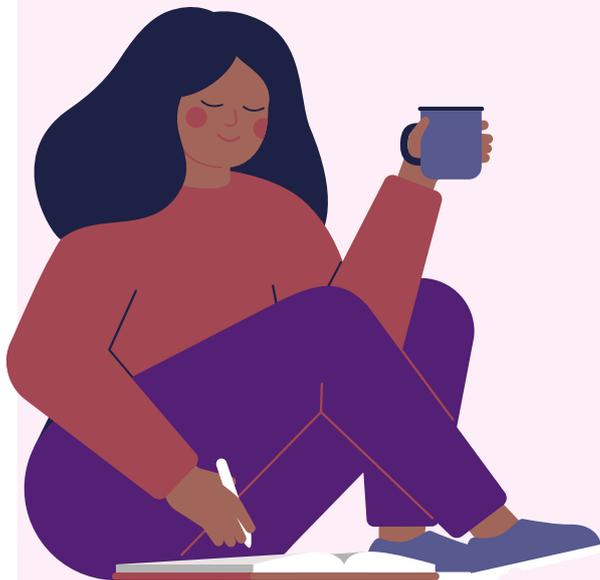




Be grateful everyday by Andy Holter

Gratitude is the best attitude! Gratitude is when you discover how to want what you have and not want what you do not have. Usually, people want what they do not have and do not want what they do have, which is bound to lead to a sense of dissatisfaction.

You can practise gratitude right now: think of a book – any book – and imagine you have this in your hand. Millions of people in the world don't have a single book. Think about the fact you can read – another skill inaccessible to millions of people throughout the world.



Gratitude is an aspect of mindfulness. Mindfulness doesn't just mean concentrating, but an attention suffused with a warm, kind attitude. When you are cooking, you are aware of how fortunate you are to have food available, which is to be mindful.

When I am feeling a bit down, which is sometimes a sign that I am focusing on things that are not going well, I find myself practising gratitude. Just reflecting for a moment and trying to think of five things I am grateful for, helps to put things into perspective.

Here are some ways to nurture feelings of gratitude:

Sleep with gratitude – before going to sleep, spend a minute or two thinking about five things you are grateful for. They can be quite simple things, for example, being grateful for the roof over your head or for good health. Go through each one and see what effect it has on your sleep.

Say thank you – a simple act but immensely powerful. Saying thank you is both an act of gratitude and kindness.

Carry out an action to say thanks – send a thank you card or a small gift or do something like making coffee or helping someone with their work. As the old saying goes, actions speak louder than words.

Try being grateful for things you would not normally be. When things are difficult, reframe your mindset to be grateful for the challenge the difficulty offers. Be grateful for access to fresh running water, or grateful for your ability to hear – or for even being alive – as this perhaps is the greatest miracle.

The perfect naan for a curry night in! by Bobbie Yoong

I have been trying to perfect homemade naan breads to accompany my homemade curry for dinner. I've been testing and trying out different recipes and this one is really easy and produces really fluffy and light naans:

<http://allrecipes.co.uk/recipe/16225/fluffy-naan-bread.aspx>

Some tips I've found – I use Fage 0% greek yogurt and don't be alarmed if the dough is super sticky – a little flour or additional yogurt helps to make it a little more manageable when kneading. Also, add a little oil wiped into a clean bowl when proofing. Roll the dough out super thin (more than you think) and when coming to cook, make sure to keep brushing the pan with oil before cooking each individual naan.



Something to be thankful for (anon)

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During these times you grow.

Be thankful for your limitations because they give you opportunities for improvement.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfilment comes to those who are also thankful for the setbacks.

Find a way to be thankful for your troubles, and they can become your blessings.



Bored of box sets? Why not dust off a board game?

Jigsaw puzzles and boardgames have had a massive resurgence since lockdown started, with many making eBay bidding for a new one a bit of a sport!

Believe it or not, there are literally hundreds to choose from, such as the family favourite Monopoly and Guess Who, to more intellectual and competitive games like Battleships and Trivial Pursuit. So instead of automatically reaching for the remote control, why not dust off a board game from the attic, or look here for inspiration for some new ones!

www.dicebreaker.com/topics/beginner-board-games/best-games/best-beginner-board-games

You can even challenge family members to a game over Zoom!

DID YOU KNOW?

Our happiness influences the people we know and the people they know. Research shows that the happiness of a close contact increases the chance of being happy by 15%. The happiness of a 2nd-degree contact (e.g. friend's spouse) by 10% and the happiness of a 3rd-degree contact (e.g. friend of a friend of a friend) by 6%. Happiness doesn't just feel good – a review of hundreds of studies has found compelling evidence that happier people have better overall health and live longer than their less happy peers.

Gastroesophageal / Acid Reflux treatments from Elaine

Acid reflux – acid which leaks from the gut and settles in the oesophagus – can be extremely painful and could be a result of an over-indulgence of rich food and alcohol. Symptoms are a dry cough, persistent heartburn, sore throat and a tight sensation around the throat area. It is best to avoid long spells of not eating, so smaller, regular snacks and meals are good and to keep yourself hydrated. Foods to avoid would be fatty/fried foods, spicy food, alcohol, red meat, milk, citrus fruits, fizzy drinks, chocolate and fruit juices. Good choices are chicken, egg whites, bananas, cantaloupe melon, ginger, baked potatoes, celery, rice and plenty of water. Most vegetables are good apart from broccoli. I had this over a number of years and tried many medications, but the only thing that worked for me was Fruitin from Nordic and you can buy this from Amazon (also non-medicinal).

Shreddies cookies recipe

- 75g plain flour
- 75g desiccated coconut
- 75g melted unsalted butter
- 1 tsp of vanilla extract
- 50g caster sugar
- 2 tbsps of milk
- 1 tsp baking powder
- 2 big handfuls of crushed Shreddies
- Raspberry jam



Sieve flour and baking powder. Add sugar, coconut and Shreddies. Melt butter on a low heat then add to dry ingredients with the vanilla extract and milk and mix. Make 8 x 45g balls and place on a baking tray, space apart as they will spread. With your thumb, make a well in the middle of each ball and spoon in ½ a teaspoon of jam. Bake for 12 minutes at 180C.