



## Mindfulness through creative activity By Andy Holter

A creative activity is an opportunity for us to use our imagination, explore ideas that we otherwise might not think about, find much-needed time to relax and encourage that feel good feeling through play, fun and achievement, and in turn develop a good sense of wellbeing.

To train our brain, stretch our imagination and create an imaginary world far from our own through creative drawing, painting, model building or even using the legendary Lego sets, allows us to find our inner child and return to fun and play. This encourages our sense of achievement, whether individually or as a family.

So let's clear the dining room table, put on some relaxing music, allow us to stop the daily hectic schedule, sitting at the computer, writing emails, making business phone calls, watching the endless hours of television, playing on game consoles or watching social media and instead let's find that much needed 'you time', or in the case of families, 'family time'.

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### Exciting News

Welcome to both Kar-Ming Yeung, Funeral Director from our Shires funeral home in Dunstable and Dee Winter, Funeral Arranger and Administrator from our funeral home Cooper & Son in Heathfield, who have recently taken on the very important voluntary role as **Wellbeing Champions** for the North and South of CPJ Field, both Kar-Ming and Dee will be supporting Andy Holter our Wellbeing Lead in providing support, guidance, signposting, and all things 'wellbeing'. This is an exciting moment in the development of the wellbeing support we offer to our colleagues and managers across CPJ Field, bringing two extremely talented, friendly, and approachable colleagues to the CPJ Field wellbeing initiative, offering a listening ear at a time of need.

Mindfulness through creative activities has the benefits of improving our attention span, working our memory and reaction speed. It enhances our mental stamina and resilience, whilst also enhancing our brain function. It increases grey matter in areas associated with self-awareness, empathy, self-control and attention. It soothes the parts of the brain that produce stress hormones and builds those areas that lift mood and promote learning. It even reduces some of the thinning of certain areas of the brain that 'naturally' occurs with age, which must be a good thing!

Mindfulness through creativity is a great antidote to anxiety, stress, depression, exhaustion and irritability, so go find yourself a creative idea and have some much-needed fun in your daily routine and help our wellbeing.



## A happiness recipe

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?



## Watermelon Daiquiri

### Ingredients:

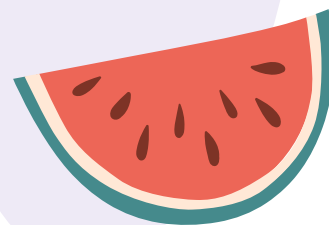
- Ice
- 50ml white rum
- 25ml watermelon liqueur / flavoured spirit ie gin
- 10ml lime juice
- 100g watermelon plus a wedge to garnish

### Method:

Put a handful of ice in a blender suitable for crushing ice, along with the rum, watermelon liqueur, lime juice and watermelon flesh. Blitz until just smooth.

Fill a tall glass with ice, pour over the daiquiri and garnish with a wedge of watermelon.

Relax and enjoy!



## MINERAL OF THE MONTH BY ELAINE

**Iodine** is a mineral which has to be obtained by food or supplements only. This mineral promotes normal growth and development and is also essential for the thyroid gland which regulates metabolism – if you diet does not include the right amount of iodine, this could lead to either an underactive or overactive thyroid issue.

### Underactive thyroid – symptoms

Brittle hair and nails, numbness in the hand and fingers, irregular or heavy periods, weight gain and tiredness.

### Overactive thyroid – symptoms

Rapid weight loss, irregular heartbeat, anxiety and irritability, mood swings, swelling in your neck and difficulty sleeping.

Foods rich in iodine are canned tuna, oysters, dairy (milk, cheese, yogurt), eggs and chicken.

## Summer is here!

We all like to make the most of the sun when it finally makes an appearance and to avoid sunstroke or headaches, we need to keep hydrated with lots of liquids. Watermelon juice is a great hydrator: try slicing a watermelon and whizz it up in a blender with ice and half a cucumber (peeled). Try and have a couple of glasses of this if you plan to spend time in the garden or take a bottle with you if you are out and about. See the watermelon daiquiri recipe for other great ideas!

## Herby ice cubes

I love adding fresh herbs to my meals. If you have some leftover herbs, don't throw them away if they are near to their use-by date, whizz the herbs in a blender with some water and add the mixture to ice cube trays. Put them in the freezer and you can add this to any stews, soups or curries for up to 3 months.