



# Healthy Minds, Healthy Bods

## Mental Health Pack

### Number 11



*Prepared by: Lazza, Luke and Dean: Monday 29th June 2020*

[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)



**“Be decisive. Make a choice. The road of life  
is paved with squirrels who could not make a decision.”**

*Welcome to the 11th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).*

If you missed our first ten (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](http://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, 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.



**Izzwalkers  
Visit  
British  
Library  
24/05/2018  
&  
Sky Garden  
20/11/2019**



**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**

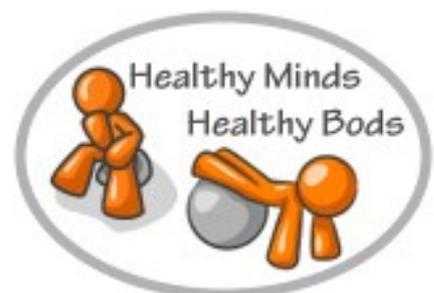
**We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding we can do this, for a limited number. So you need to speak with us as soon as possible. Please connect through our website contact page.**

**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.**

**If you can, share on social media our fundraiser  
[www.gofundme/hmhb2016](http://www.gofundme/hmhb2016)**





## 10 Weekly Mental Health Packs so far

All are on our website in PDF form.

### Pack 1: 10 pages; 20th April

- Mind-set: What do we mean
- Nutrition: Protein
- Exercise: General Exercise
- Health Plan your routine
- Recipe None
- Plus: Game page

### Pack 2; 14 pages: 27th April

- Mind-set: Time is valuable
- Nutrition: Fats; Vit. A
- Exercise: Stretching
- Health Your body is special
- Recipe None
- Plus: Game page

### Pack 3: 15 pages; 4th May

- Mind-set: Potential
- Nutrition: Carbohydrates; Vit. C
- Exercise: Chair Exercises
- Health What will you do?
- Recipe: Nutty Banana Bites
- Plus: Game Page

### Pack 4: 16 pages; 11th May

- Mind-set: Procrastination
- Nutrition: Sugars; Vit. D
- Exercise: Core
- Health Immune System
- Recipe: Ros's Banana Muffins
- Plus: What's available; Keeping busy.

### Pack 5; 16 pages; 18th May

- Mind-set: It's ok to fail
- Nutrition: Calories; Vit. E
- Exercise; High Intensity Interval
- Health Metabolism
- Recipe; Lazza's Fruit Crumble
- Plus: Game Page

### Pack 6; 18 pages; 25th May

- Mind-set: Accountability
- Nutrition: Wholegrains; Vit. K
- Exercise: Working with others/fun
- Health Heart health
- Recipe: Macaroni Cheese
- Plus: Quiz & Games

### Pack 7; 20 pages; 1st June

- Mind-set: Look after yourself
- Nutrition: Breakfast; Vit. C
- Exercise: Upper Body
- Health Sleep
- Recipe Chocolate Brownies
- Plus: Ajani/Quiz/Game

### Pack 8; 20 pages; 8th June

- Mind-set: All Or Nothing
- Nutrition: Hot Drinks; Vit. B1
- Exercise: Balance
- Health Oral Health
- Recipe; Egg and Cheese Flan
- Plus: Izzwalkz/Quiz/Game

### Pack 9; 22 pages; 15th June

- Mind-set: Closure
- Nutrition: Vegetables; Vit. B2
- Exercise: Keep it Fresh
- Health; Free Rads/Antioxidants
- Recipe; Rob's Cauliflower Cheese
- Plus: Fitness/Quiz/ Game

### Pack 10; 20 pages; 22nd June

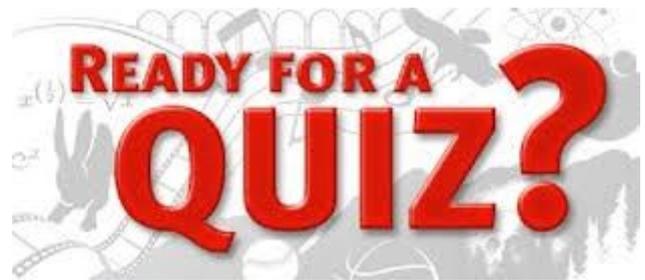
- Mind-set: Change
- Nutrition: Fizzy Drinks; Vit. B3
- Exercise: How it affects the body
- Health Emotional Health
- Recipe; Bakewell Tart
- Plus: Quiz/Game

# Lazza's Quiz Spectacular

Answers are on page 19 (no peeking)

**History:** Complete these Seven Wonders of the Ancient World:

1. Hanging Gardens of .....
2. The Great Pyramid of .....
3. Colossus of .....
4. The Lighthouse of .....
5. The Temple of .....
6. The Mausoleum at .....
7. The Statue of ..... at .....



