



Healthy Minds, Healthy Bods

Mental Health Pack

Number 10



Prepared by: Lazza, Luke and Dean: Monday 22nd June 2020

www.hmhb2016.org.uk



**“Life is not about how you survive the storm.
It’s about how you dance in the rain.”**

Welcome to the 10th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed our first nine (where were you?) 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** - all of the packs are on there.

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



**HMHB
Visit
Arsenal
Emirates
Stadium**

**19/05/2017
and
10/11/2017**



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 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 all of this 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.
Our GoFundMe and contacts are on the last page**



Lazza's Quiz Spectacular

Answers are on page 19 (no peeking)

Are these too tough? They are made to make you think a bit.

Science (take your time)

Where in the body would you find the following bones?

Scapula: Tibia: Ulna: Temporal: Metacarpal:
Femur: Coccyx: Mandible: Humerus: Metatarsal:



Geography

These 15 countries have the highest populations in the world. But can you put them in correct order, from 1 to 15? Here in alphabetical order:

Bangladesh	Mexico
Brazil	Nigeria
China	Pakistan
Egypt	Philippines
Ethiopia	Russia
India	United States of America
Indonesia	Vietnam
Japan	

Sport:

These players were the top scorers in the last 7 Football/Soccer World Cups. But for which countries did they play?

- 2018 Russia: Harry Kane
- 2014 Brazil: James Rodriguez
- 2010 South Africa: Diego Forlan
- 2010 South Africa: Thomas Muller
- 2010 South Africa: Wesley Sneijder
- 2010 South Africa: David Villa
- 2006 Germany: Miroslav Klose
- 2002 South Korea & Japan: Ronaldo
- 1998 France: Davor Suker
- 1994 USA: Oleg Salenko
- 1994 USA: Hristo Stoichkov

Entertainment:

Name the bands/groups who sang these songs?

1. Stairway to Heaven
2. Come On Eileen
3. We Can Work It Out
4. Eye Of The Tiger
5. The Final Countdown
6. Don't You Want Me
7. Barbie Girl
8. Two Tribes
9. Love Is All Around
10. Rivers Of Babylon
11. The Winner Takes It All
12. Smells Like Teen Spirit
13. I Want You Back
14. Innuendo
15. West End Girls



Film:

As from March 2020, Pixar have released 22 animation films through Walt Disney.

How many of them can you name? This should get you thinking!!

Try and answer all before you look at the answers. Test yourself. Take your time.

MIND-SET:

Is Change a good thing?

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.

“If we don't change, we don't grow. If we don't grow, are we really living?”

Part of developing and maintaining a Growth Mind-set mentality centres on your ability to accept change.

I'm talking about long-term, sustained change, not short-run bursts that splutter out before real change happens. Whether the change involves diet, exercise, habits, dependencies, or anything else, changing behaviour is one of the hardest things any of us will ever try to do.



Why is that? Here are a few arguments, but can you think of other reasons too?

Negative emotions: While it's understandable to think that strongly felt negative emotions like regret, shame, fear, and guilt, should be able to catalyse lasting behaviour change, the opposite is true. Negative emotion may trigger us to think about everything we're not doing, or feel like we're doing wrong. Real change needs a constructive platform to launch from; you need positive, instructive reasons for taking on the challenge.

All Or Nothing Attitude: We talked about this recently. If you are to change your lifestyle, you need to continue to set small realistic goals, and not worry if things go wrong.

We forget we need tools: If you want to fix your car, you need the right tools. Why should changing something about ourselves be any different? Call them tools or devices or whatever you like; the point is that we need certain reliable go-tos to support sustained change. Changing our diet requires we find the knowledge about healthier ways to eat and a practical plan for making it happen. Maybe part of the plan includes keeping a crib sheet menu on your phone, or daily reminders built into your Outlook calendar.

We want to change too much: Try changing just one part of your routine at a time. Looking to take on multiple behaviour changes at once is a sure-fire way to send all of them into a ditch. The resources we rely on to make change happen are limited; attention, self-control and motivation, etc. Trying to change too much places unrealistic demands on those resources and dooms our efforts early on. Small successes can grow into huge wins.

We want instant success: Long term change involves taking small steps. People give up on losing weight because they cannot see results after two or three weeks. We might change our sleep routine and wonder why it feels the same a week later. Give it time. We live in a world where we have instant communication and everyone feels in a rush. Results, especially long-term, come from patience, focus, hard work, and understanding that it will take time.

