Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 42

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best

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

Prepared by: Lazza, and Dean: Monday 1st February 2021

www.hmhb2016.org.uk
Welcome to the 42nd of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first forty-one (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.

On our walks we used to do some fitness sessions too, and here we are demonstrating one session using playing cards to make it more fun.

This was over two years ago, and we miss our walks very much.

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.

PRINTED COPIES CAN BE POSTED TO YOU

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

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”
Research around Alcohol and Mental Health

Alcohol has been described as ‘the UK’s favourite coping mechanism’, and many of us do drink to try and help manage stress, anxiety, depression, or other mental health problems. We did a couple of our Ajani courses with Single Homeless Project, working with people who had used substances to help them get through difficult times, including alcohol dependency. The sessions were so rewarding, receiving significant feedback.

This method of dealing with problems is sometimes called ‘self-medicating’ with alcohol. Unfortunately, although alcohol can help us feel relaxed initially and give us a brief feeling of euphoria, the effects are short-lived and the long-term negative consequences of drinking a lot over a long period of time can be quite harmful:

• Overuse of alcohol can contribute to the worsening of symptoms of many mental health problems. In particular, it can lead to low mood and anxiety.
• As the immediate feeling of calm after drinking fades over time, you may feel worse than before.
• Post-drinking hangovers can be particularly difficult, with the usual headache and nausea being accompanied by feelings of depression and/or anxiety.
• Using alcohol in this way can mean that the underlying mental health problems aren’t addressed.

If you come to rely on alcohol to manage your mental health problems, that reliance can itself become a problem. You may well find that your drinking starts to get in the way of other activities and puts a strain on your relationships, both things that can undermine your mental wellbeing.

If you struggle with depression and anxiety, or other mental health problems, but would like to drink, the best advice is to stick within the Chief Medical Officers’ guidelines by not having more than 14 units of alcohol per week. That means about six pints of lager, or six standard glasses of wine, spread out over three or more days and with a few days off.

However, some people find that it’s best for them to stop drinking, in order to improve their symptoms. Only you will know what works best for you, but you may wish to discuss it with your doctor or with someone at your local alcohol service. Use the NHS services directories to find an alcohol support service near you, or speak to your GP. Asking for help is not a weakness.

Alcohol-related brain damage (ARBD), or alcohol-related brain injury (ARBI), is an umbrella term for the damage that can happen to the brain as a result of long-term heavy drinking. ARBD is sometimes referred to as “wet brain”.

ARBD occurs because, over time, drinking too much alcohol can change the physical shape and structure of the brain. These changes are the result of the toxic effects of alcohol and a lack of Vitamin B1 (thiamine). Vitamin deficiency is a common problem for long-term heavy drinkers, as alcohol stops the body absorbing some vitamins properly.

The symptoms of ARBD may include:

• Altered personality and volatile moods
• Difficulty thinking, learning and remembering
• Confabulation – filling gaps in memories with irrelevant or inaccurate information
• Problems controlling impulses – leading to inappropriate or offensive behaviour
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)

Sport
Of the 92 countries that took part in the 2018 Winter Olympics, just thirteen won ten or more medals.
Try and name as many of the 13 as you can.

Geography:
In which European country are these cities?

- a. Trondheim
- b. Modena
- c. Halmstad
- d. Guimaraes
- e. Rhodes
- f. Poznan
- g. Lausanne
- h. Aalborg
- i. Augsburg
- j. Strasbourg
- k. Maastricht
- l. Alicante
- m. Innsbruck

Film:
Can you name the actors who voiced the following animated characters?

2. Buzz Lightyear: Toy Story: 2005
3. Alex The Lion: Madagascar: 2005
6. Peter Griffin: Family Guy: on TV
8. Mike Wazowski: Monsters Inc.: 2001
10. Homer Simpson: The Simpsons: on TV
11. Mrs Potts: Beauty And The Beast: 1992
12. Scar: The Lion King: 1994
13. Lightning McQueen: Cars: 2006

The United States
There are fifty recognised US states.

Can you name the 15 largest, and maybe put them in order of size?

It’s not easy.

Try and answer all before you look at the answers. Test yourself. Take your time.
MIND-SET:
We all need to build resilience

*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.

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress, such as family and relationship problems, serious health problems or workplace or financial stressors. It means, “bouncing back” from difficult experiences. Very relevant at this time of pandemic.

Research has shown that resilience is ordinary, not extraordinary, and that people commonly demonstrate resilience.

Being resilient does not mean that a person doesn’t experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

Resilience is not a trait that people either have or do not have. It involves behaviours, thoughts, and actions that can be learned and developed in anyone.

At this time of pandemic and lockdowns, it is imperative we find ways to keep going, and find our own path to get through this adversity. There are ways to build resilience, and here are a few suggestions.

**Make good connections with others**
Good relationships with close family members, friends, or others, are important. Accepting help and support from those who care about you, and will listen to you, strengthens resilience. Some people find that being active in community groups, faith-based organizations, or other local groups, provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Many local organisations are crying out for volunteers, and knowing you are making a difference can really help your mental health. The most important thing is not to isolate yourself away from contact with everyone. That can create a negative effect. Obviously follow guidelines and be safe, but also maintain communication with others who can support you.