## Geography (I'm doing US next week)

These are all county towns of UK counties. For which county do they belong?

Trowbridge	Dorchester
Truro	Norwich
Ipswich	Aylesbury
Shrewsbury	Chester
Maidstone	Chelmsford
Exeter	Reading
Winchester	Oxford
Lewes	Warwick

## Entertainment:

Can you name the country where these actors were born.

1. Mel Gibson
2. Jean Reno
3. David Tennant
4. Leonardo Di Caprio
5. Angela Lansbury
6. Idris Elba
7. Arnold Schwarzenegger
8. Jean Claude Van Damme
9. Rutger Hauer
10. Jim Carrey
11. Russell Crowe
12. Chris Hemsworth
13. Tom Hanks

Some are more tricky than you think!!!

## Film:

These films all produced a winner for Best Actress at the Oscars. Can you name the Actress?

- 2017: Three Billboards Outside Ebbing  
2011: The Iron Lady  
2004: Million Dollar Baby  
2002: The Hours  
2000: Erin Brockovitch  
1998: Shakespeare In Love  
1990: Misery  
1987: Moonstruck  
1972: Cabaret  
1969: The Prime of Miss Jean Brodie  
1964: Mary Poppins



## Sport:

There are eight Field events at the Olympics, sadly cancelled this year from Tokyo 2020. Can you name all eight?

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

## MIND-SET:

### Why do we put ourselves under pressure?

*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.*



**We face enough stress in life without putting more on ourselves, but that's exactly what many of us do, in one way or another, sometimes without even realising it. The first step toward easing off of yourself is to realise when are making things harder on yourself unnecessarily.**

- Many people slip into perfectionistic habits, not realizing that there is a better way to do their best without beating themselves up along the way. Many perfectionists, on some level, believe that they need to attain perfection or they have failed; this belief can not only lead to stress, it can actually lead to *less* success than the attitude of a regular high-achiever!
- An important first step is to recognize the difference between perfectionism and high-achievement and really understand why perfectionism is more a form of self-sabotage than an asset. When it comes to stress, "do your best" is better than "be perfect," and in the long run, it's healthier as well. How many of us find we emotionally "hold onto" mistakes we've made, noticing more of what we've done wrong than what we've gotten right, and getting anxious when we do a good-but-not-perfect job? I recognise myself here. For some reason, I often think back to situations where I now regret words or actions.
- Leading a full life is great, but if you don't live a balanced life, you can feel too stressed too much of the time. How can you draw the line between being excitedly busy and overwhelmed? You can start by paying attention to how you feel at the end of the day, at the end of a weekend (when you're about to start a new week with new challenges), and taking a careful look at your life to see if you have enough time for nurturing relationships, engaging in regular exercise, getting enough sleep, and maintaining other self care activities on a regular basis. Taking care of yourself is essential for stress management, and no other goals should be put above it, or you won't be able to reach those goals as effectively.
- Many people are afraid of positive thinking, likening it to a mental trick where you ignore important problems or valuable cues in life, and eventually make mistakes that bring even more stress. Actually, realistic positive thinking (focusing on the positive without completely ignoring and failing to address issues that require a response) can help you be more effective in your life, and less stressed along the way. Maybe, take some time to chill!!

**“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”**

## MIND-SET:

### It's OK to have a bad day

**“It's not whether you get knocked down. It's how you get back up.”**

I have been waiting to do this page for a few weeks. So why have I chosen week 11? Well, last week, I didn't reach my weekly target on my weight-loss (which is featured at the bottom of this page - although this week has gone ok). Therefore, I failed last week. Technically!! But, I am relaxed about it.

Now, that is brutal and honest. But should I care? I guess so, but how much? Do I chastise myself for missing my target of one pound a week? Or do I look at the whole picture?

Over the first seven weeks I managed to lose over twelve pounds, so almost averaging two pounds a week. What happened last week to derail that? Not much actually. Because some days, and some weeks, things are not going to go how you want. But that's fine. It's okay to have a bad day, or week. What is not okay, is if you allow that to overwhelm you, to knock you back, and to give you a reason to give up.



