



There is nothing wrong with you

By Emma Symons

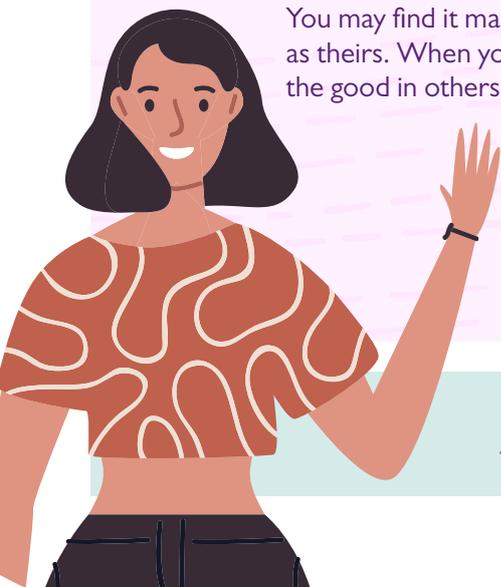
I was reading an article today written by Robert Holden, a psychotherapist, which resonated with me so I thought I would share it with you. In it he says:

“For years I trained in a profession that runs on finding things wrong with people. We take in ‘ugly ducklings’ and dig away to find disorders, dysfunctions, neuroses, psychoses and syndromes. Psychology is obsessed with diagnosis. Every day we invent new labels, new diseases and new courses of treatment for the ‘ugly ducklings’ but we never see them as swans.”

It certainly made me think about the way we see ourselves and how we create blocks to our own happiness by thinking there is something wrong with us. As long as you judge that there is something wrong, bad, lacking or not good enough about you, your life will reflect this belief. It might seem that life is unkind and everything is against you, but in fact it is your faulty perception and thinking that is sabotaging all that is good. Life always gets better when you treat yourself better and when you accept that there is **nothing wrong with you**.

Try this exercise

Just for one day, try to see the good in everyone you meet. Notice one thing and let that person know. You may find it makes your day brighter – as well as theirs. When you make a conscious effort to see the good in others, the good will show up in you.



Is a little boredom good for us?

With the school holidays about to kick in – or for some already started – and staycations very much on the agenda, the daily ‘what are we doing today?’ questions are hanging heavily in the air.

Given the recent lack of freedom experienced in lockdown, there is a danger of wanting to try to do too much, to pack every day with activities, trips and plans. Actually, if recent months have taught us anything, surely it is that taking the opportunity to pause is not such a bad idea. Boredom, when its wings are left unclipped, can segue into a glorious bout of daydreaming, as opposed to 24/7 entertainment that is seemingly so essential to contentment. It can offer us the chance to reflect on how fast paced life can be and how, without realising, we can be set on a path towards burnout without really realising, simply by trying to do too much all of the time.

The very fact that boredom is a daily experience suggests it should be doing something useful. It stops us ploughing the same old furrow, and pushes us to try to seek new goals or explore new territories or ideas. If we don’t find stimulation externally, we look internally, going to different places in our minds, allowing us to make leaps of imagination, getting out of the box and thinking in different ways.

So why not try embracing tedium and try not to fear boredom when it hits us. We should embrace it and let our children be bored too; it’s good for their creativity!

It’s ok if you don’t have a plan. Being spontaneous and going with the flow doesn’t mean you’re disorganised. It means you’re alive!



More healthy tips from Elaine

There has been some debate in the last few years on what is worse – salt or sugar? Both are not great for us in high consumption as we found out with sugar last week. We can reduce the amount of salt we use in our diet and cooking especially if you love salty snacks such as crisps and peanuts like I do!

If you have to use salt when cooking, try and avoid table salt (Saxa is one of the main brands) as this has a high amount of sodium. There are now so many alternatives on the market – sea salt, pink Himalayan salt, low sodium salt (Lo-salt) are better choices. Too much salt can cause high blood pressure, and can increase bad cholesterol and your chances of having a stroke. The daily recommended intake of salt is no more than 6g per day. This does sound a lot, but like sugar, salt is hidden in most foods – for example, breakfast cereals and bars, chocolate and bread to name a few so please check food labels.