**“The Three “C”s of Life: Choices, Chances, Changes.
You must make a choice to take a chance or your life will never change.”**

MIND-SET:

Embracing Change is vital for Mental Health

“You don’t have to be great to start, but you have to start to be great”

Have you ever watched the Olympics, or the football World Cup? Have you seen Wimbledon or a major Golf tournament. (Obviously, there may be people who are not sports fans reading this, but try and go with it anyway!!!). All these competitors are at the top of their game, but they still train, they still have managers and coaches and nutritionists.

Have you watched a film and commented on the quality of the actors? Then they come on talk shows and say how they have learnt from different directors and still have to audition.

All these people are constantly trying to improve themselves. Looking at how they can make small changes in their lives to make them better. To make them stronger, faster, and more believable.

So shouldn’t we also be continually looking at how we can improve our own lives? How we can be healthier, happier, fitter, and stronger, with confidence and high self-esteem?

This is why HMHB focuses on five areas: Mind-set, Exercise, Nutrition, Health, Routine. Your physical, mental, and emotional health are intrinsically linked. You must be constantly looking to improve them all.

- Eating a diet that is well-rounded and nutrient-rich can help to improve mood, increase energy levels and help you think clearer. There are several elements at play here, from the amount of carbohydrate you eat to the way deficiencies in vitamins and minerals affect mental health. You need to be looking at how you **change** your eating habits to include all of the essential nutrients.
- Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. Be Proactive. Get active. Make that **change**.
- A good routine relieves stress and anxiety, can keep you grounded, and organised. It’s always good to look at how you can **change** your routine to make it better.
- Interventions to teach a growth mind-set have improved academic performance, increased social behaviour, and helped students manage anxiety, depressive symptoms and their self-esteem.

CHANGE



Lazza’s weight-loss journey

Sunday May 3rd, he was 98.5 kg / 15 st 7.15 lb.

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12 st.

Sunday June 21st, he was 92.7 kg / 14 st 9.26 lb

Losing in week 7; 0.2 kg / 0.45 lb

7 weeks: Overall loss: 5.8 kg / 12.79 lb

It’s great knowing I have support.

NUTRITION: Fizzy Drinks

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.



Most of us enjoy a fizzy drink now and then. Some, though, have them daily and this can have an adverse effect on their health. Data from Cancer Research UK says that British teenagers are drinking almost a bathtub full of sugary drinks every year

The news that fizzy drinks are bad for us doesn't come as a shock. However, as with most of our other guilty pleasures (cakes, chocolate and McDonalds) it doesn't stop us still reaching for them. A recent study revealed drinking just one sugar-laden fizzy drink a day could decrease fertility in both sexes, so the health risks associated with drinking fizzy drinks are once again in the spotlight.

“Doctors are in no doubt that the biggest danger from many of the popular fizzy drinks doesn't come from the hidden additives, flavourings or colourings but from sugar,” said a medical report. “Sugar has been dominating the headlines, with experts claiming it to be highly toxic to the body. Research suggests that sugar could be one of the leading causes of illness and death in the UK, with claims that it should be regulated in the same way as alcohol and tobacco.”

Fizzy Drinks get their sweet taste either from sugar or from High Fructose Corn Syrup (HFCS). Fructose is a natural sugar, a simple sweetener, naturally occurring in many fruits and vegetables, and please keep eating these. The term “high fructose corn syrup” (also known as corn sugar) suggests that HFCS is a fructose sweetener but this is only partly true. In fact, corn sugar contains nearly equal amounts of the simple sugars glucose and fructose. HFCS 55, which contains approximately 55 percent fructose and 42 percent glucose, is sweeter than sucrose and is used mostly in soft drinks. Do not confuse HFCS with good Fructose.

HMHB did some healthy cooking with

Bags OfTaste

17th May 2017

www.bagsoftaste.org



NUTRITION: Fizzy Drinks

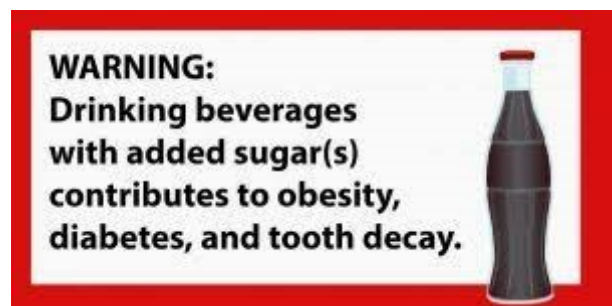
Why are they so bad?