- 1) Reach out to someone and talk about it
- 2) Take time to relax and chill; maybe meditate
- 3) Treat yourself the way you would treat your best friend
- 4) Take time to focus on the whole journey
- 5) Give yourself a pat on the back. Tell yourself it's okay.
- 6) Check in with yourself. Tell yourself, things happen.
- 7) Maybe have a laugh about how things have gone
- 8) Make a plan of how you can get back on track
- 9) Re-evaluate your goals and targets if needs be.
- 10) Look to see if you could have done better, but acknowledge you are doing just fine.

Another good trick is to remember all the good days when things have gone well.

It's very easy to start negative thinking if you are having a bad day. You start telling yourself that it is always the case. By looking at good things, it can produce laughter and fun, for different reasons. You just have to find one of those memories.

Most importantly, don't allow time to fester. A bad day quickly turns into a bad week, then a bad month, and more, if you allow it to do that. And that is your choice. You choose how you react. That is your responsibility.

**Choose Well**

### 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 28th, he was 92.1 kg / 14 st 7.05 lb**

**Losing in week 8; 0.6 kg / 0.45 lb**

**8 weeks: Overall loss: 6.4 kg**

**1st. 0.10 lb**

**Delighted to have lost a stone**

## NUTRITION: Fruit

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.



The World Health Organization and the UK Department of Health continue to recommend that we should all be aiming to eat at least five (80g) portions (at least 400g in total) of a wide variety of fruit and vegetables a day; just over a third of the food we eat each day

*"Eat more fruits and vegetables."*

This is probably the world’s most common health recommendation. Everyone knows that fruits are healthy. They are real, whole foods. Most of them are also very convenient. Some people call them "nature's fast food" because they are so easy to carry and prepare.

However, fruits are relatively high in sugar compared to other whole foods. For this reason, you might wonder whether they are truly healthy after all. In fact some people come out and say we should eat less because they are full of sugar!!! Seriously!! They are wrong, and here is why.

A lot of evidence has shown that excessive intake of added sugar is harmful. This includes table sugar (sucrose) and high-fructose corn syrup (HFCS - which I noticed I kept putting as HCFS in the last pack), both of which are about half glucose, half fructose.

One reason that excessive added sugar intake is harmful is the negative metabolic effects of fructose when consumed in large amounts. Many people now believe that because added sugars are bad, the same must apply to fruits, which also contain fructose.

However, this is a misconception. Fructose is only harmful in large amounts, and it’s difficult to get excessive amounts of fructose from fruit. So keep enjoying fruit, and stop worrying about the sugar content.

**Dean and Lazza with  
Joe Mitchell.  
Head of Employment Initiatives  
Single Homeless Project**

**18th July 2017  
Our first Ajani course was with SHP**



## NUTRITION: Fruits

### Full of goodness

#### According to Wikipedia:

“Fructose, or fruit sugar, is a simple ketonic monosaccharide found in many plants, where it is often bonded to glucose to form the disaccharide sucrose. It is one of the three dietary monosaccharides, along with glucose and galactose, that are absorbed directly into blood during digestion”

Of course, fruits are more than just watery bags of fructose. There are lots of nutrients in them that are important for health. This includes fibre, vitamins and minerals, as well as a plethora of antioxidants and other plant compounds.

Fibre, especially soluble fibre, has many benefits, including reduced cholesterol levels, slowed absorption of carbohydrates and increased satiety. Plus, studies have shown that soluble fibre can help you lose weight.

What's more, fruits tend to be high in several vitamins and minerals that many people don't get enough of, including vitamin C, potassium and folate.

Of course, "fruit" is an entire food group. There are thousands of different edible fruits found in nature, and their nutrient compositions can vary greatly. So, if you want to maximize fruits' health effects, focus on ones that are rich in nutrients.

Try fruits with more skin. The skin of fruits is usually very rich in antioxidants and fibre. This is the reason that berries, which have greater amounts of skin, gram for gram, are often considered healthier than larger fruits. It's a good idea to switch things up. Eat a variety of fruits because they contain different nutrients.

HMHB has researched several internet sites, and these are the fruits that experts say are the best to consume, and the healthiest. (but we stress, please eat any fruits you enjoy). In fact, we used this information recently on our quiz page.



Grapefruit: Pineapple: Avocado: Olives

Blueberries; Apples: Pomegranate: Blackberries.

