



Healthy Minds, Healthy Bods

Health Pack: Number 25

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



Prepared by: Lazza, Luke and Dean: Monday 5th October 2020

www.hmhb2016.org.uk



**“We don’t stop playing because we get older,
We get older because we stop playing.”**
George Bernard Shaw

Welcome to the 25th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first twenty-four (where were you?) pls. go to our website, or ask someone to do that, and download a PDF copy from our MHP page - **www.hmhb2016.org.uk** - all packs are 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.



**Lazza and Dean with Ajani group people on
the 19th May 2017.
Visiting Arsenal Emirates Stadium.**

**They kindly gave us a free tour for our
users, and here we are sitting by the pitch.
The changing rooms are amazing!!!
I think they spent a few pennies.**

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms

PRINTED COPIES CAN BE POSTED TO YOU

**We are delighted to say we can print and post copies to people who would like a paper copy.
Due to Islington Giving Funding, and the National Lottery, we can do this, for a limited
number. So you need to speak with us as soon as possible.**

Please connect through our website contact page.

Thanks to everyone who reads these packs.

**Currently, we do our various work as volunteers.
HMHB really needs seed funding to cover salaries
and overheads.**

**If you are or know a business to help sponsor, or
know grants to cover this, please get in touch.**

**If you can, share on social media our fundraiser
www.gofundme/hmhb2016**



NEWS PAGE:

September was Suicide Prevention Month

I know these packs are around positivity and facing the challenge, but recent events have prompted me to briefly cover this subject here.

Depression, anxiety, stress, fear, worry - all of these, and more, can lead people to thinking there is no point in carrying on. A family bereavement, loss of a relationship, a feeling that life has no purpose, all can be devastating. September was a month where people have fought to highlight suicide, and start conversations around the subject. Three weeks ago was National Suicide Prevention Day. And it is something entirely preventable.



Why am I putting this on our news page? HMHB sadly lost a friend recently to it. A really lovely guy, one of the kindest you could meet, but he had some inner turmoil. We reached out to him, as did others, but sadly he decided to take his life. If he could have seen the outpouring of love following his death, well, who knows? There is a sense of bewilderment and incredible sorrow.

I remember my first major depression, which was quite a few years ago, and I came close myself. It is so difficult to explain to people how you can even consider doing something so drastic, so final, and so severe.

And this happens to all ages, genders, sexualities etc. There is no "ist" when it comes to this subject.

In 2018: there were 6,859 suicides in the UK and Republic of Ireland.

6,507 suicides were registered in the UK and 352 occurred in the Republic of Ireland.

The suicide rate in N Ireland is the highest in the UK; men aged 25-29 have the highest suicide rate.

The highest suicide rate in the UK, and England, is among men aged 45-49.

The highest suicide rate in Wales is among men aged 40-44.

The highest suicide rate in the Republic of Ireland is among men aged 55-64.

The highest suicide rate in Scotland is among men aged 35-44.

It should be noted: In 2019, the rates for females under 25 had increased by 93.8% since 2012.

Covid has brought a great deal of anxiety, with job losses, financial issues, coping issues, education problems, etc. Please, if you are in any way feeling as if you are struggling to cope, I promise you there is help for you.

Do not be embarrassed. Do not feel alone. Please seek help: Talk to someone you trust!!!!

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.

There's no right or wrong way to talk about suicidal feelings: just starting the conversation is what's important.

If you find it difficult to talk to someone you know, you could:

call a GP – ask for an emergency appointment. [I did this](#).

call 111 out of hours – they will help you find the support and help you need.

If you feel overwhelmed;

- try not to think about the future – just focus on getting through today
- stay away from drugs and alcohol. Honestly, they become a problem too.
- get yourself to a safe place, like a friend's house.
- be around other people. I know it's hard.
- do something you usually enjoy, such as spending time with a pet.

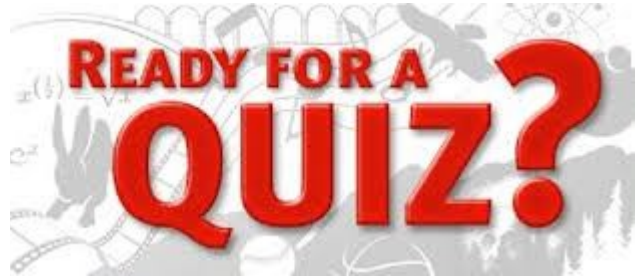


It's amazing how talking about a problem can help you on the way to recovery.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 21 (no peeking)

Politics

Name the last 10 leaders of the UK Labour Party?
 This is elected/unopposed leaders, not acting
 leaders (so do not include Harriet Harman and
 Margaret Beckett).



History

These countries all changed their currency to
 the Euro. But what was it before? Not easy!!!

