



For your at-a-glance guide to our wellbeing offer, take a look at the Weekly Wellbeing Overview which is attached to the weekly comms.

'It's not about having time, it's about making time'

We all need things that will give us a bit of a mood boost right now. Books and TV are great, but many of us binge watched during the first two lockdowns and are now slightly over it! If you're looking for something that will keep you entertained on your daily walk, or while you make your 100th loaf of banana bread, then podcasts are the perfect solution. Pretty much every man / celeb and has dog has now jumped on the podcast bandwagon, so knowing what to dip into is a bit of a minefield, so we've taken the hard work out of it by curating a list of the top ten podcasts you may not yet have stumbled across. If we've missed any corkers please let us know and we'll share them in upcoming newsletters.

1. Dissect

Love music? Then Dissect could be for you. It takes your favourite tracks and albums and as the name suggests, dissects them, revealing cool trivia and little-known facts about the artist's inspiration and writing process to create the songs you know and love. There are six seasons, looking at the work of Kendrick Lamar, Beyonce and Kanye West. Where will you start?

2. The Adam Buxton Podcast

Warning – you may find yourself laughing out loud to this, so if wearing ear pods, be prepared for odds looks! Comedian and writer Adam Buxton hosts this hugely popular show which features interviews from fellow comedians, friends such as Louis Theroux and A-List stars like Paul McCartney.

3. Woman's Hour

One of my favourites and a long-time familiar sound on the airwaves, I probably don't really need to tell you about the powerful voice of Woman's Hour. If you've not yet listened, now's a great time to dive in as former BBC Radio 5 Live presenter Emma Barnett has just joined as the new host. The show airs live on Radio Four, but is available to listen to in podcast format on the BBC Sounds app.

4. The Calmer You Podcast

Now more than ever finding ways to calm the mind and combat anxiety is a really important; cue The Calmer You podcast. Writer and hypnotherapist Chloe Brotheridge gives her top tips for keeping

your mind in check. Along with other wellness experts and celebrity interviewees, the episodes provide a welcome moment of peace in what can feel like a chaotic and stressful world.

5. Grounded with Louis Theroux

Last year Louis finally joined his fellow celebs to launch his first podcast, Grounded, in which he does what he does best – ask great questions. There is a brand-new series with a fantastic array of guests including singer Sia and Frankie Boyle.

6. 10/10 (Would Recommend)

If you spent the last lockdown watching endless TV series and chatting about what you loved about them with friends, then the 10/10 Would Recommend podcast from Netflix is for you.

Hosts Tolani Shoneye and Gena-mour Barrett interview a whole host of big stars from The Crown's Erin Doherty (who plays Princess Anne) to Black Mirror creator Charlie Brooker, who talks about his latest release Death to 2020. What's not to love...

7. The Rewatchables

If you're the sort of person who finds themselves going back to the same classic film that continues to make you laugh or cry or temble then The Rewatchables podcast is for you. Each week they discuss a popular film and what made it so great, from old scary classics like The Exorcist, to modern comedies like Bridesmaids, this podcast will make you want to watch them all over again!

8. Have You Heard George's Podcast?

For something a little different, turn to

George the Poet; spoken-word writer and speaker, performance artist and former rapper, who turned to podcasting in 2018. He dissects a number of important social issues and his own personal journeys through the form of speaking, poetry and music.

9. Off Menu

Laughter is the best medicine so they say and this award-winning podcast with a foodie twist, from stand ups Ed Gamble and James Acaster provide it in bucket loads. Each episode includes a celebrity guest who are invited to choose a starter, main and dessert in their 'magical restaurant'.

10. Serial

Serial is often described as 'the' podcast of podcasts. Each season unfolds one true story over the course of a number of episodes with plenty of twists and turns. It's been running since 2014 so there's plenty of juicy content to get stuck into.



Five ways to reduce stress

by Emma Symons

A little bit of stress can be a good thing, but ongoing stress is very damaging to your mental and physical health. So what are the best ways to reduce stress levels? Here are five of the best ways to decrease your stress levels and they only need about ten minutes of your time to have an effect.