Mangos: Strawberries; Cranberries: Oranges

Lemons: Durian: Watermelon: Bananas.

Red Grapes: Guava: Papaya: Cherries:



By the 18th century, being seen with a pineapple was an indicator of wealth; costing the equivalent of about £6000 today. Nowadays the shops are flooded with countless varieties of all the fruits.

Many of us know, though, we do not consume enough during the week.

**Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Fruits are sources of many essential nutrients that are under-consumed, including potassium, dietary fibre, vitamin C, and folate (folic acid).**

**Diets rich in potassium may help to maintain healthy blood pressure**

## NUTRITION: Fruit

### What about Fruit Juice and Smoothies?

Are smoothies good for weight-loss?

Look, obviously if you enjoy a smoothie have it, Why not? They taste nice and are healthy. But do be aware of certain facts that have come to the attention of people through various studies.

Consistently, researchers have found that calories in liquid form have less satiety than calories in solid form. What is satiety? It's the opposite of hunger. Satiety is getting out of hunger. Satiety is also a measure of how long you stay full after eating.

“Foods that provide the highest satiety for the fewest calories will help you lose weight and keep it off because they do not force you to live with chronic hunger,” explains Kimberly Gomer, Director of Nutrition and Educator in Miami

The satiety level of liquids is slim to none, meaning, you don't compensate for the calories you drink by eating less food. For example, if you drink a smoothie (let's say it's 150 calories) before or with a meal, you're unlikely to compensate by eating 150 fewer calories of food at that meal or at your next meal.



If weight loss is your goal, limit your consumption of any beverage with calories, from soft drinks to sugary teas to smoothies to fruit juices. Liquid calories, no matter their source, will not curb your appetite as well as solid foods do.

So, rather than pulverizing your fruits and veggies with a blender, enjoy them whole. Peel a banana. Break open a bag of baby carrots. Swirl strawberries into a dish of non-fat Greek yogurt. Keep a big bowl of fresh fruit on the kitchen counter. Get in the habit of taking fruit and veggies wherever you go.

What about Fruit Juice: If you are going to drink: these are the healthiest.

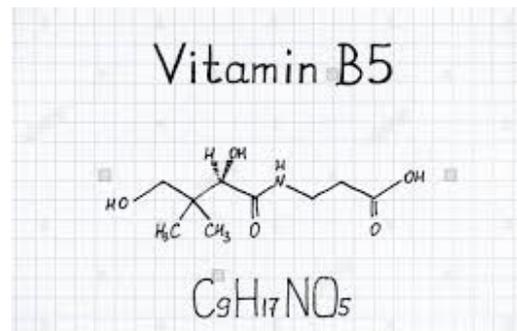
- **Cranberry:** Cranberry juice is high in potassium, antioxidants, and vitamins C and E. It may also help prevent UTIs (Urinary Tract Infections), though research on this effect is mixed.
- **Tomato:** Tomato juice is very high in lycopene, which acts as an antioxidant and may lower your risk of heart disease. Furthermore, 1 cup (250 ml) provides almost twice your daily vitamin C needs. Choose low-sodium tomato juice whenever possible
- **Apple:** Apple juice comes in both clear and cloudy varieties. Though both contain antioxidants, cloudy juice provides up to 2–5 times more. Most apple juices are enriched with vitamin C, furthering its antioxidant content.
- **Prune:** Prune juice provides a rich source of iron, magnesium, potassium, vitamin C, and B vitamins. It's commonly used as a remedy for constipation due to its stool-softening effect.
- **Pomegranate:** Pomegranate juice is rich in anthocyanins, which are powerful antioxidants that give pomegranates their rich, dark-red colour. The juice is also high in vitamin K, which is important for heart and bone health
- **Orange:** Orange juice is naturally high in vitamin C and other antioxidants. In one study, drinking orange juice after a high-fat, carb-rich meal reduced inflammation

**Juice can be an excellent source of nutrients, especially antioxidants. While there is controversy surrounding the sugar content of juice, it's a much healthier option than other sugar-sweetened beverages, such as soda or energy drinks.**

## NUTRITION: Vitamin B5

### 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. Vitamin B5 is also called Pantothenic Acid
2. 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.
3. Its name derives from the Greek word “Pantos”, meaning "from everywhere", as small quantities of pantothenic acid are found in nearly every food.
4. Food sources of pantothenic acid include animal-sourced foods, including dairy foods and eggs.
5. Potatoes, tomato products, oat-cereals, sunflower seeds, avocado and mushrooms are good plant sources.
6. Whole grains are another source of the vitamin, but milling to make white rice or white flour removes much of the pantothenic acid, as it is found in the outer layers of whole grains.
7. In animal feeds, the most important sources are alfalfa, cereal, fish meal, peanut meal, molasses, rice bran, wheat bran, and yeasts



Vitamin B5 is a busy B. Its roles in the body include:

- making red blood cells
- to metabolise cholesterol
- producing sex and stress hormones
- helping the body use other vitamins, especially vitamin B2
- maintaining a healthy digestive system.