- a. Austria
- b. Portugal
- c. Finland
- d. Netherlands
- e. Belgium
- f. Spain
- g. Malta
- h. Luxembourg
- i. Ireland
- j. Greece
- k. Germany
- l. Estonia

Film:

Can you name the robot characters in these films?

1. I Robot - the human like robot chased by Will Smith
2. Passengers - the android bartender
3. Big Hero 6 - the inflatable healthcare provider
4. Prometheus - android played by Michael Fassbender
5. Avengers; Age of Ultron: hero played by Paul Bettany
6. Star Wars: All gold, except for a silver leg
7. WALL-E: the name of who he falls in love with.
8. Hitchhikers Guide to the Galaxy: the paranoid one
9. Aliens and Alien 3: the android crew member
10. Total Recall: the taxi driver
11. Terminator 2: Judgement Day: the bad terminator
12. Star Trek; The Motion Picture: takes human form
13. Flight of the Navigator: the robot commander
14. Austin Powers: the seductive female assassins
15. AI: Artificial Intelligence: played by Haley Osment

Geography

In which counties are these English towns?

1. Scunthorpe
2. Huddersfield
3. Mansfield
4. Luton
5. Yeovil
6. Shrewsbury
7. Ipswich
8. Eastbourne
9. Cromer
10. Andover
11. Didcot
12. Loughton
13. Uttoxeter



The World:

Of the fifty countries on the
 Asian continent, eleven of
 them start with a vowel.

Can you name all
 Eleven?

Clue: none start with an
 "e".

I know it not much of a clue

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

MIND-SET:

Worry

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.



**“One day
you will look back
and realise that
you worried too much
about things
that don't really matter.”**

According to Wikipedia:

“Worry refers to the thoughts, images, emotions, and actions of a negative nature in a repetitive, uncontrollable manner that results from a proactive cognitive risk analysis made to avoid or solve anticipated potential threats and their potential consequences.” Well that's clear then!!!!

Psychologically, worry is part of “Perseverative Cognition” (a collective term for continuous thinking about negative events in the past or in the future). As an emotion, "worry" is experienced from anxiety or concern about a real or imagined issue, often personal issues such as health or finances, or external broader issues such as environmental problem, social structure or technological change.

“I'm worried about what's going to happen,” is a common comment. It's a natural response to anticipated future problems.

Excessive worry is a primary diagnostic feature of generalised anxiety disorder (GAD), which is characterized by excessive, uncontrollable and often irrational worry about events or activities. Most people experience short-lived periods of worry in their lives without incident; indeed, a mild amount of worrying can have positive effects, if it prompts people to take precautions (e.g., fastening their seat belt or buying insurance) or avoid risky behaviours (e.g., angering dangerous animals, or substance abuse), but with excessive worrisome people, they overestimate future dangers in their assessments, and in its extremities tend to magnify the situation as a dead end which results stress. Chronically worried individuals are also more likely to lack confidence in their problem solving ability, perceive problems as threats, become easily frustrated when dealing with a problem, and are pessimistic about the outcome of problem-solving efforts.

Seriously anxious people find it difficult to control their worry and typically experience symptoms like restlessness, fatigue, difficulty in concentrating, irritability, muscle tension and sleep disturbance.



Our Pancras Fitness Group

27th February 2020

**Really missing our Thursday sessions
at Pancras Leisure. But discussing
already when we can resume!!**

MIND-SET:

Worry can be beneficial to us.

Being a worrier is not all bad: It boils down to how much you worry, and how much you allow it to affect you.

For example:

For Health

If you feel a twinge in your chest or take a nasty fall, one of the first responses of your body is to worry, and that's a good thing. People who worry are more likely to seek preventative care like yearly check-ups, mammograms, colonoscopies, and even wear sunscreen. A little worry can also spur you to make a plan to help with current problems, like losing weight or cleaning up your diet.

But there's a fine line between acting on your worries to prevent future problems and becoming a full-blown hypochondriac. HMHB are constantly promoting a healthy lifestyle, and providing you with information around nutrition and exercise to help you decide what you are going to do. But we also mention the problems involved around non-action, and that should make people worry enough to start making changes.



At work/university or school

Most of us work or study and consequently most of us worry about our work. Are we doing well enough? Does our boss/teacher like us? Are we stagnating? Will our company go under? Can I pass these exams? Worrying obsessively about these concerns won't help your career, but a little fear can help you achieve your goals. Sometimes worry highlights legitimate problems with your job or work that you shouldn't ignore. Worrying can help you leave a bad job or at least get you to update your CV, ask for help, or seek other resources. At school, you can voice concerns around your study. On the other hand, worrying too much at work may hurt your self confidence, cause you to give up too easily, or become overly sensitive to co-workers and friends. If your worries are motivating you to be productive, they're helpful. Let them go if they're having the opposite effect.



