



The seasons are changing and so are we...

By Andy Holter

With the summer now behind us, so are the longer days, and the day-long adventures. But instead of feeling down at the passing of the summer, be upbeat as the new season is upon us: autumn – the season of great colour, changing leaves, birch and landscape. Now is your opportunity to embrace this wonderful change, just as we embrace being another year older, another year wiser and another year past.

The simple fact is, we can either embrace change or resist it, yes – whichever we choose, change will occur anyway. As sure as the summer moves to autumn, and autumn moves to winter, we move from month to month, and year to year in the precious and wonderful cycle of life.

The same as for nature: yes, we may have tough times, hard times and even challenging times, but we can also have great times, fun times, and amazing times. Wherever you are in your cycle of life, these experiences, feelings, emotions, will pass and when they do, like the spring turns to summer, so will your life from the past to the future, the bleak to the light, the sad to the fun, the mundane to the adventurous. Nothing lasts forever, so don't be the one to let it.

'As autumn whispered to the wind, I fall, but always rise again, so then, so can you, rise up, for today is a new day, and the beginning of your amazing new season.'

Did you know the word autumn originates from the Latin word 'autumnus', with the root of the word having connotations regarding the passing of the year.

[Why not listen to this week's wellbeing video message about five ways to self-care.](#)

Remember, there is also lots of helpful wellbeing information on Sharepoint in the CPJ Field Wellbeing Hub, or speak to a colleague, line manager, the People Team or you are also welcome to contact me on ext.9900 for any additional help or guidance.



"Every leaf speaks bliss to me, fluttering from the autumn tree."
Emily Bronte





Simple tips for a healthy autumn!

Now is the perfect time to be preparing your bodies and minds for tackling the colder weather ailments that could soon be upon us. With the darker nights and colder weather arriving, you can often feel more lethargic, so it's very important to keep energy levels up to help ward off cold and flu viruses.

Keep Hydrated Many of us, myself included, don't drink enough water, especially in the colder months. Drinking water protects your skin from the cold air drying it out, and flushes out toxins.

Eat seasonal fruit and veg This time of year there is an abundance of fruit and veg in season that will help boost your immune system. Oranges, blueberries, persimmon, beetroot and kale are great for vitamin C and antioxidants, so it's a good idea to incorporate more fruit and veg into your diet.

Try a sleep clock When the mornings are dark there's nothing harder than being woken up by a bleeping alarm clock, drawing you out of a deep sleep. There are alarm clocks that can help aid your sleeping pattern, which wake you with a gradually brightening sunrise to help boost mood and energy levels.

Get some Vitamin D The weather can often be an excuse for many of us not to get outdoors. But fight it – wrap up warm and go for a walk to try and get some much-needed vitamin D in natural daylight as it helps with increasing energy levels and will improve moods and help you to keep fit over the winter.

Don't skip breakfast Breakfast is important all year round but even more so in these months. Porridge is a good idea as it makes you feel fuller for longer and is packed full of fibre. Plus, a decent breakfast will help curb hunger cravings later in the day!

Take time out Winter often makes us feel more tired, so make sure to take some time out and practise mindfulness or meditation. Exercise is also a great way to relieve stress.

Try to limit caffeine Reaching for a coffee is a habit we're all guilty of as a 'pick me up' but it can cause dehydration and affect sleep, so try not to overload on caffeine and limit your intake. Try swapping it for a herbal tea or smoothie.

Add some spice Add warming spices such as ginger, turmeric and chillies to your foods, which have great health benefits to help keep winter bugs at bay.

Go to bed early Try to go to bed early and get the full eight hours so you can get a proper rest to keep your body fighting fit over winter. Try also to quit screen time an hour before you go to bed as it blocks the production of melatonin, the sleep hormone.



MINERAL OF THE MONTH BY ELAINE

This month we're looking at the benefits of **calcium**. Some people are dairy intolerant and cannot eat foods that are high in calcium such as milk, cheese and yoghurt. So try alternatives to dairy that can increase your levels of calcium, such as figs, chia seeds, almonds, broccoli, butternut squash, kale, almond or oat milk, canned sardines and fresh orange juice.

If you need to take a calcium supplement, it's best to take with freshly squeezed or a 'not from concentrate' orange juice – this is because oranges absorb calcium better than water.

Signs that you are calcium deficient can include numbness and tingling in hands, feet and face, muscle spasms and weak or brittle nails.

Did you know that certain foods, especially fruit, can have a negative effect on our bodies depending on when you eat them? Here are a few examples:

Bananas

Lunch: they strengthen the immune system and improves skin
Dinner: they may disturb digestion and lead to mucus build up

Apples

Lunch: can lower blood sugar and cholesterol levels
Dinner: they can increase stomach acid

Tomatoes

Lunch: improve digestion and speed up your metabolism
Dinner: they can cause a bloated stomach due to the pectin

Oranges

Lunch time: improves digestion and speeds up metabolism
Dinner: eating oranges on an empty stomach can cause stomach irritation

Yoghurt

Dinner: aids faster digestion of dinner and curbs late night snacking
Breakfast: eating on an empty stomach can cause too much stomach acid