Pantothenic acid has both antibacterial and skin-softening activities, and can help your skin recover from Acne.

The vitamin is rumoured to help prevent grey hair, but that is still being researched.

**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's Kitchen

### Homemade Tomato Soup

**Lazza is enjoying his experimental cooking  
Today, he is having a go at Tomato Soup**

The first published tomato soup is mentioned by Eliza Leslie in her 1857 publication "New Cookery Book". Campbell's recipe for condensed tomato soup in 1897 further increased its popularity. Heinz Cream of Tomato soup first went on sale in the U.K. at Fortnum & Mason in 1910



- 2 tbsp. olive oil
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 1 tbsp. tomato purée
- 400g can chopped tomato
- basil
- Pinch bicarbonate of soda
- 600ml milk
- I also added a chopped red pepper to taste

- Heat the olive oil in a large pan, then tip in the onion and garlic.
- Cook over a moderate heat until the onion has softened, about 5 mins.
- Stir in the tomato purée, then pour in the chopped tomatoes and basil, and bring up to the boil.
- Turn the heat down and leave to simmer for about 15 mins until thick and full of flavour
- Spoon the baking soda into a small bowl and pour over 1 tbsp. or so of the milk.
- Mix together until there are no lumps.
- Then tip into the tomato mix and pour over the milk.
- Bring up to a boil (the mixture may froth, but don't worry – it will go away).
- Gently simmer for about 5 mins until ready to serve



**For some reason I was nervous  
about this one.**

**But nothing to worry about.  
It tastes delicious.**

**I had some pitta with mine.**

**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 the first time I had ever cooked Tomato Soup.**

## EXERCISE/FITNESS - “I can’t get up from the floor”

*“We don’t stop exercising because we grow old,  
We grow old because we stop exercising.”*

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.

**We have people with mobility issues on our walks and in our fitness sessions. It’s just part of life. But we shouldn’t allow it to stop us doing all we can to stay healthy .**

We also have some people who struggle to get down to the floor, because they worry about getting back up. They use sticks to help them get about, or have knee or hip issues.

How easy is it for you to get up and down from the floor? The answer to that question may depend on a few things; your age, how many injuries you've had and, of course, whether there's something down there that's really that important. If it's hard or painful, you may avoid doing it, but it's an important skill to have, especially when we get older.

Getting up and down from the floor calls in almost every area of fitness and every part of our bodies: balance, core strength, lower body strength, flexibility, and coordination.

If you have any issues in those areas, say you don't have much flexibility in your hips or your balance is wobbly, it may be a difficult challenge. You can always use a chair or some other support, but it's a good idea to practice getting up and down without anything around but your own body.



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



**EXERCISE/FITNESS;**  
**Core exercises whilst standing up.**

**Following on from the previous page, many Core exercises are done on the floor.  
 Here, though, let's see some you can do standing up.**



**Core Stabilizer**

Hold a weight (or pretend) in both hands and stand with your feet hip-width apart. Bend your knees and rotate your torso to the right so that your hands are down on the outside of your right thigh. Keeping your arms straight, slowly swing the weight diagonally across your torso so that it's above your left shoulder as you straighten your legs. Feel that stretch!!! Reverse the movement to return to start. That's 1 rep, do 10, then switch sides

**Squat Twists**

A simple move here.  
 Sit down into a squat position.  
 Either hold a weight or pretend, and twist to the left, and then to the right. If no weight, clench your fists.  
 Stand back up, then repeat.  
 You will also feel this on your quads.



**Standing Oblique Bends**

No, I am not Daddy Dancing!!!  
 Stand with your feet hip-width apart and hands either behind your head and elbows wide, or with your arms as you can see in pictures.  
 Lift your left knee toward your left elbow while you bend your torso up and over to the left. Repeat on right, and continue.