Being in love and/or a relationship

I think I remember love!!!! Worrying has a surprising benefit in relationships. It can bring you closer together! If you listen to worry as a signal that your relationship needs to improve, it can help you revive the spark and fix it before things get too bad. But listen to your gut: Worrying can also help you recognize when you're in an unhealthy relationship and know when it's time to get out.

So what we are saying is that worry is normal, and if we use it in the right way we can benefit from it. It helps keep you safe. It's why people learn first aid, and stops you from destructive behaviours. Worrying about your friends and family can open up discussions and hopefully bring you closer.

We even worry about foods and that can inspire us to change our diets to include more healthier options. But again we have to be careful that we do not over do it, and start punishing ourselves if we have a treat, or even the odd binge. It's all about perspective.

So are there ways we can try and control worry. Let's take a peek.

MIND-SET:

How can I control my worrying?



**“Tell someone there are
three billion stars in the sky
and they will believe you.
Tell someone there is
wet paint on a bench
and they will have to touch it
to be sure.”**

Like most things, worrying is all about balance. Worry too little and you put yourself in danger; worry too much and you may never leave your house again. Worrying, alone, won't solve anything. Even though it sometimes feels like worrying is better than doing nothing, it's damaging if it doesn't lead you to act or change.

Problem solve instead

Worrying about a problem is not going to solve it.. So when you worry, try to turn this into useful problem solving by considering what you need to do now to deal with the problem. Looking at it from a different direction, and thinking of solutions, can be uplifting. Writing things down is also useful.

There is no “what if”

Don't waste time thinking up situations that "might" happen, but in reality are quite unlikely to happen, that is just a misuse of good brain time. Try to spot when you start asking yourself “What if...?” type questions. The vast majority of the scenarios you create using this approach are never likely to happen, and are worst case scenarios. Look at what you can control at that moment. Obviously think how you might overcome realistic outcomes, but don't worry about things that will probably not occur.

Uncertainty is fine

If we have an event coming up, and we are anxious about the outcome, maybe you are putting too much pressure on your expectations. That is not good. When you form expectations, you're setting yourself up for disappointment. You can guide your tomorrow, but you can't control the exact outcome. If you expect the worst, you'll probably feel too negative and closed-minded to notice and seize opportunities. If you expect the best, you'll create a vision that's hard to live up to. Do what you can to prepare for a realistic outcome, but not everything is going to go your way. That's life.

Think positively and lift your mood

Negative moods fuel worrying. Negative moods include anxiety, sadness, anger, guilt, shame, and even physical states such as tiredness and pain. If you must worry, try not to do so when in negative moods because your worrying will be more difficult to control and more difficult to stop. If you find yourself worrying in a negative mood, immediately try to do something to lift your mood.

Stay in the present

Spending most of your time worrying about things that might happen in the future means that you'll spend less time enjoying the present and staying in the moment. Acknowledge the worries that enter your head, but don't engage them. Try to refocus on what you are doing in that moment; watching a TV program, reading a good book, meeting your friends.

NUTRITION: Nutritional Deficiencies

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.

Even if you are getting enough to eat, if you are not eating a balanced diet, you may still be at risk for certain nutritional deficiencies. Also, you may have nutritional deficiencies due to certain health or life conditions, such as pregnancy, or certain medications you may be taking, such as high blood pressure medications. People who have had intestinal diseases or had sections of intestines removed due to disease or weight loss surgery also may be at risk for vitamin deficiencies.

Alcoholics are also at high risk of having nutritional deficiencies.

One of the most common nutritional deficiencies is iron deficiency Anaemia. Your blood cells need iron in order to supply your body with oxygen, and if you don't have enough iron, your blood will not function properly. We talked about that in the previous pack. Other nutritional deficiencies that can affect your blood cells include low levels of vitamin B12, folate, or vitamin C.

Vitamin D deficiency may affect the health of your bones, making it difficult for you to absorb and use calcium (another mineral that you may not be getting enough of). Although you can get vitamin D by going out in the sun, many people with concerns about skin cancer may end up with low levels of vitamin D by not getting enough sun.

Other nutritional deficiencies include:

- Beriberi: low levels of vitamin B1 (found in cereal husks). Possible damage to heart and nervous system.
- Ariboflavinosis: low levels of vitamin B2.
- Pellagra: low levels of vitamin B3. Marked by Dementia, Diarrhoea, and Dermatitis.
- Paraesthesia: low levels of vitamin B5 leading to a “pins and needles” feeling.
- Biotin deficiency: low levels of vitamin B7, which can be common in pregnancy.
- Hypocobalaminemia: low levels of B1.
- Night Blindness: low levels of Vitamin A.
- Scurvy: low levels of vitamin C.
- Rickets: severe vitamin D and/or calcium deficiency.
- Vitamin K deficiency.
- Magnesium deficiency: occurs with certain medications and medical problems.
- Potassium deficiency: occurs with certain medications and medical problems.



