



Healthy Minds, Healthy Bods

Mental Health Pack

Number 2



Prepared by: Lawrence, Luke and Dean: Monday 26th April 2020

www.hmhb2016.org.uk

“Life isn’t about finding yourself. Life is about creating yourself”

George Bernard Shaw

Welcome to the second of Healthy Minds, Healthy Bods’ weekly Mental Health Packs.

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

We are delighted to hear that Haringey Well-Being Network called it a “great resource” and put it on their website. Help On Your Doorstep have also presented it on their website. The feedback has been positive, and we have to thank everyone who read it, and used it. It was our first go at producing this kind of intervention, and we all enjoyed it immensely. So thanks from us (Lazza, Luke and Dean).

In this issue, we again focus on our four main areas: Mind-set, Nutrition, Exercise/ Fitness and Health/Routine. We welcome comments and contact, and we would love to be able to include messages from yourselves to support and encourage others, as well as providing recipes, exercise routines, and general news.

We are providing these packs 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. Enjoy!!!



HMHB’s Free Fitness Class

Highbury Leisure Centre

18 February 2020

**Keep Moving
Forward**

MIND-SET—Page 1

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, not allow issues and situations to overwhelm, and be proactive in finding solutions to life problems.

In Issue One I set a small task for you to complete. It does not matter if you missed the Pack, or if you did not do it. I have listed the assignment below. If you have already done this, just skip the next two paragraphs.

What I want you to do is imagine that for the next two weeks, fourteen days, at midnight on each day, someone is going to put £86,400 into your bank account. Wow. But there is a catch. You have to spend that money in the following 24 hours. After that it disappears, and everything you bought disappears too. You cannot transfer it to anyone, as it will disappear from them too. But at the stroke of midnight, even though any remaining money has gone, another £86,400 appears in your account.

What I want you to do, for this exercise, is write down everything you would do with that money, every day, for the fourteen days. This will take time. That's fine. I'm going to explain this exercise in the next mental health pack. You have seven days to do this. Come back to it. You do not have to do it all in one sitting. Let your imagination run riot.

Once you have done this, please turn over to the next page to see the reason for this task, as well as how we link it to Mind-set.

*Our Thursday walkers visited
the Old Church next to Clissold
Park on the 19th December
2019.*

Wonderful to see inside.



MIND-SET—Page 2

So what did you decide to spend your money on, knowing you could not keep any objects after the 24 hours was up each day.

Feedback demonstrated that people have spoken about travelling to places, taking their friends, going to the theatre, or a show, maybe a fantastic meal, hiring out a hotel and inviting all your friends to an amazing party.

So what is the Mind-set part of this?

Well, we are all actually given a gift of 86400 every day; Time. There are 86400 seconds in every day. It is given to you, and at the end of 24 hours you have spent it, only to get another 86400 the next day. Did you spend it well?

Time is valuable. When you thought you had the money, you must have thought of how you could use it in the best way possible every day, trying not to waste any, usually spending time with others and giving yourself fantastic experiences.

Well, okay you may not be able to do the same things without the money, but with the time you have you can still enjoy every second, learn new things, experience life, so that at the end of each day you can sit down and be satisfied with your choices.

In a few months' time, will you look back and be proud of how you spent your time during lockdown, or realise it was a missed opportunity? It's your choice.

Your next mind-set task will be set at the back of this issue.



**HMHB Ajani Group
Outings to Islington
Museum (17/7/17)
and Arsenal
Stadium (10/11/17)**



NUTRITION: Page 1

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 contents of that that are essential to keeping our bodies healthy, and us alive.

Healthy Minds, Healthy Bods wants 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.



In this pack we are going to look at Fats, and why it is vital to have it every day in our diets because Fatty Acids are an essential for life nutrient.

Fats are one of the three main macronutrients, along with carbohydrates and proteins. Fat molecules consist of primarily carbon and hydrogen atoms.

Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamins A, D, E and K. These vitamins are lipid (fat) soluble, meaning they can only be absorbed with the help of fats. Any fat not used by your body's cells or to create energy is converted into body fat.

