



Healthy Minds, Healthy Bods

Mental Health Pack

Number 4



Prepared by: Lawrence, Luke and Dean: Monday 11th May 2020

www.hmhb2016.org.uk



“Soon, when all is well, you are going to look back on this period in your life and be proud you never gave up”

Welcome to the 4th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

If you missed our first three you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - **www.hmhb2016.org.uk**

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



Some of our 1st Ajani course

Islington Canal Pathway

17th July 2017

A glorious day

If you would like to contribute to these packs, or think we should feature something, please contact us - all our details are on the last page.



HMHB aims to motivate people, encourage, and demonstrate how maintaining a healthy lifestyle can help us all short-term during lockdown, as well as long-term in our lives. So we hope you can use this pack to do that.

Remember, you are special. You are incredible.

Believe it!!! Enjoy!!!

**Choose
wisely**

MIND-SET: Procrastination and Precrastination

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.

Last week we asked you to think about how it felt to lose out after a job interview. But then write down the positives from it. When negative things happen it is very easy, and normal, to think about our own failings. "What did I do wrong?" "I'm useless." "Why am I not good enough?". You might swear, get angry, and demand answers. And in this case, you may want to know just why you did not get the job. However, you may never know, as often employers won't give feedback. And, anyway, how would you know they are telling the truth? Is it really that important? Are you going to let it stop you? Writing down the positives from rough experiences can be a boost. In this case, you got the interview. That means your CV or application must have been good - no-one interviews someone if they are not thinking of employing them. You know you did well in the interview, and prepared. Use it as a stepping stone to keep applying. Don't focus on negatives, look at the positives. It's similar for other situations.



This week, we look at Procrastination and Precrastination - both can cause us anxiety and stress.

Procrastination is "the action of delaying or postponing something". So you may want to paint the bedroom but say "I'll do it on Monday", but when Monday comes you find an excuse not to do it and say you'll start on Wednesday instead, only to not do it then either. We all do it. It can be because we are scared to do the action, or think we will fail. People procrastinate a lot about losing weight. Tasks may be boring, or we just may not like doing them. At this time of lockdown, what a fantastic time to review all those jobs you have been putting off, and instead aim to do one or two a week. You will honestly feel amazing afterwards. Taking action can lead to better mental health.

Precrastination is "the action of doing a task too quickly when taking time would have been better." Sometimes it is a good idea to take your time over a task. By rushing a project you may overlook vital parts of it, create unrealistic deadlines, and even cause yourself more stress.

We will set a task around this on our targets page towards the end of this pack.

*Our Izzwalkz Clissold Park Thursday walkers
On our first Birthday, with the Islington Mayor
23rd November 2017
Outside Highbury Grange Medical Practice*



MIND-SET:

A personal story around being Proactive

HMHB Creator, Lazza, as some may know, has come through a couple of tricky depressions. The reasons behind them are unimportant, but he understands how difficult getting back to 'normality' can be. It is very often not the easy option, and take huge personal effort.

Back in April 2014, coming through recovery from his second depression, he took part in a Ready For Work programme organised by Business In The Community (BITC) - helping long-term unemployed get a temporary work placement after a two day course, and then a 'job coach' (someone employed at a high level in a business to help guide them for six months as they headed back to work).

Sadly, following the initial course, and before the placement, a situation happened that overwhelmed Lazza back to depression. It was gut-wrenching. And for four months Lazza fell back into despair. But he was determined to get better and have a life, and was aware it was up to him to physically do something.

So one Friday in August 2014 he called the lady at BITC, saying he knew the programme could help him, and could he go on the next course. Astonishingly, it started on the following Monday. They were wonderful in allowing him back.



Luke, Scott and Lazza: 14/12/17

If Lazza had not picked up the phone, he would not have gone on the course, he would not have enjoyed a four week placement at one of the top 5 London solicitors offices - which galvanised him, helped him focus, and pulled him back to life - and he would not have met his 'job coach' Scott who, over five and half years later, has been instrumental in guiding and advising Lazza and HMHB. He is one of our best supporters and friends, and we would probably not be in existence if we had not met. And that was all down to Lazza pushing himself to pick up the phone one Friday when he was still feeling low.

