



## Podcasts to lose yourself in

I don't love ironing, and despite a lack of work shirts as my husband is working from home, still the pile keeps growing! In an attempt to make it less laborious and to reward myself, I've started listening to podcasts – I had no idea there were so many freely available, from cooking to cleaning, science to stand up comedy, there's something for everyone. With wellbeing in mind, here's a selection of fantastic resources to lose yourself and a few hours in! Please do share any others you may have come across...

Feel Better Live More –  
Dr Chatterjee  
The Rich Roll Podcast  
Happy Place – Fearne Cotton  
Radio Headspace  
Seek the joy  
Mindfulness in 8 weeks

BBC Radio 4 All in the mind  
The Calmer you podcast  
TED radio hour podcast  
The Slow Home podcast  
In the Moment Magazine podcast  
The Baggage Reclaim podcast



Check out [this](#) useful resource from the NHS for helpful hints and tips

### SOMETHING SILLY FOR THE WEEKEND from Sandra at Shires

1. You can't see your ears without a mirror
2. You can't count your hair
3. You can't breathe through your nose with your tongue out
4. You just tried number 3
6. When you did number 3 you realised it is possible, only you look like a dog
7. You are smiling right now, because you were fooled
8. You missed number 5
9. You just checked to see if there is a number 5
10. Share this with your friends so they can have some fun too!

### Immune boosting tips from our resident nutritional expert Elaine Wiseman!

Every morning I squeeze the juice of one fresh lemon, chop up a small amount of fresh ginger, and a couple of sprinkles of either ground cinnamon or ground turmeric, both of which have antibacterial properties. Drinking this on an empty stomach is best – don't use boiling water, as the vitamin C levels will be lowered. It's also great for skin, detoxifying your liver and good for weight loss. You can use fresh limes if you can't get lemons, which I am finding difficult at the moment.

Sambucol effervescent tablets from Holland & Barratt are also amazing and contain black elderberries which have anti-viral properties. I have taken these for years and have avoided most bugs and colds for three years! They are priced at around £9 for 15 tablets – you can also find them on Amazon.





Waitrose are calling all kids to help design a 'Super Bear' to go on sale at Christmas, with all proceeds going to the NHS. Share your design on Twitter using #DesignYourSuperBear by 8th May. We'd love to see them too!

## Quarantini time!

Amanda Chick came up with a fantastic idea for a weekend boost of morale - cocktail recipe sharing! So to kick us off this week is Amanda's favourite Quarantine tippie, the classic Mojito.

Ingredients: (some of you may have fresh mint growing in gardens or on windowsills)

- Juice of 1 lime
- 1 tsp granulated sugar
- Mint leaves, plus extra sprig to serve
- 60ml white rum
- Dark rum cocktail with a lime slice
- Soda water, to taste



Muddle the lime juice, sugar and mint leaves in a small jug, crushing the mint as you go – you can use the end of a rolling pin for this. Pour into a tall glass and add a handful of ice.

Pour over the rum, stirring with a long-handled spoon. Top up with soda water, garnish with mint and serve.

The rum can be swapped for vodka and this quarantini can also be enjoyed as a mock-tini by simply removing the rum. Also, if you struggle to get limes then 7Up is a bit of a substitute as that is a lemon and lime drink – as it's not quite the same substituting lemons for limes; I've tried!

## Are you going stir crazy?

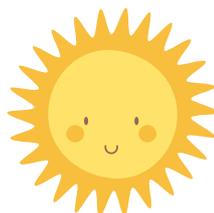
Isn't it funny how the moment you are unable to do something it suddenly becomes more important. It seems to be like that with exercise at the moment, and one of the good things to come out of lockdown is the fact that more people are suddenly discovering how important it is to get out every day and cycle, run or walk – to prevent them going stir crazy.

I have seen videos of some inventive ways to exercise at home, including jogging 60,000 times around the dining table, climbing the equivalent of Everest using the slope of the garden and of course we all know about Captain Tom Moore doing laps of his garden.

Exercise is important, not only for physical health but also for mental wellbeing. The [NHS website](#) has [24 exercise videos](#) ranging from 10 to 45 minutes long that may give you some inspiration, and of course there are a whole host of apps and videos to help you out.

No matter how you want to look after your emotional health, you can find something online that should suit your needs. I'm not a big fan of anything strenuous like running, but I do enjoy yoga, martial arts and meditation. One of my favourite apps is Insight Timer, available free, and excellent for helping you with meditation, sleep and anxiety. I have also just signed up to a weekly online 20-minute class run by my yoga teacher which is aimed at people who struggle to sit still long enough to meditate. It comes with a 30-minute virtual yoga class to build physical health alongside mental health. If you want to give it a try it is available at [www.ardhmayoga.com](http://www.ardhmayoga.com). Whatever you choose to do, the most important thing is that it is something that is going to be enjoyable and sustainable so that it easily becomes part of your wellbeing routine.

by Emma Symons



Don't count the days...  
make the days count