There are two main types of fat. Saturated (“bad), and Unsaturated (“good).

Saturated fat is the kind of fat found in butter, lard, fatty meats and cheese. Eating a diet high in saturated fat is associated with raised levels of non-HDL (bad) cholesterol. This is linked to an increased risk of heart and circulatory disease.

NUTRITION: Page 2

There are different types of unsaturated fat which do different jobs in the body. They are known as “mono - unsaturated” and “poly - unsaturated”. It is how the Carbon atoms in the fatty acid chains are bonded that makes a difference. For a heart-healthy diet, it's good to eat a range of foods so that you get both mono and poly.

There are also Trans Fats. According to the NHS, “Trans-fats are artificially created fats used in the manufacture of foods. They increase shelf life and the flavour-stability of foods. They are also often found in fast food, cakes and biscuits”.



Sadly, most food with Trans Fats taste great. Studies have indicated the link between Trans Fats and Heart Disease, and it is reported Trans fats may drive insulin resistance and type 2 diabetes,

Our challenge to you, is to look at the amount of fats, and the types, you digest. Public Health and all medical studies say you need to increase the amount on monounsaturated and polyunsaturated you eat. Avocado, Nuts, Fatty Fish (Omega 3), Seeds, Certain Oils, as this can lower cholesterol. Avoid Trans Fats as much as possible. Yes, it means less cake, biscuits, pizza, cookies etc. It does not mean you do not have any. Treats are great. But think about what your body needs to stay alive, stay healthy, and keep it running for years to come.

NUTRITION: Page 3

Vitamin A

“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. It is also known as Retinol
- B. It is fat soluble - which means it cannot dissolve in water
- C. It is vital for growth and development, cell recognition, vision, immune function, and reproduction and helps the heart, lungs, and kidneys
- D. Too much vitamin A can be toxic
- E. It contributes to the production of sebum, the oil that helps maintain levels of moisture in the skin and hair
- F. The vitamin is needed to convert light that hits your eye into an electrical signal that can be sent to your brain. In fact, one of the first symptoms of vitamin A deficiency can be night blindness, known as Nyctalopia. Night blindness occurs in people with vitamin A deficiency, as the vitamin is a major component of the pigment rhodopsin. Rhodopsin is found in the retina of your eye and is extremely sensitive to light.

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

EXERCISE/FITNESS; Page 1

“Physical activity can reduce physiological reactions to stress, improve sleep, reduce anxiety.” Department of Health

Healthy Minds, Healthy Bods has actively supported and encouraged 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.

We were 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 as soon as possible. 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. On the next page we look at stretching, and why it is important.



**Left; Highbury
14th May 2019**



**Right; Sobell
13th July 2019**

**HMHB FREE
Fitness Sessions**

EXERCISE/FITNESS; Page 2

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.

After a night's sleep or an afternoon spent staring at a computer, there's little better than a **good stretch** to release tight muscles. Not only does **stretching** clear your mind by allowing you to focus on your body, it also releases endorphins.

On the next page we look at a few, but what are other benefits?

1. Helps relieve stress
2. Corrects posture
3. Increase stamina
4. Increase blood flow
5. Raise energy levels
6. Increase performance
7. Reduce Injury
8. Reduce Soreness
9. Increase Oxygen

All the above are fantastic for your overall health. Stretching does not just have to happen briefly before you exercise, or when you finish. It can be a vital part of your fitness regime.

There are different types of stretching. It is recommended that before you take part in physical exercise you warm up using Kinetic (Dynamic) stretching. This is movement based where you do not hold the stretch. This is mainly aimed at people who have been sitting down before exercise. One of the main advantages of dynamic stretching is warming up the muscles to their working temperature, stretching them and therefore improving their function. It provides a full body warm-up, increases your flexibility, activates your stability and core muscles, and helps you improve your range of motion.

You are more likely to do Static stretching after exercise. A static stretch means placing a certain muscle or muscle group in a position where it can be extended for a certain amount of time. As part of a warm-up routine, normally around 10 second. Each muscle or muscle group needs to be stretched only one time

EXERCISE/FITNESS; Page 3



Our Personal Trainer, Dean, demonstrates several stretches.