There are no guarantees in life. HMHB cannot promise that just because you push yourself, if you try as hard as you can, that everything is going to work out. But NOTHING can happen if you do not try, if you do not take a leap of faith, if you don't take action. At the moment, and as I type this, there is word that current lockdown guidelines may be changing shortly. This is a terrific time to push yourself and make life changes that can be long-lasting. By creating a healthier lifestyle and routine, you have a higher chance of preventing diseases and health problems in the future. No-one can do it for you. Sometimes, decisions can seem daunting, scary, and tough. But you are stronger than you think. What is going to be your "phone" moment? One small step now, can create a lifetime of opportunities.



Lazza wants to demonstrate more about action and accountability. You are more likely to reach targets if people know about them. He has struggled with weight issues for a while.

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

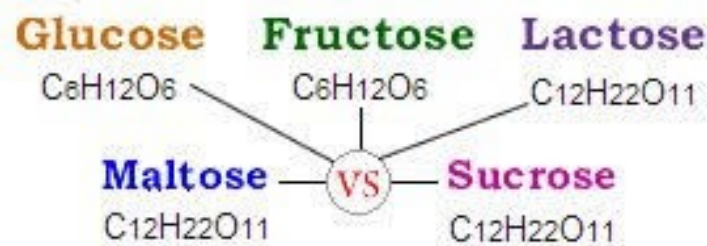
He aims to lose 1lb a week. Posting his journey each week in these packs. Please support him.

**Sunday May 10th, he was 97.2kg / 15st 4.07/b
Losing 1.3kg / 3.08 lb**

NUTRITION: Sugars

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.

Healthy Minds, Healthy Bods aims to offer information and guide on these nutrients and how they react with our bodies, organs and systems. During lockdown, we are focusing heavily on our Respiratory System, our Immune System, and how the Covid 19 virus can affect them.



You've probably heard the terms **fructose**, **glucose**, **lactose**, **maltose**, and **sucrose** before, and you may know that they're all types of sugar. But do you know how they differ from one another, or whether some are better for you than others? We cover four of the above in the next two pages. Sugar is very much linked to carbohydrates - which we focused on in our third MHP.

Carbohydrates are classified into two basic groups, complex and simple.

Complex carbohydrates are composed of multiple simple sugars, joined together by chemical bonds. The more chains and branches of simple sugars, the more complex a carbohydrate is and in turn, the longer it takes to be broken down by the body and the less impact it has on blood sugar levels. Examples of complex carbohydrates include wholegrains such as jumbo oats, brown rice, spelt, rye and barley.

Simple carbohydrates are either monosaccharides (one sugar molecule) or disaccharides (two sugar molecules). They are digested quickly and release sugars rapidly into the bloodstream. The two main monosaccharides are **glucose** and **fructose**. The two major disaccharides are **sucrose** (composed of glucose and fructose) and **lactose** (which is made up of galactose and glucose)

Glucose:

- Primary source of energy for your body
- “Blood Sugar” refers to glucose in the blood
- Carbohydrates turn to glucose through digestion
- Insulin lowers blood sugar levels because it signals the body cells to absorb the glucose and use it as fuel
- “the brain uses the most energy out of all the body's organs, and so requires half of the body's sugar” - Harvard University
- "Keeping your blood sugar stable throughout the day can help you avoid side effects of low blood sugar. Avoid skipping meals, and eat every four to five hours.” - a US best selling dietician



NUTRITION: Sugars



Lactose:

- Lactose is the sugar component of milk, which is why it is referred to as “milk sugar.”
- It is present in milk produced by cows, sheep, goats, and other mammals, including human breast milk.
- Whole milk has a GI value of 41 (we will cover Glycaemic Index in another pack). It is broken down slowly and helps to increase the absorption of minerals such as calcium, magnesium and zinc.
- Some people experience lactose intolerance; an inability to produce the lactase enzyme that breaks down milk. Lactose intolerance can lead to diarrhoea, bloating and other gastrointestinal symptoms