Other conditions affected by food and nutrition include:

- hypertension: Salt intake affects blood pressure.
- heart disease/high cholesterol: Fatty foods and partial hydrogenated oils can create plaque in arteries.
- osteoporosis: Low calcium, low vitamin D and excess fat can result in fragile bones.
- certain cancers: A poor diet and obesity are associated with increased risk of breast, colon, endometrial, oesophageal, and kidney cancers.

NUTRITION: Why should we be eating healthy?

It's all about your body. Do you want a healthy one that keeps you focused, energised, happy and fit? Or do you want one that is going to start going wrong, causing you pain and problems? I know which I would choose!!!

You need to keep a healthy weight

Maintaining a healthy weight can help to reduce the risk of chronic conditions. If a person is overweight or obese, they have a higher risk of developing several conditions, including:

Heart disease: Diabetes: Poor Bone Density: Some cancers

Whole vegetables and fruits are lower in calories than most processed foods. A person looking to lose weight should reduce their calorie intake to no more than what they require each day.

Maintaining a healthful diet free from processed foods can help a person to stay within their daily limit without having to count calories.

Fibre is one element of a healthful diet that is particularly important for managing weight. Plant-based foods contain plenty of dietary fibre, which helps to regulate hunger by making people feel fuller for longer.

In 2018, researchers found that a diet rich in fibre and lean proteins resulted in weight loss without the need for counting calories.



Can prevent issues around stroke and cardiovascular problems.

Cardiovascular diseases kills millions of people. These conditions primarily involve the heart or blood vessels. According to a recent study, they believe up to 80% of cases of premature heart disease and stroke can be prevented by making lifestyle changes, such as increasing levels of physical activity and eating healthily.

There is some evidence that vitamin E may prevent blood clots, which can lead to heart attacks. The following foods contain high levels of vitamin E:

Almonds, Peanuts, Hazelnuts, Green Veg

The medical community has long recognized the link between trans fats and heart-related illnesses, such as Coronary Heart Disease. If a person eliminates trans fats from the diet, this will reduce their levels of low-density lipoprotein cholesterol. This type of cholesterol causes plaque to collect within the arteries, increasing the risk of heart attack and stroke.

Reducing blood pressure can also be essential for heart health, and limiting salt intake to 1,500 milligrams a day can help. Salt is added to many processed and fast foods, and a person hoping to lower their blood pressure should avoid these.



NUTRITION: More reasons to eat healthy

Strong bones and teeth

A diet with adequate Calcium and Magnesium is necessary for strong bones and teeth. Keeping the bones healthy is vital in preventing Osteoporosis and Osteoarthritis later in life.

The following foods are rich in calcium:

- Low-fat dairy products
- Broccoli
- Cauliflower
- Cabbage
- Canned fish with bones
- Tofu
- Legumes

Also, many cereals and plant-based milks are fortified with calcium.

Magnesium is abundant in many foods, and the best sources are leafy green vegetables, nuts, seeds, and whole grains.



Improved mental health and mood



This is something we have covered a great deal when we are talking about nutrition, but more and more emerging evidence suggests a close relationship between diet and mood.

In 2016, researchers found that a diet with a high Glycaemic load may cause increased symptoms of depression and fatigue. A diet with a high Glycaemic load includes many refined carbohydrates, such as those found in soft drinks, cakes, white bread, and biscuits. Vegetables, whole fruit, and whole grains have a lower Glycaemic load. Therefore, a healthier diet will help you stay focused, and hopefully more positive.

However, while a healthful diet may improve overall mood, it is essential for people with depression to seek medical care.



Better memory and focus

Let's be clear, no foods are going to improve your memory. But they can make sure you use it better, and maintain it too.

A healthful diet may help prevent dementia and cognitive decline.

A study from 2015 identified nutrients and foods that protect against these adverse effects. They found the following to be beneficial:

Vitamins D, C, and E

Omega 3 fatty acids

Flavonoids and Polyphenols (micronutrients we get through plant-based foods)

Fish

Among other diets, the Mediterranean Diet incorporates many of these nutrients



We have covered many different subjects surrounding nutrition so far.

But one thing is an absolute constant.

A Healthier Diet will look after your body and its functions.

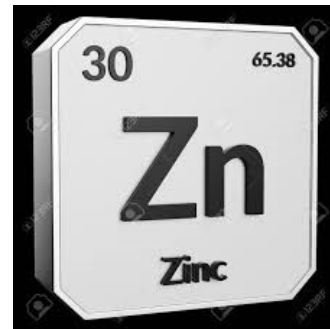
It's your choice, and responsibility. What will you do?