**Problems are not insurmountable**
You can’t change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

This pandemic will be over at some time. Lockdowns will finish. We will be able to mix socially once more, and meet up with friends and family. Yes, there may be differences from when we used to experience these events. But we are an adaptable species and, hopefully, a sensible species. Have faith. Time will heal.
Change is inevitable

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

You cannot affect the virus pandemic yourself. But you can change how you live to get through these unprecedented times. Things will probably not go back to the way we all remember, and there will be issues around travel for a long time to come. We all need to accept that this is the case and embrace the change in our lives. This directly comes down to our mind-set, as this affects our thinking.

HMHB knows how “change” can be scary to some, especially if going through mental health issues. There is a comfort in what we know, and that is fine. But life is continually transforming, and it is important we transform alongside it.

Maintain your goals, and keep going

We have covered targets and goals many times in these packs. They can give purpose and focus to all of our lives. Therefore, develop some realistic goals. Do something regularly, even if it seems like a small accomplishment, that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?” This is something I am going to focus on myself in February.

Write them down, and also create a plan as to how you are going to achieve them. The trick then is to work your way to completing them, but also then creating new goals.

We all have the strength to concentrate and apply ourselves to completing tasks, the secret is actually believing that. Confidence is paramount. I have slipped on that this month. I know it is not always easy.

Be decisive

I totally accept that this is a tough one for many people, especially if they are struggling. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

With depression or stress comes a desire to hide from the problem. I well know that myself. Following two quite horrible depressions, I know how easy it is to shut oneself away, try and reduce communication with the outside world, and just hope that the situation will improve. Sometimes linking that with destructive behaviours.

However, now I am better, I know just how silly that is. The only way to deal with an obstacle is to be proactive, take action, and face it head on. Yes, there is no guarantee that you will have the solution you desire, but certainly nothing will happen without fighting your cause. Be proactive!!

It is important however to plan any action. Don’t just rush in without thinking. It is great to be decisive, but foolish to not think about how you are actually going to do it. But this definitely helps breed resilience.
Recognise opportunities of self-discovery

People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life. This pandemic has taught me more about me.

When we are on our own personal journey, we are often striving to find our real self. This personal journey can involve looking at our values, natural talents and abilities, passions, capabilities, and what inspires us. All of these things, and many more, are all part of self-discovery.

The things discovered as the self-discovery process can be transferred in other areas of our lives. Take, for example, our relationships. With self-discovery we actually come to accept ourselves more, and as a result we care less about others’ approval. We can begin to be more comfortable with ourselves and this can push people away. While there are fewer people in our lives, those who are leaving us are people that are normally too critical for us, force their own agenda on us, or are generally negative people. Instead, those people will be replaced with people who love us for the person that we are and are becoming.

If that isn’t enough, self-discovery can also help us in being physically healthier as well. Clearly, self-discovery helps us on the mental side of things, however it can also affect our physical health. It’s not out of the question that the more we understand ourselves the more we develop a deep care and consideration for our body. We slowly become mindful about what it is that we eat. It’s also why some people see morning walks and days at the gym as a form of self-care. Those things are obviously important to living a more healthier lifestyle. The more your can do, the better in the end. Building that routine is the best thing you can do.

Create a positive view of yourself

Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Having a good view of your own abilities and capabilities is paramount for esteem.

- Make a list of your positive qualities.
- Ask significant others to describe your positive qualities.
- Define personal goals and objectives that are reasonable and measurable.
- Refrain from comparing yourself to others.
- Develop your strengths.
- Learn to love yourself.
- Give positive affirmations.
- Remember that you are unique.
- Remember how far you have come
- Challenge yourself

“Successful people have fear, successful people have doubts, successful people have worries.

They just don’t let these feelings stop them.”
Keep things in perspective
If you were to believe everything about the pandemic and vaccines that was written on social media you would go totally crazy, and it would not be healthy either. So much is pure rubbish.

That is the same for any situation that causes you heartache. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion. We can get so caught up with how stressed we are around various events, that we actually lose focus of our actions, and that of the event itself.

For example, when relationships fall apart we can create whole new problems. If we do not get the job we want we can develop conspiracy theories. People very sadly end their lives when things go wrong, as it can feel like the end of the world. It’s tragic.

One of the best ideas is to talk to others about matters if you feel they are out of control. Think about how you would advise someone who was going through your own problems. The odds are you would ask them to stay calm, take a few moments, and plan how they are going to carry on, and to try and see things from a different point of view. But we fail to do that ourselves.

Give yourself some “self-love”
Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Rightly they suggest that, using trial and error, you have to find the ways that are likely to work well for you as part of your own personal strategy to build resilience.

It isn’t selfish to look after yourself. I love the way our Luke called it “self-love” on our first ever course with our users, and that resonated with them. And there are some skills you can develop.

• Stop worrying about other people’s opinions. Be your own person.
• Don’t compare yourself with others. If you are trying to lose weight, and then read about a celebrity losing four stone in four months when you have maybe stayed the same weight, that will naturally have a negative vibe. It is good to be inspired by others, but their journey is different to your own.
• Allow yourself to make mistakes. Do not berate yourself when they happen. Just learn.
• Let go of people who bring you down, even if you like them. They will not support you towards your targets. This is one of the toughest suggestions.
• Realise that feeling afraid is natural and human. Don’t reject your fears: understand them. This healthy exercise can really help with your mental health. Interrogating and evaluating your fears helps you to gain clarity and unmask issues in your life that were causing you anxiety. That, in turn, can help alleviate some, if not all, of your stress, worries and depression.