Fructose:

- Fructose or fruit sugar, is a simple sugar naturally occurring in fruit, some vegetables, honey, sugar cane and sugar beet.
- Fructose is very sweet, roughly one-and-a-half times sweeter than sucrose (white sugar).
- Fructose is absorbed directly into the bloodstream during digestion and has no impact on insulin production or blood glucose levels
- Because fructose does not increase blood glucose and does not require insulin, individuals with diabetes can often tolerate it better than other sugars

Sucrose

- Sucrose (common name: table sugar, also called saccharose) is a disaccharide (glucose + fructose) with the molecular formula $C_{12}H_{22}O_{11}$.
- It mainly comes from two plants - sugar cane and sugar beet
- If sucrose is allowed to remain on teeth, it provides bacteria an environment to grow. Bacteria feed on sugar and acid is formed as a waste. Eventually acid erodes tooth enamel resulting in tooth loss or decay.
- Sucrose triggers sweet cravings causing people to eat more, risking weight gain.



HMHB will set a task around sugar later in this pack. But we should know, glucose is “essential for life”, but like fats, we have to control the amount of sugar we have, and which ones predominately.

NUTRITION: Vitamin D

Vitamin D

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



- A. Receptors in our skin synthesise sunlight to make vitamin D
- B. It's tricky to get enough vitamin D through diet alone, but the richest sources are oily fish, eggs, yoghurt and cheese - which explains why vegans are often deficient in vitamin D
- C. It is an essential, fat soluble nutrient which is involved in the function of each body system, not least the immune system. It is one of the essential for life nutrients enabling good metabolism.
- D. It has the potential to protect nerve cells and support conditions such as MS, depression, and cognitive decline
- E. Vitamin D helps the body absorb calcium and is crucial to building healthy bones
- F. Many medical associations and organizations recommend eating most of your vitamin D, either from food rich in vitamin D, food supplemented with vitamin D or, in some cases, vitamin D supplements.
- G. Vitamin D is commonly known as Ergocalciferol (Vitamin D2) and Cholecalciferol (Vitamin D3). Vitamin D2 and D3 are broken down to their active form, Calcitriol, in the body. There was a Vitamin D1, but it was later found not to fit the definition of a vitamin and removed.

Advice from Public Health England is that adults and children over the age of one should consider taking a daily supplement containing 10mcg of vitamin D, particularly during autumn and winter.

People who have a higher risk of vitamin D deficiency are being advised to take a supplement all year round.

At-risk groups include people whose skin has little or no exposure to the sun, like those in care homes, or people who cover their skin when they are outside.

People with dark skin, from African, African-Caribbean and South Asian backgrounds, may not get enough vitamin D from sunlight in the summer. They should consider taking a supplement all year round as well.

Like all Vitamins, this nutrient is “essential for life”. You can get it from being outdoors in sunlight or through your diet. Why not research this Vitamin this week, and what foods you need to consume? It's your body, and your choice.

NUTRITION: Ros's Banana Muffins

One of our fantastic Izzwalkers, Ros, bakes the most amazing muffins. I begged her for a recipe. This is courtesy of her. I will be cooking next week.

This is a simple easy to make healthy snack.

You need:

250g/9oz Plain Flour: 1teasp baking powder: 1teasp bicarb of soda; Half teasp cinnamon
Quarter teasp nutmeg; 3 large ripe bananas; 70g/2 and half oz. dark brown sugar; 1 egg
50ml/5/2fl oz. veg oil; 30g/1oz raisins and/or crushed nuts

Method:

Assemble everything to start with. You'll need a large mixing bowl, something a bit smaller, a muffin tin and some muffin cases if you can get them. If not just grease the tin thoroughly.

Sift the flour, baking powder, bicarbonate of soda, cinnamon and nutmeg into the large bowl. In another bowl, mash the bananas thoroughly and add the egg, sugar and oil. Mix well.