1. Exercise

Exercise releases feel-good hormones like endorphins which can help you to feel less stressed. Stress can also make you subconsciously tense your muscles, which gentle exercise can help to release. It doesn't have to be a full workout, you could take a ten-minute stroll around the block, release your inner child and do some skipping, or find a quick yoga flow on Youtube.

2. Organise

Stress can kick in when you're feeling overwhelmed by the number of tasks that need to be done or deadlines that must be met. Writing a to-do list can help you focus on seeing each task through to completion.

Try writing out everything you need to get done and then prioritise what must be done first and what can be left to a later time or could be delegated to someone else. Be realistic about how much time it will take you to complete each task, and remember to reward yourself for getting the job done.

3. Breathe

Stress and anxiety can affect how you breathe, which has a knock-on effect on how your body and mind feels. Taking a few deep breaths can help slow your breathing and heart rate, relax your muscles and calm your mind. For the best results breath in for a count of six, hold for two and breath out for a count of eight.

4. Take some time out

No, I don't mean sitting on the naughty step, but taking some time out when you're feeling stressed can help you to relax.

When children are stressed it can affect emotions and how they behave, in the same way stress might make you irritable or short tempered, easily upset or agitated. If you notice that you are getting more angry or uptight than usual it might be time to step away and take a few minutes to focus on yourself. Spend five or ten minutes doing something you enjoy like reading a book or listening to music, or just grab a cup of tea and find a quiet corner to sit and chill.

5. Meditate

If you haven't tried mindfulness or meditation exercises yet, why not start the new year by giving it a go. Scientifically proven to help decrease and manage stress, and promote mental wellbeing, these tools are useful, not only when you're experiencing stress but also as a prevention tool in times when you're feeling well.

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DON'T FEED YOUR ANXIETY

by Elaine

I am reading so much at the moment on mindful eating and how certain foods can help with anxiety, depression and trauma. We cannot get away from negative news but we can change our approach to how we react to this, and the foods we eat can all play an important role too.

Following a recent personally challenging period, I cannot emphasise enough how important diet is to our mental health. It's so easy to opt for quick and easy takeaway options when we lack motivation and are too tired to cook, but for the sake of saving a few pennies and calories, opt for a healthy, wholesome, homemade meal which can be so easy and cheap to make. Certain foods can be really beneficial to general brain health, ADHD and OCD. These include oily fish, nuts (especially brazils, cashews, walnuts and almonds), avocados, berries, leafy greens and brightly coloured fruit and vegetables and dark chocolate (min 70% cocoa).

I have ordered two books this week which gives straightforward guidance on eating the right foods to combat low moods as well as ADHD and OCD, as well as improving general brain health. Both are available online; 'The Food Mood Connection' by Uma Naidoo and 'Smart Foods and ADHD and Brain Health', by Rachel Gow. I'll be sharing some key nuggets from these over the coming weeks, but if you're at all interested, it really is worth looking into, not only during these challenging times but also for your health going forward.

When we get a bit low or feel anxious, our bodies can create too much inflammation which can cause a number of ailments such as headaches, indigestion, mood swings and poor sleeping patterns to name a few.

Here is a really lovely pineapple and ginger smoothie recipe which provides anti-inflammatory properties: take one ripe pineapple, one ripe mango, a 3-inch piece of peeled fresh ginger, half a celery, chopped and one cup of coconut water. Whizz up all the ingredients and voila!



THIS WEEK'S TV TIP...

The Durrells – I know it's a few years old but it's such a feel-good series. Set in Corfu it's an easy viewing drama/comedy with a good cast too with Keely Hawes and both sons who have recently starred in *The Crown* (Prince Charles) and the other in *All Creatures Great and Small*. The cinematography is stunning, providing a welcome distraction from the rubbish weather we are having and a little slice of sunshine at the end of the day.

Got any top TV picks you'd like to share? Please send them to emily.hendin@cpjfield.co.uk