

## We do like to be beside the seaside!

With the summer holidays soon to be in full swing, we're all looking to plan days out, away from the madding crowds, for the ultimate in relaxation.

There really is no better place to be than beside the sea; be that on a beach (socially distanced, naturally), or simply walking a coastline near to the sea.

Here are 5 reasons as to why the sea is positive for our mental health and wellbeing:

### 1. Going to the seaside relieves stress (in most cases, traffic jams and packing the car aside!)

Both the sun and the waves combined work to completely relax your body, release you from your aches, and free you from daily stresses. Not only is serotonin almost immediately released when you arrive on the beach, (a key hormone for relaxation and happiness), but the sound and visuals of the beach and ocean are simply so soothing and peaceful.

### 2. You always sleep better after a day spent in the sea air

After just a few hours at the beach, one of the greatest benefits a person will always experience is a great night's sleep. The seaside helps relieve three key factors that inhibit sleep: high stress and anxiety levels, lack of physical fatigue, and hormonal imbalances. Not only do you feel immediately relaxed upon setting foot on or beside the beach, but you get a great exercise even from just walking on the beach!

### 3. Get your daily amount of vitamin D in just ten minutes at the beach

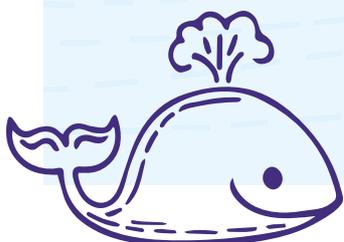
One of the most essential vitamins in our diets is vitamin D; however very little of it is actually absorbed through the consumption of foods. Fortunately, spending just ten minutes outside in the sun can actually allow a person to absorb their daily dose of vitamin D directly through their skin!

### 4. Going to the seaside can improve your ability to fight off infection

You may have experienced it previously – that painful sting when an open wound is exposed to salt water. Fortunately, that pain is a sign that your wound is actually being cleansed by the water. Salt water has unique antibacterial and antifungal properties, making it excellent for external infections; and it also helps internal infections. The iodine in ocean water is a fantastic immune system booster. Not only is it highly antiseptic (it's used in hospitals and surgeries all the time), but it helps boost the function of the thyroid gland which, in turn, boosts our immune system's function.

### 5. Enjoy being able to breathe easier during and after a day at the beach

The natural inclination to inhale deeply when you first step outside of the car at the seaside is actually an automatic response to the quality of the air. Individuals with asthma, COPD, or breathing difficulties will find that it's far easier to breathe when beside the sea than almost anywhere else. This is because not only are the chest muscles surrounding the lungs relaxed when a person steps onto the beach, but the air itself is actually charged with negative ions that work to increase oxygen absorption in the lungs.



## Dabble in a Dalgona coffee

If like many you've spent hours in lockdown idly scrolling through your social media accounts, you'll not have been able to miss a new coffee trend sweeping the nation, the 'Dalgona coffee'.

This deliciously whipped, fluffy iced coffee has been littering our Instagram and TikTok feeds with people sharing their recipes, hacks and #artsy snaps of the tippie. Visit this link to see how to make yours: [www.glamourmagazine.co.uk/gallery/how-to-make-dalgona-coffee](http://www.glamourmagazine.co.uk/gallery/how-to-make-dalgona-coffee)

You can even add alcohol to make a Dalgona coffee espresso martini – refer back to Amy's recipe in 7th May edition.

If caffeine is not for you, join the swathes of people are now adapting the Dalgona coffee recipe to conjure up creamy flavoured milk. Here's how to make yours:

[www.glamourmagazine.co.uk/article/how-to-make-whipped-flavoured-milk](http://www.glamourmagazine.co.uk/article/how-to-make-whipped-flavoured-milk)



Quarantini time...

## Dark & Stormy



I'm fortunate to have been able to escape to Cowes on the Isle of Wight for a little family break and am sharing this newsletter from beside the sea. This has inspired this week's Quarantini recipe, which Jeremy, Charlie and I may all have indulged in rather more of than perhaps we'd let on to our parents over the years!!!

### Ingredients

50ml dark rum

25ml fresh lime juice, plus a wedge to share

2 dashes Angostura bitters

100ml ginger beer – the more fiery the better

Simply put all the ingredients into highball glass over lots of ice, stir gently and garnish with a wedge of lime.

Field family top tip – try Mount Gay rum; the sailor's rum of choice!

# A HAPPINESS RECIPE

By Andy Holter

Finding a sense of happiness through the following 'recipe':

- A regular practice of mindfulness
- An attitude of gratitude for what you have
- Valuing social relationships and practising forgiveness when things go wrong.
- Letting go of anything outside of your control and accepting life as it is in the present moment.
- Having meaningful goals in your that you believe are important and enjoying the journey towards achieving them rather than getting fixated on results.
- Seeing things in a positive light.
- Having a light-hearted approach – laughing uncontrollably from time to time is good for you!
- Working with a sense of service for the community.

## Something to remember...

Some days tend to go better than others. However, the practice of mindfulness is always available and helps us access deep inner resources for healing, wellness and peace.

Consider what your happiness recipe is and write it down. What ingredients do you need to be truly happier?