The fizz that bubbles up when you crack open a can of pop is carbon dioxide gas (CO₂). Soft drink manufacturers add this tingling froth by forcing carbon dioxide and water into your pop at high pressures; up to 1,200 pounds per square inch.

The first time we began adding carbonation to drinks was back in the 1700s. That's when the first drinkable glass of carbonated water was made by Englishman Dr. Joseph Priestley. It was developed more over the years until it became popularized in 1832, which is when American John Matthews invented a way to mass manufacture carbonated water. That's why carbonation was able to make its way into people's homes around the world.

Why Carbonation Tastes So Good

Today, we enjoy carbonation in pop, beer, champagne, and water, which is commonly sold as sparkling water. These fizzy drinks have an acidic bite and produce a pleasant tingling, cooling sensation with every sip. The bubbles also carry the aroma of the beverage to engage your sense of smell as well as taste. This added flavour helps enhance many of our favourite beverages



- People who drink sugar-sweetened beverages consistently gain more weight than people who don't.
- In one study in children, each daily serving of sugar-sweetened beverages was linked to a 60% increased risk of obesity.
- The HCFS from the previous page, used in fizzy drinks, is the deadliest sugar you can eat, say scientists. This corn syrup increases bad cholesterol and the risk of developing diabetes which can lead to a heart attack or stroke. Fructose is found in fruit, where its effects are naturally counteracted. But when it is created as Corn Syrup to sweeten products it is worse for you than glucose, experts warn.
- Glucose can be metabolized by every cell in your body, whereas fructose can only be metabolized by one organ, your Liver. Sugary drinks are the easiest and most common way to consume excessive amounts of fructose. (*This is not an adverse effect when you ingest fructose from fresh fruit and veg*)
- HCFS is linked to a significant increase in the dangerous fat around your belly and organs. This is known as visceral fat or belly fat. Excessive belly fat is tied to an increased risk of type 2 diabetes and heart disease. In one 10-week study, 32 healthy people consumed beverages sweetened with either HCFS or glucose. Those who consumed glucose had an increase in skin fat, which is not linked to metabolic disease, while those who consumed corn syrup saw their belly fat significantly increase.

“Drinking high amounts of sugar-sweetened beverages can have various adverse impacts on your health. These range from increased chances of tooth decay to a higher risk of heart disease and metabolic disorders like type 2 diabetes”; NHS England

NUTRITION: Fizzy Drinks

So how much sugar is in these drinks?

Fizzy drinks grams of sugar per 100ml	
Old Jamaica Ginger Beer Extra Fiery	15.7
Rockstar Punched Guava (Energy)	15.6
Old Jamaica Ginger Beer	15.2
Mountain Dew	13.0
Coke Cherry	11.2
Pepsi Cola	11.0
Red Bull (Energy)	11.0
Monster Origin Energy Drink	11.0
7 Up	11.0
Coca Cola	10.6
Fentiman's Cherrytree Cola	10.5
Irn Bru	10.3
Cherry 7-Up	10.0
San Pellegrino lemon	8.9
Vimto Regular	9.1
Lucozade Energy Original	8.7

This means that for a normal can of 330ml you need to multiply each of those amounts by 3.3.

Incredibly, that means an astonishing 52g of sugar in a can of Ginger Beer: 36g of sugar in Pepsi and Red Bull, and a huge 35g in Coca Cola.

Overall, the British Soft Drinks Association says the sector has reduced sugar levels by 13.6% since 2012. It calls the targeting of its members "absurd" at a time when "sugar and calorie intake from all other major take home food categories is increasing". It's also keen to point out that 57% of the soft drinks market is taken up by low and no-calorie drinks

The Scientific Advisory Committee on Nutrition (SACN) advises on nutrition and related health matters. It advises Public Health England and other UK government organisations. SACN have said that adults (and children over 11) should be consuming no more than 30 grams (7 cubes) of sugar each day.