Use your mind-set to work on your resilience.
You are stronger than you believe.
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.

These days, and I mean when there is no lockdown, there are a multitude of different cuisines available to us, and a lot of high streets have restaurants supplying foods from around the world. Many of these we consider healthier than our own UK foods, although there may be some conjecture around that statement.

But let us look at a few worldly diets available to us:

**Mediterranean Diet**

When you think about Mediterranean food, your mind may go to pizza and pasta from Italy, or lamb kebabs from Greece, but these dishes don’t fit into the healthy dietary plans advertised as “Mediterranean.” A true Mediterranean diet is based on the region’s traditional fruits, vegetables, beans, nuts, seafood, olive oil, and dairy, with perhaps a glass or two of red wine. That’s how the inhabitants of Crete, Greece, and southern Italy ate circa 1960, when their rates of chronic disease were among the lowest in the world and their life expectancy among the highest, despite having only limited medical services.

And the real Mediterranean diet is about more than just eating fresh, wholesome food. Daily physical activity and sharing meals with others are vital elements. Together, they can have a profound effect on your mood and mental health and help you foster a deep appreciation for the pleasures of eating healthy and delicious foods.

Of course, making changes to your diet is rarely easy, especially if you’re trying to move away from the convenience of processed and takeout foods. But the Mediterranean diet can be an inexpensive as well as a satisfying and very healthy way to eat. Making the switch from pepperoni and pasta to fish and avocados may take some effort, but you could soon be on a path to a healthier and longer life.

The easiest way to make the change to a Mediterranean diet is to start with small steps. You can do this by:

- Sautéing food in olive oil instead of butter.
- Eating more fruits and vegetables by enjoying salad as a starter or side dish, snacking on fruit, and adding veggies to other dishes.
- Choosing whole grains instead of refined breads, rice, and pasta.
- Substituting fish for red meat at least twice per week

1. Following a Mediterranean diet limits your intake of refined breads, processed foods, and red meat, and encourages drinking red wine (in moderation) instead of spirits, all factors that can help prevent heart disease and stroke.
2. If you’re an older adult, the nutrients gained with a Mediterranean diet may reduce your risk of developing muscle weakness and other signs of frailty by about 70 percent.
3. Research suggests that the Mediterranean diet may improve cholesterol, blood sugar levels, and overall blood vessel health, which in turn may reduce your risk of Alzheimer’s disease or dementia.
Japanese Diet:
The traditional Japanese diet consists of minimally processed seasonal foods served in a variety of small dishes. This style of eating emphasises dishes’ natural flavours rather than masking them with sauces or seasonings.

The diet is rich in steamed rice, noodles, fish, tofu, natto (a traditional food made from soyabeans), seaweed, and fresh, cooked, or pickled fruits and vegetables but low in added sugars and fats. It may also contain some eggs, dairy, or meat, although these typically make up a small part of the diet.

The traditional Japanese diet resembles the “Okinawan diet”, the historical eating pattern of those living on the Japanese island of Okinawa, but includes significantly more rice and fish. It contrasts with modern Japanese cuisine, which has strong Western and Chinese influences and includes larger amounts of animal protein and processed foods.

Japanese meals generally consist of a staple food combined with a soup, a main dish, and a few sides.
- Staple food: steamed rice or soba, ramen, or udon noodles (a thick wheat-flour noodle).
- Soup: typically a miso soup made with seaweed, shellfish, or tofu and vegetables in a fermented soybean stock, though vegetable or noodle soups are other popular options.
- Main dish: fish, seafood, tofu, or natto with optional small amounts of meat, poultry, or eggs.
- Side dishes: vegetables (raw, steamed, boiled, sautéed, grilled, or pickled), wild plants, seaweed, and raw or pickled fruit.

Japanese meals are known for their rich “umami” flavour, which has been described as the fifth taste, distinct from sweet, salty, sour, and bitter. Naturally occurring umami enhances the flavour of vegetables and other nutrient-rich foods in Japanese cuisine.

Visual appeal is another important aspect of the traditional Japanese diet. Dishes tend to be eaten in small bites with chopsticks, as this method is believed to create a rich harmony of flavours.

The traditional Japanese diet is naturally rich in various nutrients, including fibre, calcium, potassium, magnesium, iron, and vitamins A, C, and E.

Vegetables contribute to the nutrient density of this diet and are often cooked in “dashi”, a dried fish and seaweed vegetable based stock. This reduces their volume and enhances their flavour, making it easier to eat large amounts.

The diet also offers good amounts of seaweed and green tea. Both are great sources of antioxidants, which are beneficial compounds that protect your body against cellular damage and disease.

What’s more, the many fish-based and seaweed-based dishes included in this diet provide long-chain omega-3 fats, which promote brain, eye, and heart health.
The Indian diet is noted for its inclusion of many spices, pulses and rice, not forgetting its variety of flavours and colours which are what make this cuisine so unique. Being generally low in fat, high in vegetables, fruit and lean meat, an Indian diet has many health benefits.