The first above is the “flamingo”, focusing on your Quadriceps, Glutes, Hamstrings, and your Hip Flexor muscles. It’s good if you sit down a lot at home or work. You can use a chair to rest the lifted leg to hold position, or even try it on the floor.

The second - pushing your arms away with outward palms, lowering your head as demonstrated - is great to stretch your Upper Back, Shoulders, Forearms, Biceps and Triceps (always stand with a little bend in your kneed).

The third is great for your Hamstrings and Calves. Doing legs alternately, the front leg is straight, back leg bent, knees next to each other, and try and sit into it as you then feel that on your hamstring. By lifting your foot you also bring your calf muscle into it. You will feel a stretch all down the back of your leg. Then switch over.



To the left Dean is demonstrating an arm stretch, with the arm pulled in front of the chest, the other arm just above the elbow pulling it in, and then hugging yourself. There are many arm stretches you can research.

These are just examples for you to start. Try them out.



HEALTH / ROUTINE

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

Do you realise how special you are, or what a fantastic gift you have been given?

Your body is a walking miracle. It is, fundamentally, a bunch of 206 bones held together by tendons and muscles, with trillions of cells, layers of tissue, many organs that complete various tasks, a liquid (blood) that takes oxygen and nutrients around the body, and helps remove waste, all covered in the largest organ of the body (skin). In all honesty, it should be impossible. You are amazing, incredible, astonishing!!!! And I have not even mentioned our capability of understanding life.

Yet, how many of us take it for granted, and only start worrying when things go wrong and we have to seek medical help? Up to the age 50, I had not had any operations. Three years later, I have had 5 eye, one emergency appendectomy, and need a further eye op, as well as one on a hernia; and I have at least one torn meniscus (knee cartilage), possibly two. It has really made me notice my body.

So what a terrific time, and opportunity, to give yourself and M.O.T, and look at how you can keep your body healthy, even if you currently have no health issues. Do you drink a lot, maybe take illegal substances, have an unhealthy diet? We rarely actually think about what we are putting into our bodies that can damage it. When we go out, we wash ourselves, dress nicely, make ourselves smell good, and do what we can to look good. We do not consider what is going on inside.

On the next page we set you some tasks for this week. You do not have to do them, but it can help you stay busy, focused, and keep thinking of your health.

Challenges and Targets

Mindset:

Make a list of adjectives that you feel would be good words to describe you to others. An adjective helps explain more about a noun. For example, in my garden is a Tree. The tree is a noun. In my garden is a large, red tree. The words large and red are adjectives. So for you. The sentence would be : I am a human being. Human Being is the noun. Now describe you: For example: trustworthy, loyal, honest.

Make a list of at least 25 words that you feel are positive about you. Read it through every day. It will naturally give you a boost.

Nutrition:

Last week we asked you to think about your look at your Protein intake, and please keep doing that. This week think about the fats, in particular the good fats, and Trans fats (bad). Remember, your body needs amino acids (protein) and fatty acids in your diets as they are “essential for life”. But it is the unsaturated fats that are best.

Next week we are starting to include healthy recipes!!! Watch out for that.

Exercise:

Last week we set a small fitness routine using squats, crunches, press ups and cardio (you can download first pack from our website). This week, continue doing exercises (you can choose your own too), but also stretch for at least ten minutes a day in the morning, as well as the evening, If you sit down a lot during the day, make sure you get up and stretch at least once an hour for five minutes.

Health:

Set yourself realistic targets about looking at your own personal daily routine and what you can do to make it better. It could be time you get up or go to bed, about if you get outdoors, and how you relax. Next week we are looking at Mindfulness.

LET'S PLAY A GAME

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: **T**

(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

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**

I 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 are on it: **@hmhb2016**

Please follow PT Dean on Twitter if you are on 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, but plenty of pictures on our gallery page

We need supporters and followers to show potential funders. Even this multi-page Mental Health Pack will need to be printed and posted to some who are not on the internet.

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

Be Safe, Be Active, Be Well