**Standing Crunches**

It's not obvious what is happening as I kept my shirt on (that is not a sight anyone needs to see during the day time).  
 I will explain.  
 In first pic, I am breathing in, and pulling my belly button towards my spine, creating a crunch and tightness in the middle.  
 The second pic, I am breathing out and pushing my shoulders backwards and my tummy forwards.  
 Then keep repeating those movements.

## HEALTH / ROUTINE - Substances

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

*Please check it out.*

You can't defeat the darkness  
by keeping it caged inside you.  
Recovery is hard  
Regret is harder.



**Healthy Minds, Healthy Bods is a mentor led project. We have, ourselves, had to deal with mental health issues, and all of us in the past have used various methods to try and cope. We do not condone their use at all, but we do understand why it happens.**

All of us have to deal with life. Sometimes it can be very difficult. You can feel overwhelmed, swamped, crushed, and you just want to escape. Many people use drugs, alcohol, food, and/or isolation as a way of hiding away from the world. In these couple of pages we will look at alcohol and drugs.

I have had some fantastic jobs in my life, but also gone through some painful experiences that caused me to fall into depression. I am not scared to admit that I turned to drugs at that time. They made me forget the pain and elevate me into a different kind of reality, where I did not have to think about the cause of my anxiety and stress. Obviously it was a poor choice at the time and I am now better.

Our amazing Personal Trainer came through alcohol recovery, which is when we met him. Now a qualified personal trainer, he has a fantastic mind-set, is working at a gym, and his life has turned around.

**Addiction is an overwhelming brain disease that can take over our lives. It damages our relationships, our careers and everything we value. Understanding addiction is an important step towards treating this debilitating disease.**



## HEALTH / ROUTINE - Danger of Drugs/Alcohol

Those struggling with addiction aren't bad, although they may do bad things to maintain their habit. They are just very sick. Addiction is a brain disease that rewires the cerebral cortex resulting in poor judgment and impulse control. It manifests in compulsive substance use in spite of harmful consequences. It's progressive in nature ending in jails, institutions, death or recovery.

Alcohol is an easy go to if you are feeling down.

However, excess drinking creates a multitude of problems:

- Weight gain: the calorie content of some drinks is high
- Heart problems - reduced efficiency
- Nerve damage
- Depression (two-thirds of suicide attempts are alcohol related)
- Impotence and Infertility
- Cancers (liver, mouth, tongue, throat)
- Liver Disease (hepatitis and cirrhosis)
- Digestive problems (ulcers, gastritis and pancreatic)



Obviously another turn to are illegal substances, such as cocaine, heroin, ecstasy, spice, etc. Again, people use them to escape, but sadly because they are so addictive they can take over your life.

1. Drugs are not all the same. Different drugs have different dangers associated with them.
2. Some drugs (such as alcohol, heroin and tranquillisers) have a sedative effect which slow down the way the body and brain function. They can have a numbing result that produces drowsiness if a lot is taken.
3. Other drugs (such as amphetamine, cocaine, crack and ecstasy) have a stimulant effect giving a rush of energy and making people more alert.
4. A third group of drugs (such as LSD and magic mushrooms and, to a lesser extent, cannabis and ecstasy) have a hallucinogenic effect. This means they tend to alter the way the user feels, sees, hears, tastes or smells.
5. Sedative drugs, like alcohol and heroin, can lead to fatal overdose if a lot is taken. They can also affect co-ordination making accidents more likely. Use of sedatives can also lead to physical dependence and withdrawal symptoms while others drugs like cannabis cannot.
6. Stimulant drugs can produce anxiety or panic attacks particularly if taken in large quantities. They can be especially dangerous for people who have heart or blood pressure problems.
7. Hallucinogenic drugs sometimes produce very disturbing experiences and may lead to erratic or dangerous behaviour by the user.
8. And of course some drugs are legal to use and others are not. Being arrested and getting a conviction can lead to all sorts of problems.

**This pandemic has caused unemployment, anxiety, fear, confusion, and in some cases depression. Please do not turn to substances for comfort. The good news is there are many organisations who can help you. But you have to take the first step and ask.**

**Use your doctor. They will sympathise and direct you.**

**Even if it feels too late, take control now, be strong, and ask for help.**

**You can do this!!**

# 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](mailto: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](http://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!!!!