So, what makes an Indian diet so healthy? Let’s take a look at the typical components of an Indian diet:

- High in a wide variety of vegetables and fruit, such as spinach, aubergine and mango.
- High in a variety of spices and herbs, such as ginger, turmeric, and coriander.
- Low in saturated fat.
- Widely vegetarian.
- High in fibre.

There are specific components of an Indian diet which have a range of health benefits. Chickpeas, for example, which are often used in vegetarian curries, are a great source of fibre, zinc, folate and protein, which makes them a healthy factor in a vegetarian Indian diet. Spinach and tomatoes, which are widely used in Indian cuisine, are also known superfoods, containing high levels of antioxidants, vitamins and minerals.

Likewise, many Indian sauces and accompaniments are vegetable based, such as Sag aloo (spinach) and Gobhi Aloo (cauliflower with potatoes) making them a healthy choice as the majority do not use cream or cheese. The minty yoghurt dip “raita”, made from natural yoghurt, cucumber and mint, is a source of calcium and is a low fat alternative to sauces such as mayonnaise. Natural yoghurt is also often used to form curry sauces instead of cream or coconut milk. Garlic features greatly in Indian cooking, which is said to be good for the heart, as do chillies, which are good for the immune system and metabolism.

Indian dishes often use vegetable, sesame, and peanut oil rather than butter, which keeps them lower in saturated fat. As Indian dishes have such an impacting taste, often just a small portion can satisfy taste buds, helping you to consume fewer calories. An Indian diet’s variety and vibrancy keeps it interesting, which is a healthy component to any cuisine as variety can prevent boredom and overeating.

Like all cuisines from around the globe there will always be aspects that aren’t as healthy as we would like. So when enjoying Indian food be sure to stick to the healthier options such as tomato based curries, vegetable dishes, and choose fish or chicken over lamb. Where possible, avoid using ghee (clarified butter) and instead choose to cook with sunflower or vegetable oil.

Only enjoy creamy curries such as korma, pasanda, and masala which are full of fat, usually from cream of coconut milk, as a treat. Likewise, peshwari naan bread is also high in fat and sugar so this should only been enjoyed in moderation. On a daily basis, choose plain boiled rice instead of pilau which has added oil. Better still, choose brown basmati rice to increase fibre intake.

Finally, opting for tandoori dishes will save on consumption of fat and calories as they contain very little sauce and the food, often chicken and fish, is baked rather than fried.
We have looked at three foreign diets (Mediterranean, Japanese, and Indian), but why not do your own research on others, such as French, Mexican, Chinese, Thai, Korean, etc. Meanwhile, what can we be physically doing to improve our diets?

Breakfast is important, so why not prepare?
If you’re among the one in four people who skip breakfast at least once a week to ‘save time’, then think again: you’re twice as likely to go on to consume an extra 252 calories in extra snacks a day, according to a recent survey. One solution is to prepare your breakfast the evening before. You can mix oats with fruit and milk or yogurt, a few sultanas and almonds, cover and leave overnight in the fridge, and you’ve got breakfast ready to go. I love to have porridge (not the individual sachets than can be full of sugar, but the proper oats!!). I know some people say they can function without breakfast, but your body is craving energy to help you through your morning. It is honestly more healthy for you.

Convenience foods can be good for you too
Who knew? Some processed foods can be as good for you as fresh ones. That’s the conclusion of a review of research which found that many tinned fruit and veg contain the same amount of fibre and nutrients as their fresh equivalents, and some actually contain more. Beta-carotene, which the body converts to vitamin A, becomes more readily absorbed when heated. So tinned apricots, mangoes, carrots, and spinach are a better sources of this nutrient than fresh. Other healthy convenience buys include: bagged salad, frozen fruits and veg, tinned fish, beans and lentils, heat-to eat rice pouches, and straight to wok noodles.

Keep the peel on
Don’t waste time peeling carrots, potatoes or apples. There’s so much goodness and fibre there, and think of the time you’ll save. An apple skin contains about half of its total fibre and a third of its vitamin C, as well as high levels of quercetin, an antioxidant that helps lung function and eases breathing problems. Potatoes in their skin contain almost twice as much vitamin C, iron, and calcium as peeled potatoes.

Frozen can be great
Frozen fruit and veg can save hours of food prep time. Worried they’re not as healthy as fresh? Research suggests frozen fruits and vegetables may actually contain more vitamins than fresh, particularly if they are frozen soon after harvesting. In 2013, scientists at Leatherhead Food Research found the nutrients in frozen broccoli, berries, green beans, peas, spinach, sweetcorn, and cauliflower contained higher levels of vitamins and antioxidants than those that had been stored in the fridge for three days (and let’s be honest, we’ve all probably had our fruit and veg in the fridge for longer than that).

You choose the foods you eat. Just try and choose ones that can boost your health.
Why not try out some foreign diets, and cook a few recipes from these regions.
Food is fascinating, and we tend to stick to what we know.
Be experimental, and try some new flavours. You have nothing to lose.
In earlier packs we looked at the various vitamins. Here we add more information about these essential nutrients.

