have demonstrated this: In one, 3,831 men without heart disease or hypertension were given two health examinations about 10 years apart. The researchers found that subjects whose fitness levels decreased over that time period had a 72% increase risk in developing high blood pressure compared to subjects who increased their cardio-respiratory fitness.

**Odds of Heart Disease is high**
Even when you have none of the classic risk factors for heart disease, like high blood pressure, high cholesterol, and obesity, inactivity can still lead to heart disease. A US study reported exercise levels in more than 11,000 people and found that going without physical activity in middle age for six years was linked with an increased risk for heart failure. The 2,530 participants who reported decreased physical activity increased their heart failure risk by 18% even though they had no history of cardiovascular disease at the start of the study.

**Your memory will be better**
Scientists believe that exercise promotes neuroplasticity, the brain’s ability to form new neural connections and adapt throughout life. Studies have demonstrated that one of the areas of such growth is in the hippocampus, which governs memory and executive functions. One study found that people who were fit as young adults had a better memory, motor skills, and a greater ability to focus and control emotions 25 years later when they were in middle-age.
EXERCISE/FITNESS:
More health problems if you do not exercise

Your blood sugar will get out of control
Physical activity plays such a critical role in how your body processes carbohydrates that even missing a few workouts can impair control of blood sugar levels, according to recent research in the journal “Medicine & Science in Sports & Exercise”.

"We now have evidence that physical activity is an important part of the daily maintenance of glucose levels," said study author John Thyfault, an assistant professor in the Department of Nutrition and Exercise Physiology at the University of Missouri. "Even in the short term, reducing daily activity and ceasing regular exercises causes acute changes in the body associated with diabetes that can occur before weight gain and the development of obesity."

By contrast even "a single bout of moderate exercise" can improve the way the body regulates blood glucose. And note that Thyfault said "moderate exercise." More and more research suggests that you don't have to become an athlete to reap the benefits of exercise. A breakthrough 2013 study comparing moderate walking to vigorous running found that both forms of exercise produced similar reductions in risk of type 2 diabetes.

It may increase your chances of some Cancers
Does sitting all day increase your risk of getting cancer? Scientists don't know. What they do know is that sedentary behaviour is a risk factor for many chronic conditions and premature death. While no studies have proven lack of exercise causes cancer, many self-reported observational studies have provided evidence linking higher physical activity to lower cancer risk.

For example, a 2016 review of 126 studies found that people who engaged in the highest level of physical activity had a 19% lower risk of colon cancer compared to those who were the least physically active. Similarly, a meta-analysis of breast cancer studies showed that women who exercised the most had a 12% to 21% lower risk of developing breast cancer. It is certainly an interesting analysis.

It can affect your Cholesterol levels
Getting regular aerobic exercise is one of the most effective ways to raise high-density lipoprotein (HDL) cholesterol, which is called the "good" cholesterol. HDL cholesterol helps remove harmful cholesterol from your bloodstream and is associated with a lower risk of heart disease.

So, if you're not exercising regularly and doing it with enough intensity to increase your heart rate, your HDL will likely go down and the LDL (bad) cholesterol will increase. Many health experts recommend 150 minutes of moderate aerobic activity per week. If you break that down, it ends up being a half an hour five days a week. Those activities are enough to get your heart rate up, and you breathing hard. That's generally good for your HDL cholesterol, as well as the LDL, and the triglycerides. Supplement that with a healthy diet and you'll be giving your heart a break.
EXERCISE/FITNESS:
My favourite four harder exercises of 2020

Of all the exercises, these are my four favourite, harder, exercises we have demonstrated this year. Please look through the packs online for all our presentations.

Squat Twists - this one is good for core and legs - and is harder than it looks

Hold the basic squat position. The alternatively twist to your left then right and then stand up. Keep repeating this for at least ten times, have a rest, then repeat again. You will feel it around the middle.

Press Ups - one of the hated exercises, but terrific for fitness

The trick here is to try and keep your elbows in as tight to your body as possible. Keep your back straight. If you have to do it on your knees that’s ok, but aim for toes. Also, you can use a wall.

V Crunch - another one that looks deceptively easy

Lie on your back, legs and arms out straight. Then, keeping your limbs rigid, fold at the middle (breathing out) to try and touch toes. Return to straight body (breathing in), and repeat over and over.

Squat Kick - another squat, and one we got through Karina (Zumba)

Lower yourself into the basic squat position, and then as you stand kick out to the left. Repeat but this time kick out to the right. Keep going. You will feel this on your quads.

In all of our packs we just want to encourage you to move more. Here, we have discussed what happens if you do not exercise. It has so many more benefits than just muscle gain or weight loss. We will continue to encourage you. With 2021, what an opportunity to do more!!!
Depend on which website or organization, there are various recognized dimensions of well-being. In other words, headings that they come under. Let us look at a few and explain what we mean.

**Physical Well-Being**
Physical well-being consists of “recognizing the need for physical activity, healthy foods, and sleep, as well as preventing illness and injury or managing chronic health conditions. It’s what you can do proactively to affect your health.”