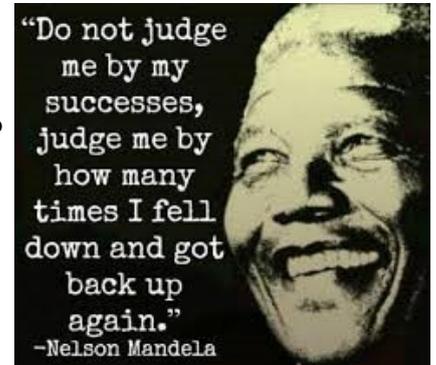
[www.walkwithadoc.org](http://www.walkwithadoc.org)

## Review of Challenges and Targets

### Mind-set:

I know several people who have struggled through this pandemic, for various reasons. It's tough seeing it, and all HMHB can do is try and be there for them if they need us, and hope we then do a good job. But I too have had some off days. It happens. Life is not always a bed of roses, and for a lot of us recently it has been a difficult journey.

But I love that quote by Nelson Mandela opposite. And it is so true. Don't allow a tough day to become a tough week, and then a tough month. It's your choice how you react to adversity!!!



### Nutrition.

Just like when we did vegetables recently, I imagine most of us know we are not getting enough fruit and veg in our lives. But they are packed full of fibre, nutrients and antioxidants, all of which our bodies need to stay healthy, and stay alive.

You choose what you put in your shopping baskets. I'm not saying don't have snacks that are deemed not so good, but do think about what you need to keep your body ticking!!!



### Exercise;



We are all different; some are older, some are stronger, some have trouble walking or getting down to the floor. Regardless, we must all do everything we can to try and find a way to get some kind of daily exercise into our routines. Standing core exercises can help. You don't have to get down for press ups, crunches, or plank, to work those core muscles. HMHB is trying to motivate you to push yourself and build a good fitness schedule into your lives.

### Health.

At HMHB, we know how easy it can be to turn to substances to help you cope with life. We know it is not a good choice, but some people do it anyway. Addiction is a sickness, and can be cured, but only if people ask for help, and embrace it.

If you feel that you are struggling at all, or maybe you have already started using these escape routes, it is NEVER too late to ask for guidance. You will not be judged. The support around is fantastic. So please, don't suffer in silence believing that nothing can help you. Take a step. Contact us if needs be, but definitely head to your doctors, who I know will be amazing for you.