Vitamin C is water soluble which describes how the vitamins are absorbed and transported, whether or not they can be stored in the body, and how easily they are lost from the body. Water-soluble vitamins are easily dissolved and can be excreted in the urine. This does not mean that you can take these in unlimited quantities. There can be problems with excessive amounts, so upper limits have also been set for the water-soluble vitamins.

- Taking vitamin C supplements might help manage anaemia in people undergoing dialysis.
- Taking vitamin C for a few days before and after heart surgery helps prevent an irregular heartbeat.
- Before a person undergoes a colonoscopy, the person must make sure that their colon is empty. This emptying is called bowel preparation. Some bowel preparation involves drinking 4 litres of medicated fluid. If vitamin C is included in the medicated fluid, the person only needs to drink 2 litres. This makes people more likely to follow through with the emptying procedure. Also fewer side effects occur.
- There is some controversy about the effectiveness of vitamin C for treating the common cold. However, most research shows that taking 1-3 grams of vitamin C might shorten the course of the cold by 1 to 1.5 days. But be aware, taking vitamin C does not appear to prevent colds.
- Using vitamin C before heavy physical exercise, such as a marathon or army training, might prevent upper airway infections that can occur after heavy exercise.
- Taking vitamin C might reduce low-density lipoprotein (LDL or "bad") cholesterol in people with high cholesterol.
- Skin creams containing vitamin C seem to improve the appearance of wrinkled skin. A vitamin C patch also seems to help reduce wrinkles.

Vitamin C is found in a wide variety of fruit and vegetables. Good sources include:

- Citrus fruit, such as oranges and orange juice
- Green and red peppers
- Strawberries
- Blackcurrants
- Broccoli
- Brussels sprouts
- Potatoes
- Tomatoes

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet. Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.
Lazza is still trying out new recipes
Today - he makes his first ever Victoria Sponge

The pound cake became popular in Britain in the eighteenth century as cake moved away from its heavy, fruity incarnations toward something lighter and more golden, eventually becoming the iconic Victoria sandwich cake. The Victoria sponge, was named after Queen Victoria.

4 free range eggs
225g/8oz caster sugar, plus a little extra for dusting the finished cake
225g/8oz self-raising flour
2 tsp baking powder
225g/8oz butter at room temperature, plus a little extra to grease the tins
good-quality strawberry or raspberry jam
Whipped double cream (optional)

Preheat the oven to 180C/160C Fan/Gas 4.
Grease and line two 20cm/8in sandwich tins.
Mix the eggs, flour, sugar, butter, and baking powder in a bowl.
Divide the mixture between the tins, smoothing surfaces
Bake for around 15 minutes
Turn out onto cooling racks after five minutes
Spread jam and cream on top of them, then place on top of each other.
Sprinkle with caster sugar.

I mistakenly made one big one to cut in half. This meant longer in oven and hence slightly overcooked on top. But still tasted utterly divine.

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 cake 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 these unusual fruits and vegetables from their pictures. 
Answers at bottom of quiz page answers (page 25)
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.

Believe it or not, you can get effective exercise from a chair. Whether it is from your office, the comfort of your own home, or even in a class format, chair exercises are a great low-impact way to incorporate movement and flexibility into your exercise routines.

This is a session that is available to people of all ages and abilities. Some may feel it is too gentle for them, or that it is too easy. It could even be suggested that it should only be done by those with a physical disability that makes standing difficult, or by older people who may be at risk of falling. However, any exercise is better than none. Don’t listen to the hype. It’s good for teenagers as well as those in their 90s.

Most people can burn between 120 to 250 calories in a thirty minute session, depending on intensity. And if you include weights or resistance bands the calories burn is even more. In the end it boils down to exactly how hard you want to work, and the targets you want to achieve.

According to the NHS, most adults should get between 150 and 300 minutes of cardio activity each week of a moderate intensity. Both strength and flexibility exercises are also recommended. Chair exercises are a good way to do some of that. And they are a tool you can use to alleviate some cramps and aches. Busy parents struggling to find a balance can use chair exercises to get in a quick work out at home.

You can also try a “Chairobics” class, either online or face to face, when we are allowed back in groups. You might think “a class is too intense for me”, or “the instructor will move too fast for me”. But there are ways to make the exercises easier or more intense, and working with other people in a supportive environment, can be a great incentive.

January was a very tough month for me, personally. So, instead of marking my weight, which increased, I am going to details how I am going to change. I will list my loss/gain at the end of February. This week I am going to start “bitesize” home exercises, and I am going to demonstrate some in next week’s issue for our exercise pages.
EXERCISE/FITNESS:
Seated “Arms” Exercises

These are better if you use some weights in each hand (as in the pics) or you can use items from around your flat/house, such as tin cans, or even a football. The heavier the better.

Front Shoulder Raises
- Grab a pair of dumbbells for each hand, or a ball to hold in both.
- Sit comfortably in the chair with the hips as far back as possible. Ensure that your back is firm to the backrest of the chair.
- Keep the core (abs and lumbar) tight. Stick the chest out.
- With dumbbells, keep arms to the sides of the body, let them hang naturally with both palms facing toward the body.
- With a ball, place the ball at the edge of the lap, keep the hands on either side while gripping the ball.
- Keeping the arms straight and the palms in their facing positions, continue to move the arms up in front of the body.
- Stop the motion when the arms are parallel with the floor and the hands are in direct vision of the eyes.
- Proceed to slowly return to starting position.

