



## The clocks have changed

by Andy Holter

With the clocks changing last weekend the evenings are lighter and the opportunity to feel positive and lighter is here; whether it's taking a moment for a walk or grabbing a moment for some mindfulness.

For some, the start of the year has been hectic, rushed or even organised chaos, and for others slow, draining and challenging, waiting for change or productivity to arrive. Whichever applies to you, the arrival of spring brings new life. For sheep it's little lambs, for plants it's time to grow, and for us it's an opportunity to embrace the lighter mornings and evenings, feeling refreshed, encouraged, and alive.

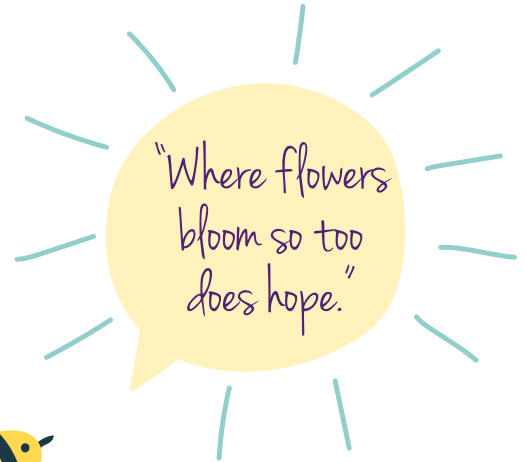
The darker, wetter, and colder months are now behind us and, like the months that pass, so too do the challenges, strains, and difficulties of yesterday. Look to today, a new start, a new dawn, and a new day, for the coming months are ones to embrace. They are ones for change.

Now some of you may say – 'I dislike change, I don't want change, I really do not embrace change'. Change can indeed be difficult, it can be unsettling, however change allows for new ideas, new beginnings, new horizons and new opportunities for growth and development.

Maslow, an American psychologist, has a theory of motivation which proposes that people who have all their 'lower order' needs met progress towards the fulfilment their potential. Typically, this can include the pursuit of knowledge, peace, aesthetic experiences, self-fulfilment, oneness with God, nirvana, enlightenment etc.

Therefore, whether you like change or if you struggle with change, one thing is certain, the seasons will come and the seasons will go, just as our thoughts, feelings, and emotions will come and they will go.

So why not then, on the start of this new season, embrace change, embrace opportunity and flourish just like many of the flowers under the warmth of this new season's radiant, bright and beautiful sun.



## TOP TIPS FOR A MOMENT OF MINDFULNESS

**Notice the everyday** As we go about our daily lives, we can notice the sensations of things, the food we eat, the air moving past the body as we walk.

**Keep it regular** It can be helpful to pick a regular time, such as a morning journey to work or a walk at lunchtime, during which you decide to be aware of the sensations created by the world around you.

**Try something new** Trying new things, such as sitting in a different seat in meetings, trying a new route to work or going somewhere new for lunch can also help you notice the world in a new way.

**Watch your thoughts** Some people find it very difficult to practise mindfulness. As soon as they stop what they're doing, lots of thoughts and worries crowd in. It might be useful to remember that mindfulness isn't about making these thoughts go away, but rather about seeing them as mental events that come and go. This can be very hard at first, but with gentle persistence it is possible. Some people find that it is easier to cope with an over-busy mind if they are doing gentle yoga or walking.

**Name thoughts and feelings** To develop an awareness of thoughts and feelings, some people find it helpful to silently name them: "Here's the thought that I might fail that exam" or: "This is anxiety".

**Free yourself from the past and future** You can practise mindfulness anywhere, but it can be especially helpful to take a mindful approach if you realise that, for several minutes, you have been trapped in reliving past problems or pre-living future worries.





## Health and nutrition with Elaine

As the saying goes, “When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need”

### Ginger or Turmeric?

During the winter months you hear a lot about these two spices. Here are reasons why you should start using them more:

#### Ginger

- Eases indigestion and bloating
- Reduces menstrual cramps
- Helps with weight loss and targets belly fat
- Boosts the immune system
- Relieves headaches

#### Turmeric

- Helps with anxiety
- Clears skin breakouts/acne
- Fights infections



### Cucumbers

Known to be a wonder vegetable, here are some of a cucumber's health benefits.

- Cucumbers are 96% water so including these in your diet are a great way to add hydration.
- Helps flush out toxins and reduces uric acid in the kidneys.
- Relieves muscle pain due to the high amounts of antioxidants which reduces inflammation.
- Softens hair and nails. Cucumbers have high amounts of vitamin K and silica which keeps your hair strong and healthy.
- Reduces blood pressure due to the high levels of water; cucumbers can reduce the effect of sodium on your organs.
- Fights diabetes – cucumbers reduce sugar levels in the blood.

### Bugs...

There are a lot of winter bugs going around at the moment. Here are a couple of tips to reduce the effects.

#### Stomach bugs/Gastroenteritis

Put one Star Anise in a cup of boiling water and allow to cool. This has been known to stop the effects of gastroenteritis and the norovirus due to Star Anise's anti-viral properties.

#### For chesty coughs/common colds

Clove Tea – cloves kill bacteria in the mouth and expels mucus from the lungs. Place half an inch of fresh ginger, 1 cinnamon stick and ¼ teaspoon of cloves into 3 cups of boiling water and steep for 5 minutes. Strain and allow to cool. You can add a small amount of honey to naturally sweeten the taste.



### Vitamin cheat sheet

There are so many different vitamins available we sometimes don't know what they do to help. Here is a list to show their purpose.

|              |                      |
|--------------|----------------------|
| Vitamin A    | immunity, eye health |
| Vitamin B1&3 | energy               |
| Vitamin B7   | hair and nails       |
| Vitamin B12  | blood cells          |
| Folate       | new cell production  |
| Vitamin C    | collagen             |
| Vitamin D    | immunity             |
| Vitamin E    | antioxidant          |
| Vitamin K    | arteries             |