Too much refined sugar in the diet is linked to many adverse health conditions:

These include:

Obesity: Type 2 Diabetes: Heart Disease: Some Cancers: Gum Disease: Tooth Decay: Shorter Lifespan (soft drinks contribute to disease, but they also shorten telomeres, which are the areas on our genes responsible for aging).

Look: If you fancy a fizzy drink have one. But realise that a sustained use of these drinks will certainly have an adverse effect on your overall health. Be sensible. Think about your body and what it needs to keep you alive. It's your choice!!!

NUTRITION: Vitamin B3

Vitamins

“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”



1. Niacin is a form of Vitamin B3.
2. Niacin is found in foods such as yeast, meat, fish, milk, eggs, green vegetables, and cereal grains.
3. Niacin is also produced in the body from tryptophan, which is found in protein-containing food.
4. Niacin has the formula $C_6H_5NO_2$ and belongs to the group of the pyridine carboxylic acid.
5. It is a water soluble vitamin, meaning it is carried to the body's tissues, but cannot be stored in the body, and therefore you need to ensure you get it in your daily diet.
6. Niacin naturally found in food is susceptible to destruction from high heat cooking, especially in the presence of acidic foods and sauces.
7. Niacin is referred to as vitamin B₃ because it was the third of the B Vitamins to be discovered and was first described by chemist Hugo Weidel in 1873 in his studies.
8. Niacin is converted to Niacinamide when it is taken in amounts greater than what is needed by the body. Niacin and Niacinamide are easily dissolved in water and are well-absorbed when taken by mouth



- Niacin and Niacinamide are required for the proper function of fats and sugars in the body and to maintain healthy cells.
- Niacin might help people with heart disease because of its beneficial effects on clotting.
- Niacin is commonly taken by mouth for high cholesterol, and to increase levels of a type of good cholesterol, known as HDL.
- It is also taken by mouth for metabolic syndrome and diarrhoea caused by cholera infection.
- People with poor diet, alcoholism, and some types of slow-growing tumours, called carcinoid tumours, might be at risk for Niacin deficiency.

Like all Vitamins, this nutrient is “essential for life”. Your body cannot create it so you have to get it through your diet. Why not research this Vitamin this week, and what foods you need to consume? It’s your body, and your choice.

NUTRITION: Lazza is back

Coconut Bakewell Tart

**Lazza is back in the kitchen trying new recipes
Today, he is having a go at the Bakewell Tart**

A Bakewell Tart is an English confection consisting of a shortcrust pastry shell beneath layers of jam, frangipane, and a topping of flaked almonds. It is a variant of the Bakewell Pudding, closely associated with the town of Bakewell in Derbyshire.

Although the terms Bakewell Tart and Bakewell Pudding have been used interchangeably, each name refers to a specific dessert recipe.



1 Pastry Case
50g butter (softened)
100g Ground Almonds
125g Caster Sugar (I admit I used granulated)
3 eggs (even though there are two in the photo)
Half teaspoon almond essence
40g Desiccated Coconut
3 tablespoon Raspberry Jam
Flaked Almonds for topping

- Preheat Oven to 180C/Gas 4
- Filling is easy. Just whisk together the butter, ground almonds, sugar, eggs, almond essence and around 25g of the desiccated coconut. It makes a lovely paste.
- Blend the remaining coconut into the jam.
- Spread that all over the base of the pastry case.
- Pour over the filling carefully.
- Sprinkle the flaked almonds over the top.
- Bake for 30 minutes until golden.
- Serve warm or cold. I can tell you it smells scrummy - and I am just about to head to the oven to remove the tart!!



**It's not perfect, but
it is delicious**

**I dread to think how many
calories are in each slice, but
we all deserve treats.**

Next Week, I am attempting

Soup

EXERCISE/FITNESS - Why Bother?

*“Each day is another chance to change your life.
You don’t have to go fast; you just have to go”*

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 become slightly breathless or break out into a sweat. It can significantly improve your health; both short-term and long-term.

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.