Modified Press Ups
Stand to face the chair straight with the body. Place both hands on the sides of the chair’s seat. Keeping both arms slightly bent at the elbows, shift both feet backward a couple of feet until the body is in a diagonal position in front of the chair. Make sure that your buttocks are not high in the air, nor that your back is arched. The body should be in a straight line from shoulder to heel. If you are feeling resistance (tension) in your core, then you are in the correct position. The elbows should be close to the sides of the body. Slowly bend the elbows, moving the body closer to the chair. Once the chin has almost touched the chair (or as close to the chair as possible), push back to starting position.

Note: Place the chair against a wall for more support. If not placed against a wall, make sure that the chair will not slip while doing this exercise.

Be careful when gripping the chair as sweaty palms could slip off of the seat.

Bicep Curls
- Sit comfortably in the chair with the hips as far back as possible. Ensure that your back is firm to the backrest of the chair. Keep the core (abs and lumbar) tight. Stick the chest out.
- Keep both arms to the sides of the body, let them hang naturally with both palms facing forward, keeping the elbows tucked (at the sides of your body). Proceed to move both forearms in a curling motion from the sides of the body to the front of the shoulders.
- While keeping tension, slowly lower both forearms back to the starting position.
Extended Leg Raises

- Sit comfortably at the edge of the chair without feeling like falling over.
- Keep the back straight and the core (abs and lumbar) tight. Stick the chest out. Place both hands at the sides of the chair and grip the seat to keep stable.
- Place both feet far out in front of the body and point the toes to the ceiling. Both feet should be diagonal to your hips.
- Lift one leg up to the highest point possible (optimal range ending at the hips) without moving the centre of the body. The other leg will stay in starting position.
- Slowly lower the leg back to starting position then repeat with the opposite leg.
- Kicking both legs equals one “rep”.
- **Note:** This movement can be isolated with one leg at a time as well. Just make sure the opposite leg is firmly planted on the ground before beginning lifting the leg.

The Plank

The plank exercise is known for being one of the most popular core exercises for any age. The exercise increases tension on the core, causing the body to keep stable. Training with this movement will help in a variety of ways, one being the ability to keep good posture while seated. It is normally done on the floor, but that is awkward for some.

Stand to face the chair straight with the body.

Place both hands on the sides of the chair’s seat. Keeping both arms slightly bent at the elbows, shift both feet backward a couple of feet until the body is in a diagonal position in front of the chair. Make sure that the buttocks isn’t high in the air, nor that the back is arched.

Keep in this position for 30 seconds (or however long is comfortable without pain) then stand up or sit down to take a slight break. Repeat 2-3 times.

**Note:** Place the chair against a wall for more support. If not placed against a wall, make sure that the chair will not slip while doing this exercise.

Be careful when gripping the chair as sweaty palms could slip off of the seat.

Tummy Twists

- Sit comfortably in the chair toward the edge of the seat for extra room. Keep the core (abs and lumbar) tight. Stick the chest out. Grip the ball in front of you.
- Lift the ball a couple inches off the lap then rotate the upper body to the right, keeping the ball in front of the body.
- Rotate to the middle of the body then rotate to the left, finish by rotating back to the middle. Each “rep” is one full rotation.
EXERCISE/FITNESS:
Seated “Legs” Exercises

Modified Squats
It doesn’t matter what age we are, squatting is noted as one of the most beneficial exercises a person can perform. However, not everyone can perform a typical squat; sometimes assistance is needed.
Position the chair in front of the body, facing toward the back-end. Take a single step back from the chair.
Centre the body directly with the middle of the chair. Place both hands out in front of the body.
Position both feet at hip-width apart, directly under the body.
Point the toes forward or partially away from the centre of the body.
Keeping the knees behind the toes (don’t let them overlap the toes), bend both knees and loosen the hips, moving the buttocks toward the floor. Watch both knees so they don’t fall inward toward the centre of the body.
Once at a stop in the squat position, push the body back to a standing position.
Note: If the chair is moving or is unstable, place the front-end against a wall for stability. Also, if the chair’s back is high, you can place your hands directly on top for stability.

Seated Calf Raises
• Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.
• Keep the core (abs and lumbar) tight. Stick the chest out. Place both hands at the sides of the chair and grip the seat to keep stable.
• Keep both legs at a 90-degree angle with the chair. Both feet should be flat on the floor.
• Slowly, extend the heels of your feet upward, pushing the toes on the ground and lifting the heels in the air. Place both feet back to the starting position.
• Repeat this movement for 20 or more reps to create a “burning” feeling in the calves.

Knee Extensions
Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.
Keep the core (abs and lumbar) tight. Stick the chest out. Place both hands at the sides of the chair and grip the seat to keep stable.
Keep both legs at a 90-degree angle with the chair.
Extend one leg in front of the body up in the air until full extension is made. Keep the other leg in its original position for stability.
Slowly draw the one leg back to starting position.
Repeat for both legs to count as one set.

These are just a few suggestions, and are a gentle way to do exercise.
Mix these up with some more moderate intensity exercises too.
But you can do Chair exercises during adverts on the television.
And also if the weather is bad outdoors. Why not give them a go?
Why do we laugh?