Add the mixture to the flour etc. in the large bowl, stir in the raisins/nuts and mix until just blended. Fill the holes in the muffin tin, or the cases in the muffin tin, two thirds full. You should get 10. If your tin has holes for 12, partly fill the remaining two with water.



Preheat the oven to gas mark 5/375F/190c. If you want to give the muffins a nice touch you can drizzle a little runny honey over the top and decorate with either a pecan nut or walnut or, as in the photo, a Brazil nut. Put the muffins into the oven to bake for about 20 minutes. Cool on a rack of some kind until cool enough to eat. Muffins freeze well if you don't want to scoff the lot at once.



**Our Izzwalkers have enjoyed Ros's
muffins on several Thursday walks in
Clissold Park.**

They taste amazing!!!!

You are in for a treat.

EXERCISE/FITNESS - Take Action

“Exercise not only changes your body, it changes your mind, your attitude and your mood.

Just believe in yourself, and go for it.”

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

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

On the next page we look at Core exercise you can do at home, or in the park,

Many of our users are older, maybe have mobility issues, or struggle with health. But even if you are super fit, do take a look, have a go, and see what you can do.



Left; Ajani

10th Jul 2017

Right; Ajani

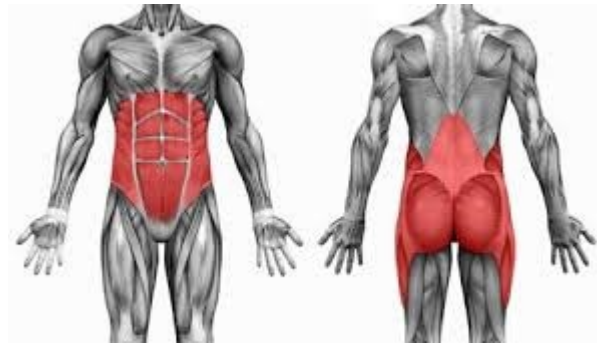
10th Nov 2017

**HMHB Mind-set
Course**



EXERCISE/FITNESS; Core Exercises

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



- A strong core is an invaluable asset. For starters, a strong and stable midsection can give you better balance and better posture, and it can even help reduce back pain.
- Your core is made up of many muscles, including your rectus abdominis (what you think of when you think "abs"), transverse abdominis (the deepest internal core muscle that wraps around your sides and spine), erector spinae (a set of muscles in your lower back), and the internal and external obliques (the muscles on the sides of your abdomen).
- Your core is not only where your organs and central nervous system do their busy-work, it's also where your body's largest (and most important) veins and arteries are based. Keeping strong core muscles will help ensure everything stays protected as you move through your day.

We are going to concentrate on Core exercises you can do on the floor. You can adapt them for standing up - just imagine you are against a wall instead of on the ground.



Plank - a terrific core exercise

Keep your back flat. Hold the position. To the right is an easier version. To the left is the usual position. Try and count to 20 or 30 before collapsing. Lol



The plank strengthens your spine, your rhomboids and trapezius, and your abdominal muscles, which naturally result in a strong posture as they grow in strength. Developing your posture can improve on a number of ailments, and prevent the onset of other ones. Good posture means you're keeping your bones aligned .

core®

EXERCISE/FITNESS; PT Dean (Zombie)

Our Personal Trainer, Dean, demonstrates 3 more Core exercises.



LEG RAISES: Lie on the floor, face up, legs extended. Begin to raise your legs, pressing your thighs together and keeping the legs straight. Lift until your hips are fully flexed and you can't go any higher with straight legs, then lower back down and repeat. When you lower your legs try and not touch the floor before you raise them again.



BICYCLE KICK CRUNCH: As you can see, lie down. Then while performing a pedal motion as if on a bike - by bringing alternate knees up and down, you bring the opposite elbow to the knee. So right knee up, left elbow to it. Then left knee up, and right elbow to it. Some people hold their arms behind their neck. This is a no-no. Never pull on your neck. If anything, keep hands beside your ears.



BIRD DOG: Begin on all fours; knees under hips and hands under shoulders. Raise your left leg and right arm and hold for a couple of seconds. Return to position before doing the same with right leg and left arm. Keep going. Avoid lifting legs too high, or curving your spine. Keep your shoulders relaxed and move slowly. Maintain your breathing, and your balance.