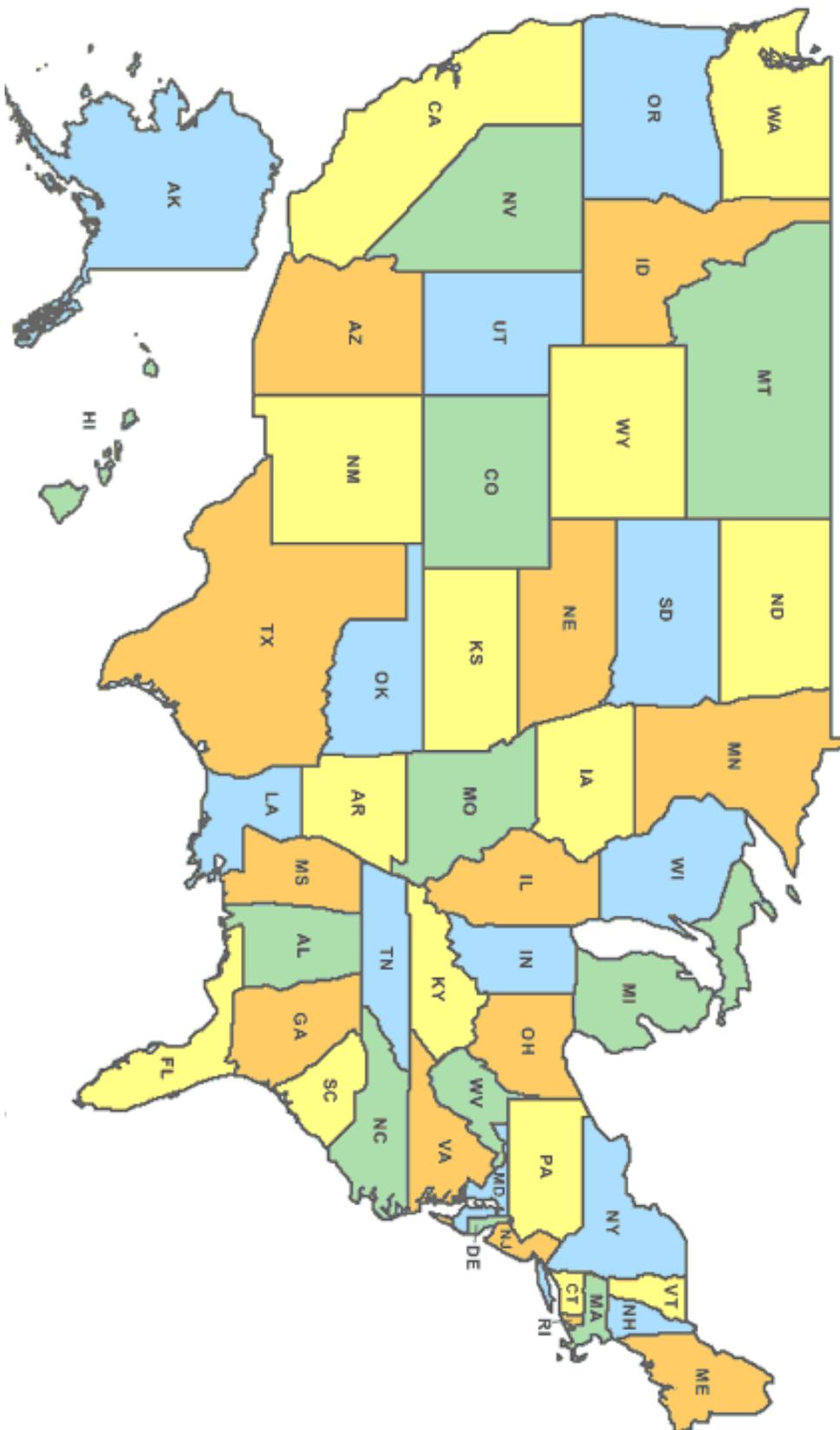


**Start thinking about setting weekly goals yourself on these topics.  
A small difference every week will grow into significant change over time.**



## HMHB's Game Page

Let's see just how well you can do.



Above is a map of the USA.  
All the states are marked out, and even have a couple of letters.  
Can you put a name to each state?  
Try doing them all before you go looking them up.

## Quiz Answers from Page 4

See if you can beat your family and friends

### History

Seven Wonders of the Ancient World

The Hanging Gardens Of	“Babylon”
The Great Pyramids of	“Giza”
Colossus of	“Rhodes”
The Lighthouse of	“Alexandria”
The Temple of	“Artemis”
The Mausoleum of	“Halicamussus
Statue of “Zeus” at “Olympia”	

### Geography (I’m doing US next week)

These are all county towns of UK counties. For which county do they belong?

Trowbridge	Wiltshire
Truro	Cornwall
Ipswich	Suffolk
Shrewsbury	Shropshire
Maidstone	Kent
Exeter	Devon
Winchester	Hampshire
Lewes	Sussex
Dorchester	Dorset
Norwich	Norfolk
Aylesbury	Buckinghamshire
Chester	Cheshire
Chelmsford	Essex
Reading	Berkshire
Oxford	Oxfordshire
Warwick	Warwickshire

### Sport:

- Long Jump
- Triple Jump
- High Jump
- Pole Vault
- Shot Put
- Discus
- Hammer
- Javelin

### Entertainment:

These actors were born where:

- Mel Gibson USA
- Jean Reno Morocco
- David Tennant Scotland
- Leonardo Di Caprio USA
- Angela Lansbury UK
- Idris Elba UK
- Arnold Schwarzenegger Austria
- Jean Claude Van Damme Belgium
- Rutger Hauer Netherlands
- Jim Carrey Canada
- Russell Crowe New Zealand
- Chris Hemsworth Australia
- Tom Hanks USA

# How did you do?

### Film: Best Actress

- |              |                   |
|--------------|-------------------|
| 2017: TBOE:  | Frances McDormand |
| 2011: TIL:   | Meryl Streep      |
| 2004: MDB:   | Hilary Swank      |
| 2002: TH:    | Nicole Kidman     |
| 2000: EB:    | Julia Roberts     |
| 1998: SIL:   | Gwyneth Paltrow   |
| 1990: Mi:    | Kathy Bates       |
| 1987: Mo:    | Cher              |
| 1972: Ca:    | Liza Minelli      |
| 1969: TPOMJB | Maggie Smith      |
| 1964: MP     | Julie Andrews     |

# 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](http://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](http://www.hmhb2016.blogspot.com)** ; this about HMHB as a whole

**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)** our health blog

Our website is: **[www.hmhb2016.org.uk](http://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**