Funnily, we don’t choose to laugh. Even if we’ve paid to watch live stand-up from a favourite comedian, we’re actually taking a gamble. If we laugh at a joke during the show, it’s involuntary, based on how our brain processes what we see and hear. It’s very difficult to pretend to laugh as, normally, it doesn’t sound genuine. Actors who do it on films have practiced for a long time.

There is no scientific consensus on what makes us laugh but it is thought the frontal lobe at the very front of the brain, which determines our emotional responses, plays a part, along with the limbic system.

The frontal lobe is split into two halves, the left and the right. The left is the practical side and works out if the sounds and images we’re experiencing are a joke or not. The right side is the creative half and determines if we actually find the joke or situation funny or not.

The frontal lobe cannot start our laughter off though. That’s up to the limbic system, located beneath the cerebral cortex. The limbic system handles basic emotions such as fear, anger, and pleasure, and once it gets the message from the frontal lobe that we need to laugh at something, it sends another message out which sets the physical process of laughter in motion.

A good giggle does have an extraordinary effect on the entire body. It causes 15 facial muscles to contract, changing our expressions. You will also use muscles in your arms, legs, and torso. The most noticeable effect comes from the stimulation of the zygomatic muscle, the one responsible for moving your upper lip into a grin. Be warned though, as the contraction of muscles in the abdomen when you’re shortling can have an unexpected effect on the bladder.

The relaxed feeling after a bout of laughter is comparable to the one felt after a good workout. Any tension in your muscles is lost and endorphins, the chemicals which give you those warm and fuzzy feelings, are released into your brain. So it is good for your mental health.

When we laugh, our immune system is strengthened. It increases our production of antibodies and cells which fight off disease. In a 1979 study at a Canadian university, findings supported a theory that people with a strong sense of humour were less prone to becoming anxious or depressed. Laughing can also reduce your blood pressure.

There is scientific evidence to suggest that laughter really is contagious. We are more likely to laugh if somebody else is already laughing. That’s why laughter tracks are placed in TV sitcoms, in order to make us chuckle along with the unseen audience.

“I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person.”

Audrey Hepburn
Despite what some people think, there is nothing wrong with a good cry. And this can be for various reasons.

I am in awe of actors who can cry on film, but when it comes to crying, not all tears are the same.

- Basal tears help protect your eyes and keep them lubricated.
- Reflex tears emerge to wash away smoke, dust, and anything else that might irritate your eyes.
- Emotional tears are commonly triggered by rage, joy, or sorrow.

There is a saying, “a cry for help,” and actually that is quite true. Whether your tears stem from fury or grief, they let other people know you’re having a tough time. If you feel unable to ask for help directly, your tears can convey this request without words. Keep in mind that this doesn’t mean you’re crying on purpose. They are a bodily response that most people can’t easily control. This idea is backed up by a study where participants looked at pictures of sad and neutral faces with and without tears. In both categories, they indicated that people with tears on their faces seemed to have a greater need for support than those without tears.

Kids when they fall over seem to cry, but that is more out of shock than pain. If you walk into an open cabinet door or stub your toe on a sharp corner, the sudden shock of intense pain might bring a few tears to your eyes. However, you are more likely to truly cry when you experience significant pain for a long period of time, especially if you can’t do much to get relief. For example: migraines, broken bones, teeth issues, etc.

Mental health can bring tears. When feelings get so extreme you don’t know how to manage or cope with them, crying can be one way to express them and get relief. It’s no secret that emotional pain can cause deep distress, so overwhelming feelings of sadness, guilt, or worry can certainly provoke tears. But any emotions that feel overwhelming or difficult to control can also cause tears, even if they don’t feel particularly painful. If you’ve ever been moved to tears, you’ll know even emotions typically considered positive, such as love, awe, joy, romantic longing, and gratitude, can make you cry. Experts believe these “happy tears” may help you process and regulate intense emotions.

Your tears have a similar structure to saliva. They’re mostly made of water, but also contain salt, fatty oils, and over 1500 different proteins.

Electrolytes in tears include:

- Sodium, which gives tears their characteristic salty taste
- Bicarbonate
- Chloride
- Potassium

Tears also contain lower levels of Magnesium and Calcium. Together, these things make up three distinct layers in your tears:

- The “mucous layer” keeps the tear attached to the eye.
- The “aqueous layer” hydrates your eye, keeps bacteria away, and protects your cornea.
- The “oily layer” prevents the other layers from evaporating and also keeps the tear’s surface smooth so that you can see through it.
HEALTH / ROUTINE
Why do we yawn?

Even thinking about yawning can cause you to do it. It’s something everybody does, including animals, and you shouldn’t try to stifle it because when you yawn, it’s because your body needs it. It’s one of the most contagious, uncontrollable actions a body does. I have, seriously, just yawned reading back that sentence. :-)

There are many theories as to why people yawn. One popular theory was that yawning helps your body bring in more oxygen, but this theory has been mostly debunked.

Scientists do not actually know why we yawn. However, the most scientifically backed theory about why we yawn is brain temperature regulation. A study published in 2014 in the journal “Physiology & Behaviour” looked at the yawning habits of 120 people and found that yawning occurred less during the winter. If the brain’s temperature gets too far outside of the norm, inhaling air can help cool it down.