HEALTH / ROUTINE - Immune System

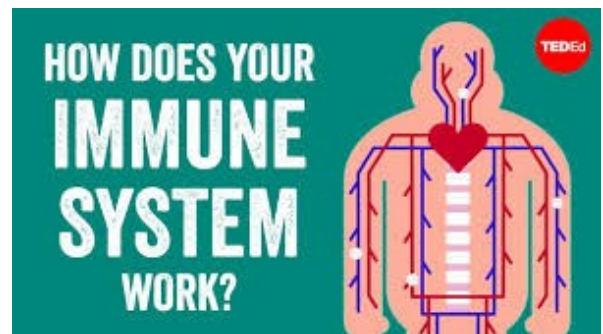
HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.

Please check it out.

www.healthymindshealthybods.blogspot.com

Main Parts of your immune system are:

- white blood cells
- antibodies.
- complement system.
- lymphatic system.
- spleen.
- bone marrow.
- thymus



1. The immune system is spread throughout the body and involves many types of cells, organs, proteins, and tissues. Crucially, it can distinguish our tissue from foreign tissue — self from non-self. Dead and faulty cells are also recognized and cleared away by the immune system.
2. If the immune system encounters a pathogen, for instance, a bacterium, virus, or parasite, it mounts a so-called immune response.
3. Everyone's immune system is different but, as a general rule, it becomes stronger during adulthood as, by this time, we have been exposed to more pathogens and developed more immunity.
4. That is why teens and adults tend to get sick less often than children.
5. Once an antibody has been produced, a copy remains in the body so that if the same antigen appears again, it can be dealt with more quickly.

It has been suggested by researchers that our own immune systems may be contributing to deaths. That is because the "longer duration of viral activity associated with the Covid 19 virus may lead to an overreaction of the immune system, called a cytokine storm, which kills healthy cells, causing tissue damage." This is still being researched at the moment.

Stress, poor diet, smoking, excess alcohol, poor sleep, lack of exercise, can all affect your bodies and immune system.

There's never a good time to be unwell, but there's always a good time to look after your immune health. Particularly in light of the difficulties we are currently facing together, it's more important now than ever to make sure you're keeping healthy. All more reason to maintain a healthy diet and weight, eat cleaner foods, exercise more, create a good routine around sleep, stop smoking, and maintain a healthy lifestyle. All those things are your responsibility and in your control.

It's your choice.

What is available to you

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

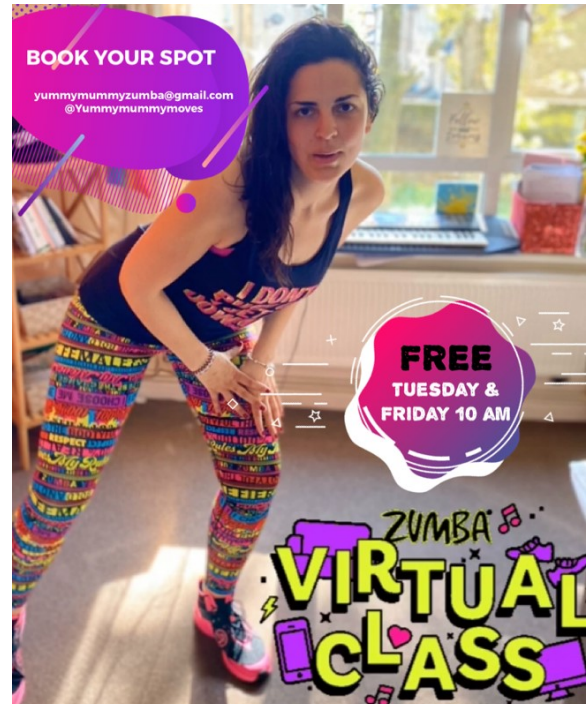
Karina is amazing.

Was part of our weekly Sobell Fitness sessions.

Contact her at the email on her flyer.

