



## Wellbeing in a changing world

By Andy Holter

With an end to Covid restrictions and the invasion of Ukraine, this week for many of us may be one of worry, anxiety, or fear, for loved ones, family, or friends either here at home or further away.

It is absolutely normal to experience a wide range of emotions and feelings in either situation, whether it be the last two years of handwashing, wearing a mask or keeping a distance, to the shock of aggression in a faraway country.

It is important that we remember that for some of us, our resilience to these situations may well be very different to how others are seeming to cope. So let's be mindful of our work colleagues, friends and family who may be finding these situations challenging or demanding emotionally and physically and take time to remember some of the five steps to wellbeing.

### 1. Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

### 2. Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into work – perhaps with a colleague – so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a work sporting activity
- Have a kick-about in a local park

- Do some 'easy exercise', like stretching, before you leave for work in the morning
- Walk to someone's desk instead of calling or emailing.

### 3. Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing and savouring 'the moment' can help to reaffirm your life priorities.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your workspace
- Have a 'clear the clutter' day
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work
- Visit a new place for lunch.

### 4. Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Why not learn something new today?

- Find out something about your colleagues
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Wordle
- Research something you've always wondered about

### 5. Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.





## Bring back the boot sale!

By Chelle Thorn

With the return of the spring sunshine and with the departure of Covid regulations, the time has come to get up and get clearing out all that has accumulated in our houses over lockdown. It's the return of the car boot sale season and did you know – apparently there is actually a knack to a successful car boot sale?! Well as the saying goes, one man's trash is another man's treasure'. Here's the inside scoop to selling successfully...

**Sort out your stock:** Sort out what you'd like to get rid of and identify items that other people might want to buy. Popular sale items include clothes, accessories, kids' toys, baby goods, shoes, furniture, ornaments, photo frames, jewellery, books, CDs and DVDs. If you have the time, dusting, cleaning or even ironing items will have a positive effect on how attractive your goods are to buyers. You can find a car boot sale near you by checking local magazines or by keeping an eye out for signs around your local area.

**Choose the best pitch:** Visit the car boot sale you plan to go to a few weeks before and scope out the area as it will help you see the area that attracts the most browsers – ie, near a coffee van or food spot is usually a good bet.

**Get there early:** Get an early start so you can secure the position you think will work best and make sure you give yourself enough time as there are often long queues of cars waiting to get in.

**Prepare a float:** Many people miss out on sales purely as they didn't have enough change for a £10 or £20 note. It's a good idea to have around £25 worth of change. Take a small bag you can wear across your body on the day.

**Get equipped:** Most people hate rummaging so use anything you can to help show off your items, for example, an old crate, a small collapsible table or sturdy rails are useful for displaying your goods. A large mirror is also useful if you're selling clothes and accessories as people like to have a try on before buying.

**Pack the car thoughtfully:** Put the equipment to display items in an easy to reach area so you can set up quickly to avoid wasted time on arrival.

**Bring a helping hand:** Doubling up with a friend or family member can boost sales and you will be able to set up faster. You can both sell so you'll have more stock and you can split the cost of the pitch, which is typically £10.

**Be prepared for the weather:** It is the UK after all! Pack a large plastic covering to protect your goods from the rain if needs be – it also means you'll still be able to see items if it's transparent.

**Bring bags for big spenders:** Have a stash of carrier bags on hand.

**Wear your best smile!** People will be more likely to stop by and browse if you're smiling and look interested! Just don't be too pushy as it may put people off!

**Price everything:** People do like to haggle but many are put off having to ask the price, so always label but be prepared for some friendly negotiations! Also be sure to price realistically – eBay is always a good place to look for a starting guide price. Finally – Have fun!



## MINERAL OF THE MONTH BY ELAINE

**Iodine** is the mineral that helps the function of the thyroid gland. Our thyroid regulates our metabolism and controls the heart, digestive system and muscles. Foods rich in iodine are cheese, yoghurt, tuna, eggs, brazil nuts and seaweed.

**Electrolytes** are minerals that are found in your blood, urine and sweat and are essential for body and nerve function and to keep you hydrated. There are three main electrolytes which are found in minerals: potassium, sodium and chloride.

Foods rich in electrolytes for each mineral are:

Potassium – avocado, bacon and mackerel

Sodium – sea salt, bone broth and salmon

Chloride – tomatoes, celery, lettuce and olives

If you have an electrolyte imbalance, these are the signs to look out for: shortness of breath, irregular or faster heartbeat, tiredness and frequent/infrequent urination.

Did you know that one baked sweet potato can give your body 40% of the daily Vitamin A required to keep your eyes and skin healthy?

**Collagen** is a protein which is essential in the human body. It is found in our skin, tendons, muscles, bones and cartilage and provides structural support to all our tissues.

Foods that are high in collagen which keeps our skin looking youthful and ensures our bodies are nourished are egg whites, salmon, pork crackling (fresh, not from packets!) and bone broth. One of the best ways to get the most out of bone broth is if you roast a chicken, boil the carcass and drain the liquid. Add it to soups and casseroles for extra flavour and nutrition.

### Go Nuts!

Nuts are so good for our health! Here are the best sources and their benefits:

Cashews – can help alleviate depression and contains magnesium which promotes a good night's sleep.

Almonds – high in Vitamin E and anti-ageing.

Pistachios – good for hair growth and aids a good night's sleep.

Walnuts – contains Omega 3 which is great for the brain.

Pecans – high in zinc and great for your immune system.

Brazil nuts – another good source for brain health and provides support to the thyroid – high in selenium.