It is conjecture, but they say you yawn:

- **when you are tired**, because your brain is slowing down, causing your temperature to drop.
- **when you are bored**, because your brain is not feeling stimulated and starts to slow down, causing a temperature drop
- **when you are seeing someone else yawn**, because when you are in the same environment as them, you are exposed to the same temperature

Another reason you may yawn is because the body wants to wake itself up. The motion helps stretch the lungs and their tissues, and it allows the body to flex its muscles and joints. It may also force blood toward your face and brain to increase alertness.

If you feel yourself yawning excessively, try deep breathing exercises through your nose. Your body may need more oxygen. A study from 2007 found that nasal breathing decreased contagious yawning completely in their research.

Breaking up a routine can also help stimulate your brain. Feelings of tiredness, boredom, and stress, tend to make people yawn more. Excessive yawning may also stem from taking in too much caffeine or going through an opiate detox.

Excessive yawning is yawning that occurs more than once per minute. Although excessive yawning is usually attributed to being sleepy or bored, it may be a symptom of an underlying medical problem, so if it does persist it is worth visiting your local medical practice.

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

We try and add entries every 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

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

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
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Mind-set:
Resilience is important for several reasons; it enables us to develop mechanisms for protection against experiences which could be overwhelming, it helps us to maintain balance in our lives during difficult or stressful periods, and can also protect us from the development of some mental health difficulties and issues. Build up some skills around resilience. The most important is creating that Growth Mind-set mentality, understanding that you can overcome any issue that may appear, and you are an amazing individual.

Nutrition.
When we cook we do tend to stay with what we know and like. But there are some terrific diets around the world, and it can be fun to experiment with them with home cooking, and not just when we eat out at restaurants. And many of these diets have health benefits due to their use of nutrient rich foods. Why not do your own research and have some fun creating meals yourself?

Exercise
We have covered Chair exercises in an earlier pack, but the fact they are accessible for anyone was a great excuse to revisit them again. You can do them indoors, especially if you have problems standing or lying down, but even if physically fit they are a terrific low-impact way to bring exercise into you daily routine. We even have a lady who does them during adverts when watching television. Why not give them a go?

Health.
We thought we would look at some of our body responses to outside events this week, concentrating on laughter, crying, and yawning. To us they are emotions that just happen, but they are all natural body reactions, and it is interesting to see how they occur. Laughter can help with our mental health, as well as with our social interactions. Research has found that in addition to being self-soothing, crying releases oxytocin and endorphins. These chemicals make people feel good and may also ease both physical and emotional pain. And yawning, although scientist do not know why we do it, is just a normal body reaction.

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 + fruit/veg from Page 15**

**See if you can beat your family and friends**

### Geography:
In which European country are these cities?

- a. Trondheim - Norway
- b. Modena - Italy
- c. Halmstad - Sweden
- d. Guimaraes - Portugal
- e. Rhodes - Greece
- f. Poznan - Poland
- g. Lausanne - Switzerland
- h. Aalborg - Denmark
- i. Augsburg - Germany
- j. Strasbourg - France
- k. Maastricht - Netherlands
- l. Alicante - Spain
- m. Innsbruck - Austria

### Film:
Can you name the actors who voiced the following animated characters?

1. Chief Bogo: Idris Elba
2. Buzz Lightyear: Tim Allen
3. Alex The Lion: Ben Stiller
4. Groot: Vin Diesel
5. Maui: Dwayne Johnson
6. Peter Griffin: Seth MacFarlane
7. Olaf: Josh Gad
8. Mike Wazowski: Billy Crystal
9. Dory: Ellen DeGeneres
10. Homer Simpson: Dan Castellaneta
11. Mrs Potts: Angela Lansbury
12. Scar: Jeremy Irons
13. Lightning McQueen: Owen Wilson
14. Princess Fiona: Cameron Diaz
15. Jessica Rabbit: Kathleen Turner
16. Ralph: John C Reilly

### Literature
Which author created the following characters and in which novel did they appear?

1. George Orwell, 1984
2. Irvine Walsh, Trainspotting
3. Charles Dickens, Nicholas Nickleby
4. Suzanne Collins: The Hunger Games
5. Peter Benchley, Jaws
6. Bram Stoker, Dracula
7. Ian McEwan, Atonement
8. Thomas Harris, Silence of The Lambs
9. Stephen King, Misery
10. Jane Austen, Pride and Prejudice
12. J M Barrie, Peter Pan
13. Jules Verne, 20000 Leagues under Sea

### Sport
The 13 countries with ten or more winter medals 2018:
Norway, Germany, Canada, USA, Netherlands, South Korea, “Olympic Athletes from Russia”, Switzerland, France, Sweden, Austria, Japan, Italy

### List of unusual fruits and vegetables - from Page 15
(it’s meant to be tricky - how well did you do?)

1. Durian
2. Jack Fruit
3. Passion Fruit
4. Dragon Fruit
5. Kumquat
6. Medlar
7. Gooseberry
8. Lychee
9. Guava
10. Spinach
11. Kale
12. Artichoke
13. Horseradish
14. Swiss Chard
15. Ugli Fruit

### The United States
The 15 largest US States

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.