Herbs and spices (fresh or dried) can be used in cooking to enhance flavour, and can be varied depending on what you're making:

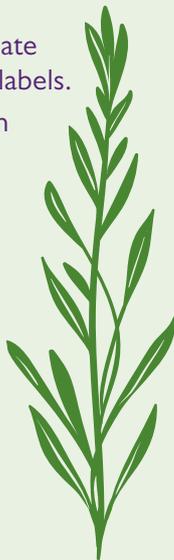
Coriander – used in salads, curries and salsas

Tarragon – commonly used in creamy sauces especially with chicken or fish

Basil – a fragrant herb mainly used in tomato based sauces and also great in salads

Oregano – use this in Bolognese, stews or homemade soups

Rosemary – another fragrant herb used in stews and lovely cooked with roast potatoes



Quarantini time...

Sea Breeze

Sticking with the sea theme, this week it's the classic Sea Breeze Quarantini:

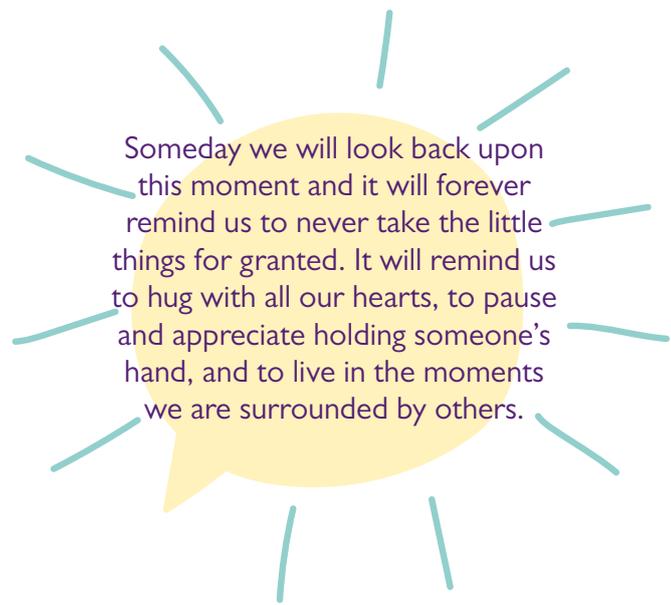
Ingredients

50ml vodka / 100 ml cranberry juice

50ml grapefruit juice / Ice / Thin slice of lime

Half-fill a tall glass with ice then pour in the vodka, cranberry juice and grapefruit juice.

Stir gently until the outside of the glass feels cold, then garnish with the lime slice.



Someday we will look back upon this moment and it will forever remind us to never take the little things for granted. It will remind us to hug with all our hearts, to pause and appreciate holding someone's hand, and to live in the moments we are surrounded by others.

Socialising is 'back' – but how do we really feel?

Lockdown has brought about a stark change for many who previously would have considered themselves extroverts thriving on the company of others. With no possibility of going out or seeing anyone, many of us have accepted and embraced this new norm and are now feeling uneasy about the prospect of opening back up that social black book. We've found comfort in the familiar and fallen easily into antisocial habits, getting so cosy in our lives of relative solitude that any chat of a socially distanced dinner party makes us go a little twitchy!

It's a bit like reading, you can get out of practice if you stop doing it for a while and it takes longer to read a book when you do pick one back up. But little and often and you soon get back into the swing. It's the same with socialising; interaction is a muscle you have to flex or it gets slack and tired.

The good news is that as things begin to normalise, it's the perfect opportunity to rethink and reset; find a new happy baseline you feel comfortable with and set new boundaries on how much socialising you feel you can handle. Perhaps pre-Covid, some of us were living a frantic and exhausting social life, feeling pressurised to accept every invitation. Now you can re-write the rules and find a better balance.