1. You feel awesome after you exercise. Immediately. Intensely. Unequivocally. Study after study confirms the direct relationship between exercise and an increase in feel-good hormones.
2. The first thing you might think of when it comes to exercise and depression is what is commonly known as “runner’s high.” This describes the release of endorphins that your brain experiences when you physically exert yourself. Endorphins are a type of neurotransmitter, or chemical messenger. They help relieve pain and stress.
3. Endorphins are only one of many neurotransmitters released when you exercise. Physical activity also stimulates the release of dopamine, norepinephrine, and serotonin. These brain chemicals play an important part in regulating your mood.
4. Regular exercise can positively impact serotonin levels in your brain. Raising your levels of serotonin boosts your mood and overall sense of well-being. It can also help improve your appetite and sleep cycles, which are often negatively affected by depression.
5. Keeping a good routine around exercise also helps balance your body’s level of stress hormones, such as adrenaline. Adrenaline plays a crucial role in your fight-or-flight response, but too much of it can damage your health



**HMHB Provides
Opportunities
For Group
Fitness for
All ages and
Abilities.**



EXERCISE/FITNESS;

How does Exercise affect your body?

The most obvious benefit is that exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure.

But it affects your whole body: Let's have a look at the evidence.

Muscles:

Exercise builds and strengthens muscles, which can protect the bones from injury, and support and protect joints affected by arthritis. Strong muscles also give stability and improve balance and coordination. Exercise also improves blood supply to the muscles and increases their capacity to use oxygen. Exercise will tear the fibres in the muscles, which is where we get Delayed Onset Muscle Soreness (DOMS). This can be good and bad. But for our exercise levels you can expect some soreness. The amino acids (we covered this when we talked about protein) then go in and help repair the muscle.



Lungs:

When you are physically active, your heart and lungs work harder to supply the additional oxygen your muscles demand. Just like regular exercise makes your muscles stronger, it also makes your lungs and heart stronger. As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. That's one of the reasons that you are less likely to become short of breath during exercise over time.

Brain:



Exercise increases your heart rate, which pumps more oxygen to the brain. It aids the release of hormones which provide an excellent environment for the growth of brain cells. Exercise also promotes brain plasticity by stimulating growth of new connections between cells in many important cortical areas of the brain. Your brain naturally shrinks with age. Exercise can assist with brain growth

Immune System:

According to recent published studies around the Covid pandemic: "Keeping up regular, daily exercise at a time when much of the world is going into isolation will play an important role in helping to maintain a healthy immune system." And: "in the short term, exercise can help the immune system find and deal with pathogens, and in the long term, regular exercise slows down changes that happen to the immune system with ageing, therefore reducing the risk of infections."

EXERCISE/FITNESS; So What Can I Do From Home?

To be clear, the living room is not a good fitness motivator. It's where you watch TV and play with your kids, it's where you kick back and take a load off on the couch. So when you move the workout into your home, the cards are stacked against you.

Sit-Ups. Basic, but effective. Aim for 20 to start, and work your way up to 50 once you're a professional to get the maximum effect. Do not tuck your feet under a chair or table for assistance. Don't put hands behind your neck/head.

Crunches. These bite-size versions of sit-ups isolate smaller, deeper abdominal muscles in their motion. Three sets of 20.

Bicycles. Lie on your back, feet in the air, knees bent. Place your hands beside your head. Begin pumping your legs in the classic bicycle motion, vigorously, for one minute.



Planks. Hands down the best overall bodyweight toning move you can do. Rest on your elbows and toes, keeping your back and legs straight. Hold for one minute.

Squats. See Pack 9: Back straight, feet slightly turned out. Push bum out and bend your knees. Do two sets of 10.

Lunges. This is the best quad toner in town. Start standing with your feet parallel. Take a big step forward with your right leg, landing with your knee bent and over your toes. Allow your back knee to drop down toward the floor while swinging your left arm forward for balance. Push off your right front foot to return to standing. Do two sets of 10 on each side.

Calf Raises. Face a wall and place your palms against it for balance and support. Rise up onto your toes and back down. Repeat 20 times.

Burpees. Get from a perfect plank to a squat, to a jump with the hands in the air, down to squat, back to plank and repeat as fast as possible. Start with 10 and work up from there.

"Every time I hear the dirty word 'Exercise', I wash my mouth out with chocolate!"

Sitting for long periods affects the body's ability to regulate blood sugar, blood pressure and breakdown body fat. Many adults in the UK spend more than seven hours a day sitting, and this typically increases with age to 10 hours or more.

We all need to limit the amount of time we spend sitting watching TV, using a computer, reading, doing homework, travelling by car, bus or train.

12.5 million people in the UK are at higher risk of lifestyle related disease, and exercise is really the key to thriving in later life and having a good quality of life.

