



## World Mental Health Day

World Mental Health Day is on 10 October 2023. It's a day to raise awareness of mental health problems. Increasingly, more of us are aware of our mental health and yet so many of us still aren't getting the right support.

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 as an initiative from the World Federation for Mental Health, a global mental health organisation with members and contacts in more than 150 countries

Mental health encompasses emotional, psychological and social wellbeing, influencing cognition, perception, and behaviour.

We can all struggle with our mental health from time to time and to help, we've collated a few simple tips to help you to look after your mental health:

### Go outside

The power of fresh air is easy to underestimate, but a quick stroll around the park can make a huge difference to your mood. If you're feeling cooped up inside working remotely, try and make sure you get out every day, even if it's just for 10 minutes on your lunch break, or half an hour pottering about in the garden.

Feeling more adventurous? You could go for a bike ride, drive out somewhere for a hike, or brave a wild swim if you live near the coast. Planning an activity like this for the weekend is a great way to make sure you spend a solid chunk of time out of the house, blowing away the cobwebs and getting a change of scenery while you're at it.



### Re-learn relaxation

We all have different ways of relaxing; there are plenty of things you can do to unwind without leaving the house. Some may favour a hot bath, losing themselves in a good book or podcast, while other minds find refuge in a solitary hobby like journaling or crafts. Find time to remember how you best relax and carve out some time to do just that.

### Eat well

It's easy to slip into convenient, comforting eating habits during times of uncertainty and while these serve a purpose, they don't always include the healthiest foods. The occasional takeaway is a great way to celebrate the weekend (and support local businesses too), but you might benefit from a more balanced diet day to day. The food we eat can have a huge effect on both our energy levels and more surprisingly our mood so make sure you're nourishing both body and mind with a good range of your five a day and plenty of water.

### Learn something new

With shorter days and longer nights, after work is the perfect opportunity to have a go at learning something new, however daunting it may seem. Perhaps you've always wanted to learn another language, try your hand at throwing pottery, or pick up the acoustic guitar? Whatever you fancy, learning something from scratch is a good distraction and a great way to flex some mental muscles you might not have used for a while.

### Move your body

This sounds like obvious advice but making sure you get enough regular exercise can do wonders for your state of mind. As well as the endorphins you'll enjoy afterward, a workout will increase your energy levels.

### Stay connected

Whether you feel a bit disconnected from your friends, family and colleagues, the importance of staying connected reduces loneliness and isolation. Thankfully, there are also more virtual methods of staying in touch with each other than ever before, adding to many more opportunities to staying connected.

### First Aiders for Mental Health

Don't forget within the family of CPJ Field we also have trained First Aiders for Mental Health that are available to chat, support and sign post you for help. For your nearest trained colleague look out for the poster on your health & safety board, or contact Andy Holter on ext. 9900



## Autumn facts!

Many lovers of Instagram will rejoice as autumn arrives; crunchy falling leaves perfect for that autumnal photo backdrop. But other than aesthetic backdrops and the excuse to warm up with a steaming hot drink, what else do we know about autumn? Read on to find out...

### 1. The autumn equinox is different each year

The autumn equinox happens every September but each year it lands on a different date, usually 22nd or 23rd of September, due to the Gregorian calendar which only counts 365 days not the 365.25 days the earth takes to fully orbit the sun. The equinox marks when the sun is directly in line with the Earth's equator, meaning day and night are of equal length.

**2. Autumn was once called Harvest** During the 12th and 13th centuries, autumn was known as 'haerfest', or in today's spelling, 'harvest'. One reason it was called this was because the full moon nearest to the autumn equinox is called the harvest moon. The Harvest Festival is traditionally held on the Sunday closest to the Harvest Moon, typically around the 22nd or 23rd September, which tends to be the same date as the autumn equinox.

**3. The term 'Fall' isn't just used in America** Fall was actually a fairly common term in England up until relatively recently, used up until the 17th century, derived from the shortening of the phrase "fall of the leaf".

**4. Autumn babies live longer** According to a study carried out by the Journal of Aging Research, those born in autumn could live longer. One of the theories for this is because autumn marks a change in temperature so babies born in colder months can develop more of an immunity to colds and flu.

### 5. Global warming may affect your autumn selfies

Global warming could have an impact on the autumn season affecting the leaves changing colour, partly because of a noticeable drop in temperatures. Due to global warming and warmer weather, we could see a delay to the much-loved colour change of autumn. It could also

have an effect on the colour pigmentation of the leaves too, as the red pigment is made when the temperature drops.

**6. The Greeks had their own ideas about autumn** According to Greek mythology autumn began when Persephone, the daughter of the goddess of nature and harvest, was kidnapped by Hades, the God of the underworld. Hades became enamoured with Persephone and wanted her to be his queen. She was so upset at the prospect that all the crops died and only when she was returned to her mother did the crops start to grow marking the start of spring.

**7. Autumn can affect your health** During the autumn season the clocks go back, meaning an extra hour in bed. Research suggests the extra hour in bed has health benefits, especially for our hearts. On the flip side, it can also be a season for weight gain as we hunker down for colder climes, being less active. A lack of Vitamin D in the shorter days also has a negative impact as its primary role is to increase fat breakdown and reduce the amount of fat the body stores.

**8. Bobbing for apples is a British invention** While our friends across the pond seem to have all things Halloween nailed, apple bobbing was actually invented in the UK! The original version of the game was actually a British courting ritual in which the men were assigned an apple and the females had to bob for them in the hopes of bagging the right apple from the man she wanted!

**9. Autumn and animals** During the Autumn season squirrels apparently become smart, demonstrating a 15% increase in the size of their hippocampus. This season is their busy period for foraging and storing food ahead of winter, so they need to be on top form! For other animals, autumn is not the favourite, indeed the Monarch butterfly dislikes it so much that it'll fly south from America to the warmth of Mexico and parts of California at a speed between 12 and 25 miles per hour.

**10. Autumn is the season of love** An analysis of Facebook data shows that more people update their status from 'single' to 'in a relationship' or 'engaged' in autumn than any other season! Love is clearly in the autumnal air!

## Volunteering opportunity

A volunteering opportunity is available for the South of the Business, supporting the wellbeing of our colleagues at work. We have a vacancy for a Wellbeing Champion supporting the Wellbeing Lead for CPJ Field. If you feel this voluntary role is for you, please e-mail: [andy.holter@cpjfield.co.uk](mailto:andy.holter@cpjfield.co.uk) for further information.

Closing date is 20th October, 2023

## Pumpkin Spice Latte recipe

'Tis the season of steaming mugs of deliciousness after long crisp walks in the crunchy leaves! Try this for an autumnal warmer...

### Ingredients:

2tsp pumpkin puree (you can buy in a can),  
Pinch of cinnamon, plus extra to serve,  
Pinch of ground ginger, Pinch of ground nutmeg,  
80ml espresso or strong coffee, 250ml milk (any will work)

### Method:

Put the pumpkin puree in a large heatproof glass or mug and stir in the spices and espresso / strong coffee. Heat the milk in a saucepan over a low heat until steaming and frothy. Pour into the glass or mug and spoon over any froth then dust with more cinnamon before serving.

'There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves.' **Paul Coelho**

