



## What do you think?

by Emma Symons

I wanted to write a piece this week about the power of thought; it's been a bit of a challenge making it concise and not too technical. So I hope you enjoy reading and, as always, if you want any further information pop me an email at [emma.symons@cpjfield.co.uk](mailto:emma.symons@cpjfield.co.uk)

On that note, one thing I frequently hear when running workshops is, "I can't meditate as I can't stop thinking."

My answer to that is, no you can't. Even accomplished meditators can't stop themselves thinking, but they are very good at being aware of their thoughts and tuning them out. Just like having a radio on, we can listen or we can focus on another task and just let it play in the background and not be aware of it.

Research in the fields of neuroscience, neuroplasticity and epigenetics has shown that our thoughts and how we think has a direct impact on our bodies and can lead to disease as well as mental health issues. Living in a fearful state, as many are now, can weaken the immune system, making us more prone to illness. The causes of anxiety, self esteem issues and lack of confidence for example, all come down to the thoughts we have and the inner dialogue that runs through our heads.

So, what are you thinking?  
Are your thoughts creating harmony or doing you harm?  
One of my favourite sayings is, "Change your thoughts, change your life", and I've seen many people change their lives dramatically just by changing the way they think. The aim is to catch those thoughts and try to change them into something more positive. Happy thinking!



**Find your Happy place!** Check out [www.happyplacefestival.com](http://www.happyplacefestival.com) for a month-long schedule of free and engaging events aimed at promoting positive physical and mental wellbeing for all the family. From 12th June click onto the link to see what's happening daily at this fantastic virtual festival, from mixology sessions to meditation and kids' story telling, there's something for everyone.

Quarantini time...

## Frozen Strawberry Daquiris

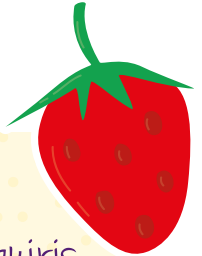
The gorgeous weather looks set to make a bit of an appearance again this weekend, so to get us in the summer mood, Amy Pullinger has kindly shared her tried and tested quarantini recipe.

Amy's top tip – they are super easy to make, deliciously refreshing and didn't require the sugar syrup so were fewer calories meaning you can have more!

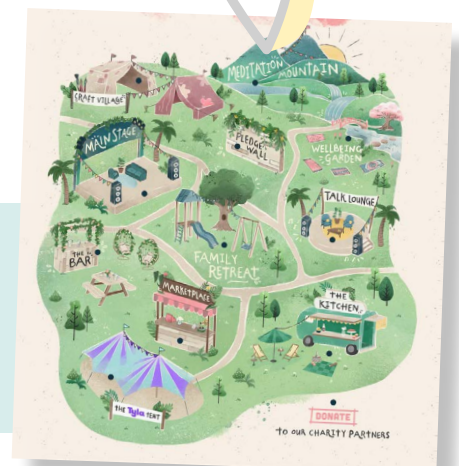
Recipe for 2 large cocktails:

- Juice of 2 limes
- 100ml Bacardi
- 500g frozen strawberries

1. Add all to blender and blend until you have a nice slushy consistency
2. Pour and enjoy!



'Happiness can be found even in the darkest of times, if one only remembers to turn on the light' Albus Dumbledore



## Children and young adults' wellbeing

Did you know that children and teenagers who are the most engaged with literacy are three times more likely to have higher levels of mental wellbeing than children who are the least engaged?\*

Recent research conducted by the Royal Society for Public Health has revealed that many indicators of poor mental health and wellbeing are amplified in young people during the lockdown.

The good news? Beautiful Minds Education (brainchild of our very own Andy Smith's partner Sarah Hughes), has launched a free literacy and learning home-study course for 11 to 18-year-olds called '10 Weeks To Greatness'.

10 Weeks to Greatness provides engaging activities to improve and practise the literacy skills needed for learning, supplying another way to help your children avoid falling behind, so they can hit the ground running when everything (eventually) starts up again. As well as look after their wellbeing.

The activities can be done independently (no parental involvement required – unless you feel you're missing the fun).

The bad news? There isn't any here (honest!)

For more information on content and to sign up, visit <https://beautifulmindseducation.co.uk/10-weeks-to-greatness>

\*Reading, Writing and Wellbeing, National Literacy Trust, September 2018



Debbie at Haine & Son Battle has now won 2 out of 3 years at the Battle Scarecrow Festival!

A great demonstration of community spirit in these challenging times. Congratulations!



## Mastering the 'Fakeaway'!

The big news this week – for food lovers I might add – was that McDonalds was back in business with 33 drive throughs re-opening across the country. Such is our nation's love for the golden arches, it was cited as the top thing people have missed most during lockdown!

For those of you looking for a takeaway hit, or just a change from the monotony of cooking, take a look at the link below to discover a plethora of secret recipes from some of our favourite restaurants. From Pizza Express dough balls, to Nandos famous peri peri chicken, [these recipes](#) will help you create the perfect 'fakeaway' in the comfort of your own kitchen, minus the hassle of queuing!



## High blood pressure from Elaine

Some of us will experience high blood pressure at some stage or another, caused by stress, hormones, a sedentary lifestyle, bad diet or it can be hereditary.

It can be detrimental to your health, but can also be easily addressed with some simple yet effective steps:

Reduce the amount of salty foods, alcohol, especially spirits, processed meats, sugary foods and caffeine in your diet and quit or cut down on smoking. If you drink full fat milk, try changing to semi or skimmed milk. If you love crisps like I do, try having rice or corn cakes for the crunch and add some low-fat hummus.

Cheese lovers, try ditching the cheddar for some cottage cheese – all small changes that can help going forward. Continued high blood pressure can bring on heart attacks and strokes later on in life, so start by making these little changes. Increase exercise, use meditation and relaxation techniques as these can all help to manage stress levels – check out Emma Symons' tips in previous newsletters!

'Kindness is spreading sunshine into other people's lives, regardless of the weather'