**Goals for your Physical Well-being**
- Understand how and why your body works.
- Feel comfortable with your physical appearance.
- Make informed choices about your body and sexuality.
- Feel competent at physical activities.
- Develop well-balanced and healthy eating habits.
- Become a responsible drinker or a non-drinker.
- Become aware of how a lack of sleep, stress, and non-activity affect your body.
- Become aware of how food, beverages, drugs, chemicals, additives, and caffeine affect your body.
- Engage in regular movement to improve flexibility, strength, aerobic, and cardiovascular health.
- Develop and cultivate leisure activities.
- Seek medical care when needed for illness, injury and preventative care.

**Emotional Well-Being**
Emotional well-being is defined as “coping effectively with life and creating satisfying relationships.”

**Goals for your Emotional Well-being**
- Become more aware of your feelings and accept them as valid indicators of what you are experiencing.
- Develop the ability to experience and appropriately express a wide range of emotions such as humour, joy, fear, anger, frustration, appreciation, sadness, etc.
- Develop assertiveness and confrontation skills.
- Develop positive feelings about yourself by instituting a healthy self-esteem and self-concept.
- Develop the skills to handle stress, irritations, crises, etc.
- Explore and clarify your own sexual identity
- Develop, establish, and maintain intimate and loving relationships.

It is interesting as both of the above are within the control of ourselves. Physical Well-Being is us being active and pushing ourselves to do things. If we sit back and allow life to pass us by we will have very poor physical health and well-being. We must choose to exercise more.

The same goes for emotional health in some ways. In a couple of those sentences we mention “skills”, and that is up to us to develop, but also recognize the ones we need to work on.
Social Well-Being
Social well-being is defined as “developing a sense of connection, belonging, and a well-developed support system.”

Goals for your Social Well-being
- Develop the ability to create and maintain close friendships.
- Feel comfortable interacting with diverse individuals and groups.
- Become aware of your responsibilities for the welfare of different communities.
- Understand and accept those with a different sexual orientation, gender identity, race, ethnicity, religion, socioeconomic status, life experience, etc.
- Understand the concepts of sex and gender role stereotyping and explore appropriate sex and gender role behaviour for yourself.
- Develop a "global consciousness" by recognizing the interrelatedness of cultural, global and national issues and needs.
- Work toward becoming a responsible world citizen.

This is all about being part of the human race, your local community, and accepting everyone for who they are without judgement. It also involves self-confidence and being comfortable with interaction. It is another skill to develop. Good communication, as well as listening.

Intellectual Well-Being
Intellectual well-being is defined as recognizing one's creative abilities and finding ways to expand knowledge and skills.

Goals for your Intellectual Well-being
- Strive to be open to new experiences and ideas in all areas of your life.
- Expand your ability to create, develop, analyse, critique, concentrate, understand, evaluate, problem solve, predict, comprehend, etc.
- Feel competent in intellectual and academic activities by improving your skills in academics, studying, time management, stress management, note taking, listening, and public speaking.
- Develop a love for learning and philosophy for “life-long learning”.

This is all about you as a person. Your abilities and strengths, as well as understanding what your weaknesses are and what you can do to improve them.
It is also around learning new skills and finding challenges.
Life is there to be lived, but how many of us give us that chance. We hold each other back, either through fear or ignorance.
Environmental Well-Being
Environmental well-being is defined as occupying pleasant, stimulating environments that support well-being.

Goals for your Environmental Well-being
- Become aware of how your external environment affects you.
- Redesign your environments to more effectively support and reinforce your needs.
- Be concerned about the future of the local, national and world ecology and climate.
- Minimize your contribution to the destruction of the outdoor environment.

To have a positive outlook, you need to be in a positive environment. That includes where you live, where you work, the friends around you. Being able to get outdoors into nature as often as possible is also paramount. Many of us have been stuck indoors over the last few months with some, understandably, nervous about exposure to the virus. But if you can find a safe way to get into a park or wood, please make that effort.

Vocational Well-Being
Vocational well-being is defined as gaining personal satisfaction and enrichment from one’s work, whether that be academic work while in college or a job after graduation.

Goals for your Vocational Well-being
- Increase your awareness of the wide variety of major/career opportunities available to you.
- Challenge societal sex role and other barriers that limit major/career choices.
- Explore your interests, skill, and values and needs and how they relate to major/career choice.
- Choose a major/career direction that reflects your values, preferences, interests and skills.
- Understand the relationship between your major/career choice and other parts of your life such as with your family, spouse/partner, leisure activities, friends.
- Develop effective job-related skills in assertiveness, confrontation, feedback, time management, active listening, motivation, etc.
- Understand how many people change their major in college or university (or higher education) and their career directions many times throughout their lives.

I want HMHB to be my career for the rest of my life. I am determined to do research, learn, and develop it more and more, and that means my vocational health will be better. :-)

HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.
www.healthymindshealthybods.blogspot.com

We’ve added over five new entries this week. Please log on to have a read.
Why not try an exercise class!!

Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

Karina is part of our weekly Sobell Fitness sessions.

Karina is based in Islington, but her online classes are fabulous.

Please contact her. They are fun, but also great for your overall health. Treat yourself!!

ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), 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. They are fabulous. Please have a go!!

www.activewithin.com

PILATES

The amazing Emma Ahlstrom is providing some terrific online Pilates classes.

Monday 10-11am: Pilates for strength
Tuesday 6.30-7.30pm: Pilates evening flow
Wednesday 10-11am: Personal Training for over 50's
Friday 9.30-10.30am: Pilates for over 50's

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com

HMHB Izzwalkz is part of the “Walk With A Doc” network.

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them.

Check out their website for more information.

“With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends”

HMHB are proud to be part of their network.
Let’s walk!!!!

www.walkwithadoc.org
Mind-set:
So what have we learnt about ourselves in 2020.
And how can we take that, ponder over it, and take it into 2021.
We have learnt a lot of the lessons of life. We have experienced some tough times. But will you make changes next year??
There is plenty to be optimistic about the next few months.
Stop concentrating on negative, and look to the positives.
You can do it. Make 2021 an amazing year. It’s in your power.

Nutrition.
Over these packs, we promote a healthy diet of clean food, home cooked food, and meals full of essential nutrients, and treats.
But do we need to add even more nutrients to our diets?
We have essential macronutrients: protein (amino acids); carbs (sugars); fats (fatty acids): And micronutrients; Vitamins and Minerals.
A healthy diet will enable you to get all you need. Sometimes additions can be good, other times not so much. Do your own research.
Make 2021 the year you really make change.

Exercise
We have promoted exercise constantly. It has huge benefits for your physical, mental, and emotional health.
But, therefore, if you do not exercise enough that means it has negative connotations.
Sleep, Blood Pressure, Cancers, Heart Disease, Cholesterol, and others, are all influenced through exercise, or lack of it.
So, why not make 2021 the year you actually start doing more, and it matters not your current age or ability.
You must believe. You must push yourself. And if you do, the rewards are just around the corner. I’m going to do it!!

Health.
Your health and well-being can come under many labels.
Experts like to call them dimensions.
Yes, we all know about physical and mental and emotional.
But as we have shown in this issue, there are others too.
And it is vital we look after them all if we want a good, happy life.
You can eat well, and exercise more, but if you don’t look after your mental health too it is pointless.
So, why not make sure you make suitable routine changes in 2021 to make sure you give yourself the best opportunity of progress.

Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.
Quiz Answers from Page 4 + Hats from Page 15
See if you can beat your family and friends

Television: These are the presenters of the following UK TV shows in 2020.

a. QI Sandi Toksvig
b. C Nick Hewer
c. C Stephen Mulhern
d. E Jeremy Vine
e. M John Humphrys
f. T Warwick Davis
g. OC Victoria Coren Mitchell
h. I Rick Edwards
i. NA Anna Richardson
j. UC Jeremy Paxman
k. TP Ben Shephard
l. 8OF10C Jimmy Carr
m. WILTY Rob Bryden
n. WWTOAM Jeremy Clarkson

Science
These elements were in anagram form:
1. BEILLMRUY BERYLLIUM
2. AEGIMMNUS MAGNESIUM
3. CHIMMORU CHROMIUM
4. EEILMNSU SELENIUM
5. CIIMNORUZ ZIRCONIUM
6. AIMNNOTY ANTIMONY
7. EGNNSTTU TUNGSTEN
8. BHIMSTU BISMUTH
9. ILMNOPTUUI PLUTONIUM
10. EEIIIMNNSTU EINSTEINIUM
11. DEGHNORY HYDROGEN
12. CEHILNOR CHLORINE
13. AEGNNOOSS OGANESSON

Music
These are the films these people were nominated for Oscars for Best Actor and Best Actress:
1. LG/BC: A Star Is Born
2. ES/RG: La La Land
3. FJ/ER: The Theory Of Everything
4. AA/CB: American Hustle
5. JL/BC: Silver Linings Playbook
6. RW/JP: Walk The Line
7. HS/CE: Million Dollar Baby
8. SS/TW: In The Bedroom
9. AB/KS: American Beauty
10. HH/JN: As Good As It Gets
11. KST/RF: The English Patient
12. SS/SP: Dead Man Walking
13. ES/NC: Leaving Las Vegas
14. ET/AH: The Remains Of The Day
15. HH/WH: Broadcast News
16. KH/HF: On Golden Pond

Education

Food and Drink
The top 15 coffee producing countries of 2020 are:

Brazil, Vietnam, Colombia, Indonesia, Ethiopia, Honduras, India, Mexico, Peru, Uganda, Guatemala, Nicaragua, China, Malaysia, Ivory Coast.

List of Hats - from Page 15
(it’s meant to be tricky - how well did you do?)

1: Fedora: 2: Trilby 3: Panama
4: Stetson 5: Sombrero 6: Beret
7: Bowler 8: Newsboy 9: Beanie
10: Trapper Hat 11: Boater 12: Pork Pie
13: Top Hat 14: Deerstalker 15: Fez

How did you do? If you got double figures, well done!!!
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 contact HMHB:
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 you can contact us through the site
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.
And we can post copies to you. Please get in touch.

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.
We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.