



Timely facts about the changing clocks

Tick tock, it's time to change the clocks! It's a given that the clocks go forward to British Summer Time on the last Sunday in March every year, meaning we all lose an hour of our day – but have you ever stopped to ask why or how it came about?

We change our clocks for the summer to make better use of daylight – The clue is in the name; 'Daylight Saving Time' is to make better use of our daylight hours. During the northern hemisphere summer when the sun shows its face for longer, we change the clocks to move an hour of light from morning to the evening when we're likely to be out and about.

Daylight saving was first proposed by Benjamin Franklin – who first proposed daylight saving in 1784 as a cunning way to save on candles.

Germany was the first country to adopt daylight saving – Germany adopted Daylight Saving Time in 1916 with the UK following suit within a few weeks. Both countries were embroiled in the First World War and needed to make as much use of daylight as possible in order to conserve coal.

During WWII we put the clocks forward by two hours – During WW2, British Double Summer Time was introduced; in the summer the clocks went forward by two hours to maximising productivity, and in the winter the clocks remained one hour in advance of GMT for the same reason.

BST always begins on the last Sunday in March and ends on the last Sunday in October – It's always 1am on the last Sunday in March. The clocks then go back an hour on the last Sunday in October at 2am.

Only three European countries keep their clocks constant all year – Iceland is exempt as it's so far north, it has much more extreme variations in daylight and darkness throughout the year. Belarus and Russia also choose to remain on the same time all year round.

One monarch had his own time zone – In 1901, King Edward VII invented his own time zone at the royal estate of Sandringham in Norfolk. The King ordered all clocks on the estate to be set to 'Sandringham Time' – half an hour ahead of GMT in order to squeeze in an extra 30 minutes of his favourite pastime of hunting each day!

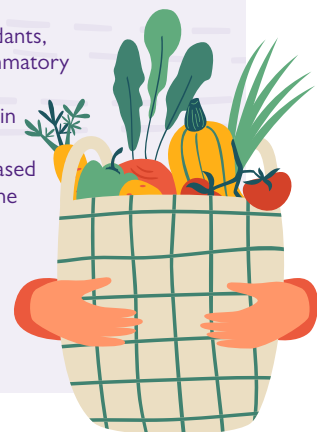
FOODS TO FEED THE BRAIN FROM ELAINE

The general consensus is that foods high in fat, sugar and salt should be avoided or greatly reduced to improve your brain/memory. Next time you go shopping, have a look at the list below and see if you can buy more of these to help improve brain functionality.

- B:** Berries and beans – blueberries, strawberries and raspberries.
Legumes such as kidney beans, chickpeas and soy beans
- R:** Rainbow coloured fruits and vegetables
- A:** Anti-oxidants – leafy greens, coloured fruit and vegetables, dark chocolate (minimum of 70% cocoa)
- I:** Include lean protein and plant based proteins such as turkey, chicken and tofu
- N:** Nuts – almonds, Brazil nuts, walnuts and cashews are the best
- F:** Fibre-rich foods, fish – lentils, beans, oily fish
- O:** Oils – try to use olive, coconut or avocado which are less inflammatory
- O:** Omega 3 rich foods – oily fish, flaxseeds, Brussel sprouts
- D:** Dairy – live yogurt, cheeses such as feta, aged cheeses and cottage, grass-fed butter (Kerrygold is great!)
- S:** Spices – the best ones for the brain are rosemary, black pepper, turmeric, red chilli flakes and oregano.

Eating blueberries can help you cope with the after effects of trauma; studies have shown that eating blueberries on a daily basis has a positive effect on parts of the brain affected by PTSD.

Blueberries are high in anti-oxidants, have anti-inflammatory benefits and reduce serotonin levels. All these equals an increased blood flow to the brain which reduces stress.





The clocks are changing, and the sun is on its way by Andy Holter

The clocks changing means more sun, more daylight and more time to be outside!

Summer is better than winter for the simple fact that you can spend more time outdoors, walking, gardening, camping, cycling or even sailing on the deep blue sea and feeling the warmth of the sun all around. With the summer months comes opportunity for well-deserved breaks away, be that a week or weekend. Take advantage of the warmer weather to get much needed fresh air, helping to clear your mind, to have a moment of mindfulness and to feel refreshed and energised. How about trying something completely different like paragliding, rock climbing or abseiling, or perhaps something simpler like dining outside or going to the beach? Taking much needed downtime, catching up with family and friends: everyone having endless fun together and leaving daily tasks behind for a week or two is great for the mind, body, and soul.

Talking about mind, body, and soul, what are the benefits of the sun?

You will start the day feeling great as the sun comes up and shines brightly, boosting your mood and giving you higher levels of energy, increasing your memory and strengthening your muscles and easing stiffness as you prepare for the day ahead. As the sun continues to shine it will improve your

heart, boost your immune system and it helps make it easier to lose weight too. All in all, the sun is great for our health, wellbeing, and mindfulness.

So as we look forward to the summer months here are a few things you may want to consider pencilling in: go for a run, go to beach and go often. Go camping, spend some time on a lake. Spend time with a loved one outside. Have a massive barbecue. Swim like your life depends on it.

Most of all to get the most out of summer

Take time each day to go outside.

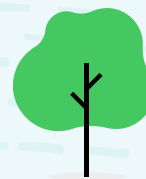
Use our CPJ Field Journal to capture your best thinking.

Take a 'digital holiday' – turn off those devices and be at one with nature

Waste some time and be guilt-free for doing so.

Go on an adventure.

Do something meaningful.



How not to feel tired when the clocks go forward

As your internal clock will still be running on old GMT for a while, you may experience a mild form of jet lag as your internal time is an hour out-of-step with the external clock time. It can take up to a whole week to adjust to the change, so here's a few steps you can take to try to minimise the impact on your body...

Get light right: The main problem after the clocks change is that your internal body clock is running an hour behind – you need to push it forward. Control the times when you're exposed to light; get plenty of light as soon as you wake up, open the curtains or go for a walk. This will help wake you up and also shift your biological clock towards the new time.

Have a strong coffee: If you're feeling sluggish the first week after the change, drinking an extra-strong cup of coffee (try two shots if you normally have one) in the morning will help keep you alert. If you have a morning commute, walking or taking public transport for the first few days after the clocks change is better than driving.

Don't go to sleep too early: People often make the mistake of going to bed earlier when the clocks go back to try recoup the lost hour, but your drive to sleep works like hunger and you need to starve your body of it. The best way to improve sleep at night is to be awake longer, so you build up that need for it. Fight the urge and stick to your normal bedtime.

“Cause a little bit of summer is what the whole year is all about.” John Mayer
British summertime begins on Sunday...don't forget to change the clocks