NUTRITION: Minerals

Zinc

Minerals:

In the context of nutrition, a mineral is a chemical element required as an “essential for life” nutrient by living organisms to perform functions necessary for life.



- Zinc is a trace mineral, which your body needs in small amounts.
- Zinc is found in cells throughout the body.
- It helps the immune system fight off invading bacteria and viruses - so is very important during this pandemic.
- The body also needs zinc to make proteins and DNA, the genetic material in all cells.
- During pregnancy, infancy, and childhood, the body needs zinc to grow and develop properly. Zinc also helps wounds heal and is important for proper senses of taste and smell.

Obviously your body cannot produce Zinc, so you only get this through your diet.

Zinc is required for numerous processes in your body, including:

- Gene expression
- Enzymatic reactions
- Immune function
- Protein synthesis
- DNA synthesis
- Wound healing
- Growth and development

Zinc is naturally found in a wide variety of both plant and animal foods.

Foods that don't naturally contain this mineral, such as breakfast cereals, snack bars and baking flour, are often fortified with synthetic forms of zinc.

You can also take zinc supplements or multi-nutrient supplements that provide zinc.

Because of its role in immune function, zinc is likewise added to some nasal sprays, lozenges and other natural cold treatments.

Food sources include: *note we showing only a few samples.* Shellfish (oyster, crab, lobster): Meat (beef, pork, bison): Poultry (chicken): Legumes (chickpea, lentil, beans): Fish (Sardines, Salmon): Dairy (milk, yoghurt, cheese): Eggs; Whole Grains (Oats Quinoa, Brown Rice): Vegetables (Mushroom, Kale, Peas)

Minerals are just another “essential for life” nutrient you need to get from nutrition.

It's your responsibility to make sure you get enough!!!

Why not research this Mineral even more this week?

Maintaining an adequate Zinc intake is important for your overall health,

NUTRITION: Lazza's Kitchen

Proper Shepherd's Pie

Lazza is still trying out new recipes

Today - he cooks Shepherd's Pie (properly - not from a herb mix sachet)

In early cook books, the dish was a means of using leftover roasted meat of any kind, and the pie dish was lined on the sides and bottom with mashed potato, as well as having a mashed potato crust top. The term *shepherd's pie* did not appear until 1854, and was initially used synonymously with cottage pie, regardless of whether the meat was beef or mutton. Since the 20th century, *shepherd's pie* is used more commonly when the meat is Lamb.



- 750 g minced lamb
- 125 g mushrooms, sliced
- 2 carrots, diced
- 1 large onion, chopped
- 1 garlic clove, crushed
- 30 g plain flour
- 150 ml beef stock
- 2 tbsp Worcestershire sauce
- 1 pinch salt and black pepper
- 750 g potatoes
- Butter and Milk for mash:

- Put the minced lamb into a large frying pan and heat gently until the fat runs. Increase the heat and cook, turning and mashing the meat until it browns. Using a slotted spoon, lift the lamb out of the pan and spoon off the excess fat.
- Add the mushrooms, carrots, onion, and garlic to the pan. Cook gently, stirring occasionally, for a few minutes until just beginning to soften.
- Return the lamb to the frying pan. Sprinkle in the flour and cook, stirring, for about 1 minute.
- Add the beef stock and the Worcestershire sauce. Season with salt and pepper. Bring to a boil, cover, and simmer gently for 30 minutes.
- Meanwhile, cook the potatoes in boiling salted water for 15–20 minutes until tender. Drain. Add the milk and butter to the potatoes and mash until soft, then season with salt and pepper.
- Taste the lamb mixture for seasoning and turn into an ovenproof dish, then spread the potato on top. With a fork, score the potato in a decorative pattern. Cook in a preheated oven at 200°C/400°F/gas mark 6 for about 20 minutes until the topping is golden and the meat mixture bubbling



Look, I didn't make enough mash, and also sprinkled a bit of cheese on top. But hey, that's the beauty of cooking.

It tastes yummy, and that's all you can ask. Yay!!!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and tasty bake to prepare.



HMHB's Name Game Page - trickier than you think

Can you name these Star Wars Actors and their Characters?

Answers at bottom of quiz page answers (page 21)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Exercise and Mental Health

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden 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.

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, improve your sex life, and even add years to your life. But that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges.



Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better

If we weren't aware of the power exercise has to relieve depression and anxiety, then lockdown and the Covid-19 pandemic, have brought it home to us. More than a third of UK adults (38 per cent) are turning to regular exercise to improve their mood and relieve stress, according to a survey of more than 1000 Brits by health club Total Fitness. More than one in four people (27 per cent) use exercise to take a moment to themselves; particularly parents.

**Our Zumba group.
We did social distance
during the whole hour
session, honest!!**

**Very happy group
27th September 2020.**

Great Fun for All.