HEALTH / ROUTINE - Emotional Health

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

**“Positive emotional energy
Is the key to health.
The more positive your are
The better your life will be.”**



Mental health refers to our emotional and psychological state, our social well-being and how we feel about ourselves and interact with others. Mental health is not the same as mental illness, although poor mental health can lead to mental and physical illnesses

Mental Health

The status of your mental health can affect many different areas of your life, from your ability to manage stress to how well you maintain your relationships with others. There are a wide range of symptoms associated with mental health problems, including severe changes in mood, feeling a lack of energy, overeating or under-eating, insomnia, excessive sleeping, and increased use of drugs and alcohol.

Emotional Health

Emotional health is having both an awareness of your emotions and the ability to manage and express those feelings in an age-appropriate manner.

Part of mental health is how well your mind processes and understands information and experiences. In contrast, emotional health involves your ability to manage and express the emotions that arise from what you have learned and experienced. An important distinction between mental and emotional health is that you can experience mental health issues while maintaining good emotional health, and vice versa. For example, while struggling with a mental health problem like having little energy for daily tasks, you can still exhibit emotional health by finding effective ways to manage that lack of energy



HEALTH / ROUTINE - Boost your well-being

Your mental wellbeing is about how you're feeling right now, and how well you can cope with daily life. Our wellbeing can change from moment to moment, day to day, or month to month. Sometimes it changes because of things that happen to us and sometimes it changes for no reason at all. It can affect the way we feel about ourselves and others, and about the things we face in our lives.



Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes. But if you have poor wellbeing for a long time you might start to find it more difficult to cope.

- ♦ You need to have people you can talk to; people who will listen to you when you need to get things off your chest, so that you know you're not alone in whatever you are going through.
- ♦ If you have a problem, learn whatever you can about the issue or the health condition you're facing. The more you know, the less you will fear what might happen.
- ♦ As we have already covered in this pack, any form of exercise will do. Regular exercise works as a good partner for people who are on medication. Exercise also works well for people who have mild or moderate depression and don't need to be on medication. Think of it as a great tool for stress management.
- ♦ You should do something that brings you some real joy, a passion that's all yours and that no one can take from you. Having a hobby and taking pride in it is a great way to boost self-esteem.
- ♦ Maintaining a healthy weight is important for your physical and your emotional health.
- ♦ Meditation is a focused form of guided thought. Yoga and Tai Chi, while movement-oriented, are also proven stress busters. Other stress-reducing techniques include deep breathing and progressive muscle relaxation. If you're unsure of how to get started, why not find an online course, or maybe research some videos on Youtube.
- ♦ We have promoted this before, but make a schedule and set goals for yourself for the week. You'll be more on top of your days, and when you're more on top of your days, you're more on top of your life. As you cross off the tasks on your to-do list, you will feel a sense of accomplishment which will help reduce stress



Did you know
Stressed spelt backwards is Desserts?

If your emotional problems are serious and you can't seem to shake them yourself, or if you're having issues with anxiety or depression, it's very important that you seek medical help from your Doctor.

It's ok to get help

What is available to you

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

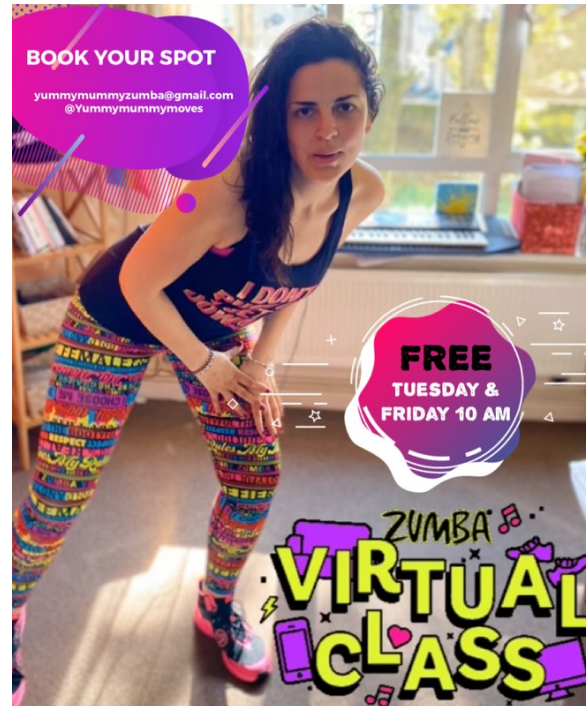
Karina is part of our weekly Sobell Fitness sessions.