Give it a try!!!!

yummymummyzumba@gmail.com



ACTIVE WITHIN

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

www.activewithin.com



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

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

Good luck everyone. You are not alone. You will get through this.

Review of Challenges and Targets

Mind-set:

We looked at Procrastination earlier, and talked about taking action. So our challenge you to is to think of two or three things that you have been putting off - that could be jobs to do where you live, maybe contacting somebody, planning something etc. And of course, we want you to stop putting them off, and complete those tasks.

You have a whole week to get them done. Can you do this? I think you can surprise yourself.



Nutrition:

So far we have been concentrating on the essential nutrients you need to stay alive: week one, amino acids (protein), week two, fatty acids (fats), and week three, carbohydrates. This week, we looked further at sugars, including refined sugars, fruit sugars, milk sugars, etc. So what we want you to consider is your sugar intake this week. How much do you actually intake in your diet. You will be astonished when you realise just how much you consume. If relevant, think about how you can reduce the amount you take, especially added sugar (granulated, caster etc.)



Exercise:

Our task for you this week is to try and incorporate everything we have included in our first four packs. Stretching is very important. Try and include at least five minutes at the start of the day, and five before you sleep. It will help your muscles relax. During the day, have a go at the squat, crunch and press up exercises from our first pack. You can do them against a wall, or sitting down. In our third issue we look at sitting down exercises - you can even do them watching telly (while adverts are on for example). And this week we look at Core exercises. See what you can do in a day. Push yourself.

Health/Routine:

We looked at the immune system this week. Part of that is good sleep. We will look at sleep in a future pack, but what a good time to look at our routine. Is your sleep fantastic? If so, that's great. If not, what can you do to try and improve. Think about what you eat and drink after seven o'clock in the evening; What light you have in the room; The temperature; your use of tablets/phones. What can you be doing to improve your chances of better sleep?

Things to keep you busy in lockdown

Here are a few ideas you can try to stay busy - we know it can get a bit boring at home, so let's look at a few novel things you can do.

Set yourself a drawing challenge.

I have to say I am inspired to put this by one of my friends, Simon. He has become a terrific artist, and I love his pictures. He just decided to go for it one day.

Doing something creative, like drawing, can help get your brain into a state of 'flow'; this is when a task is so absorbing, it's almost like meditation. You don't need to be any good. Set yourself a challenge of making five ten-minute drawings every day. They can be of anything. After a few days, you'll notice your drawing skills improving too. Keep all your drawings to track your progress.

How about baking some bread?

Now, we have so far printed two recipes, and will continue to do so.

You might have noticed a trend for cooking, and especially baking, as we all have more time to spend in the kitchen. But bread-making is particularly good if you live alone. Kneading bread is a great workout in itself, and there's little more satisfying than eating your sandwich on home-baked loaf. Plus, it'll save another trip to the supermarket!

Are you able to offer help?

If you're in a position of being able to help others, take any opportunities you can. Studies have found that being kind to others can boost your own positive emotions, which is known as "helper's high". Plus, being able to help someone else is a terrific antidote to the helplessness we may be feeling ourselves. Whether that's offering to shop for a neighbour, or using your skillset to provide coaching or tutoring over video call, helping others can give you a purpose and structure to your day, while making you feel more positive in the process. It's a win-win.



Plan out your own goals for the future

Although the future feels so uncertain at the moment, thinking about your hopes, dreams and goals for the future can actually have a grounding effect. Write things down, or even create a vision board full of pictures of places you'd like to visit and things you want to achieve; make a list of your long-term goals. Thinking about our hopes and dreams helps us anchor ourselves no matter how unknown everything around us may be. We can't control everything, but we can still design and direct where we go in our own lives to some extent. Given how helpless we feel about the world right now, it's consoling to feel that we can take charge of our own lives in certain ways.

THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

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

You can text Lazza: **07964 430456**

HMHB would prefer you email us: **hmhb2016@outlook.com**

Please follow and like us on Facebook if you are on it:

www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: **@hmhb2016**

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

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: **www.hmhb2016.org.uk**

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

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

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



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well