EXERCISE/FITNESS:

How can exercise improve mental health?

Depression:

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication, but without the side-effects, of course. As one example, a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day, or walking for an hour, reduces the risk of major depression by 26%. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent you from relapsing. Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.



Stress and anxiety

Ever noticed how your body feels when you're under stress? Your muscles may be tense, especially in your face, neck, and shoulders, leaving you with back or neck pain, or painful headaches. You may feel a tightness in your chest, a pounding pulse, or muscle cramps. You may also experience problems such as insomnia, heartburn, stomach ache, diarrhoea, or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between your mind and body. Exercising is an effective way to break this cycle. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind.

Other mental and emotional benefits of exercise

- **Sharper memory and thinking.** The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.
- **Higher self-esteem.** Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement.
- **Better sleep.** Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.
- **More energy.** Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise per day, and increase your workout as you feel more energized.
- **Stronger resilience.** When faced with mental or emotional challenges, exercise can help you cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviours that ultimately only make your symptoms worse. Regular exercise can also help boost your immune system and reduce the impact of stress



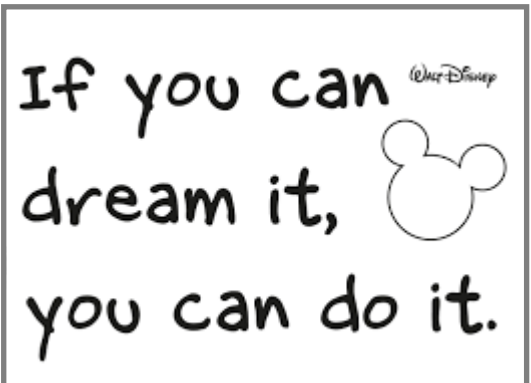
EXERCISE/FITNESS:

Just get started to overcome obstacles

Overcoming mental health obstacles to exercise

So now you know that exercise will help you feel much better and that it doesn't take as much effort as you might have thought. But taking that first step is still easier said than done. Exercise obstacles are very real, particularly when you're also struggling with mental health.

Here are some common barriers and how you can get past them.



- **Feeling exhausted.** When you're tired or stressed, it feels like working out will just make it worse. But the truth is that physical activity is a powerful energizer. Studies show that regular exercise can dramatically reduce fatigue and increase your energy levels. If you are really feeling tired, promise yourself a 5-minute walk. Chances are, you'll be able to go five more minutes.
- **Feeling overwhelmed.** When you're stressed or depressed, the thought of adding another obligation can seem overwhelming. Working out just doesn't seem doable. Just remember that physical activity helps us do everything else better. If you begin thinking of physical activity as a priority, you will soon find ways to fit small amounts into a busy schedule.
- **Feeling hopeless.** Even if you're starting at "ground zero," you can still workout. Exercise helps you get in shape. If you have no experience exercising, start slow with low-impact movement a few minutes each day.
- **Feeling bad about yourself.** Are you your own worst critic? It's time to try a new way of thinking about your body. No matter your weight, age or fitness level, there are others like you with the same goal of getting fit. Try surrounding yourself with people in your shoes. Take a class with people at a variety of fitness levels. Accomplishing even the smallest fitness goals will help you gain body confidence.
- **Feeling pain.** If you have a disability, severe weight problem, arthritis, or any injury or illness that limits your mobility, talk to your healthcare provider about ways to safely exercise. You shouldn't ignore pain, but rather do what you can, when you can. Divide your exercise into shorter, more frequent chunks of time if that helps, or try exercising in water to reduce joint or muscle discomfort.

Getting started exercising when you're anxious or depressed

Many of us find it hard enough to motivate ourselves to exercise at the best of times. When we feel depressed, anxious, stressed or have other mental or emotional problems, it can seem doubly difficult. This is especially true of depression and anxiety, which can leave you feeling trapped in a catch-22 situation. You know exercise will make you feel better, but depression has robbed you of the energy and motivation you need to work out, or your social anxiety means you can't bear the thought of being seen at an exercise class or running through the park. So, what can you do?

It's okay to start small. In fact, it's smart.

When you're under the cloud of an emotional disorder and haven't exercised for a long time, setting extravagant goals like completing a marathon or working out for an hour every morning will only leave you more despondent if you fall short. Better to set achievable goals and build up from there.

HEALTH / ROUTINE
Dementia

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

According to the NHS:

“It’s normal for your memory to be affected by stress, tiredness, certain illnesses and medicines. But if you’re becoming increasingly forgetful, particularly if you’re over the age of 65, it’s a good idea to talk to a GP about the early signs of dementia. Memory loss can be annoying if it happens occasionally, but if it’s affecting your daily life, or it’s worrying you, or someone you know, you should get help from a GP. Dementia is not only about memory loss. It can also affect the way you speak, think, feel and behave. It’s also important to remember that dementia is not a natural part of ageing.”



Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life.

Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease. Dementia is not. That is the difference between them.

Dementia symptoms may include problems with:

- memory loss
- thinking speed
- mental sharpness and quickness
- language, such as using words incorrectly, or trouble speaking
- understanding
- judgement
- mood
- movement
- difficulties doing daily activities.

People with dementia can lose interest in their usual activities, and may have problems managing their behaviour or emotions.

They may also find social situations difficult and lose interest in relationships and socialising.

Aspects of their personality may change, and they may lose empathy (understanding and compassion).

As dementia affects a person's mental abilities, they may find planning and organising difficult. Maintaining their independence may also become a problem. A person with dementia will usually need help from friends or relatives, including help with making decisions. The symptoms of dementia usually become worse over time. In the late stage of dementia, people will not be able to take care of themselves and may lose their ability to communicate.

HEALTH / ROUTINE

What can I do to lower the risk of Dementia?

Nobody would wish Dementia on their family or themselves. It is such a sad thing to happen. Research shows there are more than 850,000 people in the UK who have dementia. One in 14 people over the age of 65 have dementia, and the condition affects 1 in 6 people over 80. But you can make lifestyle changes that lower the risk of getting it. And they are all subjects HMHB have covered in these packs.

Eat a healthy, balanced diet

We know that certain medical conditions such as high blood pressure, high cholesterol, diabetes and obesity can increase our risk of dementia. For some time these risk factors were commonly associated with vascular dementia. We now know that they are also associated with the development of Alzheimer's disease. A diet that's high in saturated fat, salt and sugar, and low in fibre, can increase your risk of high blood pressure, high cholesterol, becoming overweight or obese, and type 2 diabetes. You decide your food choices!!!



Maintain a healthy weight

Being overweight or obese can increase your blood pressure and the risk of type 2 diabetes, both of which are linked to a higher risk of Alzheimer's disease and vascular dementia. It should be noted that we are talking "belly-fat" overweight, not BMI overweight, which can be misleading. People who have a high BMI and central obesity are at the greatest risk for dementia (3.5 times increased risk). But, people with a healthy BMI who are centrally obese still have an estimated two times higher risk for developing dementia than people without excess belly fat. Otherwise healthy middle-aged adults with central obesity were found to have smaller brain volumes, indicating possible brain shrinkage, which may be related to their increased risk for dementia later in life.

Belly fat, also known as visceral fat, can harm the brain because it produces hormones and chemicals that promote inflammation and insulin resistance. Consequently, excess belly fat can also increase the risk for developing diabetes, and has been shown to be a strong predictor of cognitive decline in older people with diabetes.

Exercise More

The benefits of exercise are clear when considering other factors associated with the risk of developing dementia. People who exercise regularly are less likely to experience heart disease and stroke, both factors that are associated with an increased risk of developing dementia. Exercise is also important in reducing the risk of high blood pressure, type 2 diabetes and obesity, all of which are risk factors for dementia.

Several prospective studies (where large groups of people are followed up over time) have found that higher levels of physical exercise are associated with less cognitive decline in older people. Other studies have found that people who exercise experience a slower loss of brain tissue as they age.

Physical exercise should be continued for as long as possible for people with dementia, as it has been found to have a number of benefits. It can help prevent muscle weakness, mobility problems and other health complications associated with inactivity. It can help promote a normal day-night routine, improve mood and increase social participation.

Evidence suggests that only a small number of people aged over 65 – fewer than 20% – engage in an adequate level of physical activity, while people who have dementia are even less likely to engage in such activity.

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.

Karina is based in Islington, but her online classes are fabulous.

Please contact her. They are fun, but also great for your health.



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

TIME TABLE	
MON/18.30/YOGA	
TUES/11.00/YOGA	
TUES/18.30/BOOTCAMP	
WEDS/18.30/YOGA	
SAT/10.00/YOGA	
SUN/10.00/ABT	

HMHB Izzwalkz is part of the “Walk With A Doc” network.

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them.

Check out their website for more information.

“With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends”

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

www.walkwithadoc.org



PILATES

The amazing Emma Ahlstrom is providing some terrific online Pilates classes.

Monday 10-11am:

Pilates for strength

Tuesday 6.30-7.30pm:

Pilates evening flow

Wednesday 10-11am:

Personal Training for over 50's

Friday 9.30-10.30am:

Pilates for over 50's

Contact her

hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

Yep, that picture is me at the start of every week, as I worry about if I can get another quality pack out. But that's a good thing, because it helps me to focus, to time manage, to organise, to research, and to work hard.

But worry can also be a negative, especially if we allow it to overwhelm us and overtake our lives. Be very careful. It's great to care about yourself and others, but it's unhealthy to let it be in control. Think about how much you worry about your life, and if you may need to slow down a bit and take back the reins.