Contact her at the email
on her flyer.
Give it a try!!!!

**We have just started
Zumba on Highbury
Fields every Sunday at
9:30am.**



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



HMHB is delighted to be 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”

We are proud to be part of their network. Let's walk!!!!

www.walkwithadoc.org

Review of Challenges and Targets

Mind-set:

This week we looked at change. How it is important to keep looking to improve our lives, our health, and our activity levels. It isn't just our bodies that we need to look after, although that is vitally important. We have to ensure we get the right nutrients in our diets that are essential for life too. However, we must not neglect to look after our mental health.

It's always good to keep setting new targets, and looking at how we can make improvements. It's your body, and your life!! Can you make changes?



Nutrition.

When we talk about nutrition we nearly always think of food. It is very easy to forget that liquids form an important part of our diets. You will die quickly if you don't get enough water every day. A lot quicker than you would from starvation.

But the types of liquids are also important. The content of fizzy drinks can contain a huge amount of sugar, and that will have a damaging effect on your body and your health. Why not think about how much you are drinking in a week, and research healthier options.



Exercise;

I have heard people saying on twitter and social media - if there was ever a good time to be active, it's now. Which is true of course. But actually, exercise is the best medicine around and you should be looking to be active every day in some way. Exercise is not just about running further, building muscles, or losing weight. Exercise looks after your whole body from inside out. So why not look to see where you can add a little bit here and there. Your body is relying on you to look after it.



Health.



Being emotionally healthy does not mean you are happy all the time. It means you are aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Think about your emotional health. What can you do to improve it?

**Start thinking about setting weekly goals yourself on these topics.
A small change every week will grow into significant change over time.**

Time for our last Letter game. New games next week

See how long this can take - all week we hope!!

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

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Good Luck. See how many you can find during this week.

Keep coming back to it.

Try not to look the answers up.

If you get the urge to check, think about why you feel the need to do that!!

Quiz Answers from Page 3

See if you can beat your family and friends

Science.

Scapula: Shoulder	Femur: Thigh
Tibia: Shin	Coccyx: Base of spine
Ulna: between Wrist/Elbow	Mandible: Jaw
Temporal: Skull	Humerus: Upper Arm
Metacarpal: Hand	Metatarsal: Foot

Geography

Populations (as 2020 from
worldpopulationreview.com)

A.	China	1,439,323,776
B.	India	1,380,004,385
C.	USA	331,002,651
D.	Indonesia	273,523,615
E.	Pakistan	220,892,340
F.	Brazil	212,559,417
G.	Nigeria	206,139,589
H.	Bangladesh	164,689,383
I.	Russia	145,934,462
J.	Mexico	128,932,753
K.	Japan	126,476,461
L.	Ethiopia	114,963,588
M.	Philippines	109,581,078
N.	Egypt	102,334,404
O.	Vietnam	97,338,579

Sport:

- a. 2018 HK: England
- b. 2014 JR: Colombia
- c. 2010 DF: Uruguay
- d. 2010 TM: Germany
- e. 2010 WS: Netherlands
- f. 2010 DV: Spain
- g. 2006 MK: Germany
- h. 2002 R: Brazil
- i. 1998 DS: Croatia
- j. 1994 OS: Russia
- k. 1994 HS: Bulgaria

Entertainment:

- 1. Led Zeppelin
- 2. Dexys Midnight Runners
- 3. The Beatles
- 4. Survivor
- 5. Europe
- 6. The Human League
- 7. Aqua
- 8. Frankie Goes to Hollywood
- 9. Wet Wet Wet
- 10. Boney M
- 11. Abba
- 12. Nirvana
- 13. The Jackson 5
- 14. Queen
- 15. Pet Shop Boys

How did you do?

Film:

Toy Story	A Bug's Life
Toy Story 2	Monsters Inc.
Finding Nemo	The Incredibles
Cars	Ratatouille
WALL-E	Up
Toy Story 3	Cars 2
Brave	Monsters University
Inside Out	The Good Dinosaur
Finding Dory	Cars 3
Coco	Incredibles 2
Toy Story 4	Onward

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** 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 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