Nutrition.

A healthy diet. What exactly is it? And what are nutritional deficiencies? It's so important to ensure we get the right make up of our nutritional needs, as if we don't this can affect our whole bodies and the organs and systems within.

We all know we need to cut out trans fats, eat more veg and fruit, and feed our bodies the right amounts of fuel. The only person who can make sure that happens is you. It's your responsibility. Grab it with both hands and take control.



Exercise



Exercise is not just about looking good on the outside, but also the inside and mentally. It's why they call it the best medicine. And we all know that.

Especially during this Covid pandemic, with stress and anxiety around jobs, money and personal lives, our mental health is so important. And pushing yourself to improve your fitness and exercise is paramount.

Think about what you can be doing better. Could you team up with some friends or a local class? Just do more. Your body will thank you for it.

Health.

Dementia is a cruel syndrome, and it can rob us of so much. None of us wants to see a mental decline in ourselves or people we know. But it will happen to some.

However, we can make lifestyle changes that have the power to lower that risk, and give us more chance of a longer healthier life. It makes common sense. So why not see what changes you can be making. You know it is the right thing to do.



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

Quiz Answers from Page 4 + Ford Cars from Page 13

See if you can beat your family and friends

History

These countries all changed their currency to the Euro. How many did you get right?

- | | | |
|----|-------------|--------------|
| a. | Austria | Schilling |
| b. | Portugal | Escudo |
| c. | Finland | Markka |
| d. | Netherlands | Guilder |
| e. | Belgium | Franc |
| f. | Spain | Peseta |
| g. | Malta | Lira |
| h. | Luxembourg | Franc |
| i. | Ireland | Pound |
| j. | Greece | Drachma |
| k. | Germany | Deutschemark |
| l. | Estonia | Kroon |

Geography

In which counties are these English towns?

- | | | |
|-----|--------------|-----------------|
| 1. | Scunthorpe | Lincolnshire |
| 2. | Huddersfield | Yorkshire |
| 3. | Mansfield | Nottinghamshire |
| 4. | Luton | Bedfordshire |
| 5. | Yeovil | Somerset |
| 6. | Shrewsbury | Shropshire |
| 7. | Ipswich | Suffolk |
| 8. | Eastbourne | Sussex |
| 9. | Cromer | Norfolk |
| 10. | Andover | Hampshire |
| 11. | Didcot | Oxfordshire |
| 12. | Loughton | Essex |
| 13. | Uttoxeter | Staffordshire |

Film:

Can you name the robot characters in these films?

- | | | |
|-----|-------------------------|--------------|
| 1. | I Robot: | Sonny |
| 2. | Passengers | Arthur |
| 3. | Big Hero 6 | Baymax |
| 4. | Prometheus | David |
| 5. | Avengers; AOU | Vision |
| 6. | Star Wars: | C3PO |
| 7. | WALL-E: | EVE |
| 8. | Hitchhikers GTTG | Marvin |
| 9. | Aliens and Alien 3 | Bishop |
| 10. | Total Recall | "Johnny" Cab |
| 11. | Terminator 2: JD | T-1000 |
| 12. | Star Trek; TMP | Ilia Probe |
| 13. | Flight of the Navigator | Max |
| 14. | Austin Powers | Fembots |
| 15. | AI | David |

Politics

Name the last 10 leaders of the UK Labour Party?

Keir Starmer: Jeremy Corbyn: Ed Miliband:

Gordon Brown: Tony Blair: John Smith: Neil Kinnock:

Michael Foot: James Callaghan: Harold Wilson.

QUIZ
ANSWERS

List of Star Wars actors/characters - from Page 13 (well, it's meant to be tricky)

- 1: Ian McDiarmid: Emperor Palpatine: 2: Peter Mayhew: Chewbacca
 3: David Prowse: Darth Vader: 4: Diego Luna: Cassian Andor
 5: Riz Ahmed: Bodhi Rook: 6: Billy Dee Williams: Lando Calrissian
 7: Adam Driver: Kylo Ren: 8: Domhnall Gleeson: General Hux
 9: Daisy Ridley: Rey: 10: Kenny Baker: R2-D2
 11: Natalie Portman: Padme Amidala: 12: Laura Dern: Vice Admiral Holdo
 13: Hayden Christensen: Anakin Skywalker:
 14: Anthony Daniels: C-3PO: 15: Oscar Isaac: Poe Dameron

The World:

11 countries of Asia starting with a vowel

Afghanistan, Armenia
 Azerbaijan
 India, Indonesia
 Iran, Iraq,
 Israel, Oman
 United Arab Emirates
 Uzbekistan

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 HMHB: **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. We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



*Cripplegate Foundation
Helping since 1500*

Be Safe, Be Active, Be Well