



# Healthy Minds, Healthy Bods

## Mental Health Pack

### Number 3



*Prepared by: Lawrence, Luke and Dean: Monday 4th May 2020*

**[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)**

**“Make your life a masterpiece. Imagine no limitations on what you can be, have or do.”**

*Welcome to the third of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).*

If you missed out first two you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)

HMHB is a mental health project that is looking to shake up intervention through our own unique fresh approach. We are mentor led by people who have experienced some very tough times, come through recovery, and now want to help people who may themselves be struggling, as well as helping to prevent others from experiencing depression, stress and anxiety.

HMHB would also like to include messages from yourselves to others, and features. We cannot promise to include your contribution, but please contact us.

**We are providing these packs to motivate people, encourage, and demonstrate how maintaining a healthy lifestyle can help us all short-term during lockdown, as well as long-term in our lives. Enjoy!!!**



**Our Izzwalkz walkers**

**Clissold Park Lakes**

**23rd May 2019**

**Inspiring &  
Encouraging**

# MIND-SET: Your Potential

*Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, not allow issues and situations to overwhelm, and be proactive in finding solutions to life problems.*

You have incredible potential, but how many times do you allow a situation or issue to overwhelm you, and then you stop on your dream or target. “It’s too hard,” you say. “I cannot do this,” you say. “I’m going to give up,” you say.

Well did you know the following?

- **Elvis Presley:** Elvis was fired after his first performance, and promptly told he should become a truck driver.
- **Walt Disney:** His former newspaper editor informed him that he had “no imagination” and lacked “any good ideas”.
- **Steven Spielberg:** Spielberg was rejected by the California School of Cinematic Arts twice.
- **J.K. Rowling:** Rowling was a struggling writer and a broke, divorced single mother who was struggling with depression. In 1995, she wrote a synopsis for the first Harry Potter book, and it was rejected by all publishers.
- **Stephen King:** His very first novel, *Carrie*, was rejected by publishers over thirty times. King's wife Tabitha retrieved the manuscript after he threw it in the trash and urged him not to give up.
- **Abraham Lincoln:** Lincoln was a disastrous failure as a soldier, a businessman, and a campaigning politician

*Luke, Dean and Lazza with our wonderful friend Rosie.*

*Highbury Fields*

*5th May 2017*



# MIND-SET: What can you do?

If all those people had given up, we would not have had Indiana Jones, Jaws, or ET. Kids and adults would never have met Harry Potter. The world of animation would be very different. Can you imagine no Snow White and the Seven Dwarves, Bambi, Little Mermaid, or Beauty and the Beast? Would companies like Pixar/Disney exist?

Stephen King influenced so many authors - and there would be no The Shining, IT, Misery, and so many others. And Lincoln became an astonishing American President. Elvis changed popular music, and influenced so many singers.

So when you get knocked, what do you do? It's so easy to give up. And we are not belittling anyone who might, as HMHB is a mentor led project, created and developed by people who have come through various mental health problems themselves. We get it! We understand. But the only way to move forward is to be proactive, and keep going. There are no promises in life, no guarantees. Things go wrong. Things will not go your way. But nothing happens if you stop and give up. Easy? No, not at all. But vital.

## **A Mind-set game for you**

What we want you to imagine is you have gone for a job interview, something you really want, and it's gone great. You feel you did everything right, but two days later you get an email saying "thanks for coming in, but you have not been successful." HMHB want you to think about what your immediate thoughts are. Your first reaction. Then, have a think, and write down the positives from the situation. Honestly there are some. We will look at this next week.

**HMHB Ajani Group  
In Hackney with a group of  
Over 55s.  
It was wonderful.  
14th March 2019**



# NUTRITION: Carbohydrates

**There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.**

Healthy Minds, Healthy Bods wants to offer information and guide on these nutrients and how they react with our bodies, organs and systems. During lockdown, we are focusing heavily on our Respiratory System, our Immune System, and how the Covid 19 virus can affect them.



**Carbohydrates** are the sugars, starches and fibres found in fruits, grains, vegetables and milk products. Though often maligned in trendy diets, they are one of the basic food groups and are important to a healthy diet. In fact, they are “essential for life”.

Carbohydrates are either simple or complex.

- Simple carbs, such as soda and white bread, are quickly absorbed into the bloodstream, causing a rapid rise in blood sugar. This eventually leads to a “crash” which leaves you feeling even more hungry. This cycle can lead to excess fat storage.
- Complex carbs are slowly absorbed into the bloodstream and cause a more gradual increase in blood sugar. Examples of complex carbs are whole grains, oatmeal, and vegetables. These foods maintain a stable blood sugar and keep you full for longer.

So don't be misled by the popular fad diets that pronounce the dangers of carbohydrates. Carbohydrates fuel the body with energy that it needs to perform physical activity and maintain proper organ function. Don't avoid good carbs (fruit, vegetables, dairy), but try and lessen the “bad” carbs - man made which mainly includes sugars. Why not research your food intake, even keep a diary? In our 3 issues, we have looked at Protein (Amino Acids), Fat (Fatty Acids, and now Carbohydrates, all “essential for life” nutrients.

# NUTRITION: Why we need carbs

1. The carbohydrates we get from our food are broken down into smaller sugar compounds like glucose, fructose, and sucrose.
2. These sugars, when absorbed by the blood, enable conversion of food into energy.
3. Only a part of the glucose is used up for energy, while the rest is stored in the pancreas for later use.
4. The dietary fibre and starch we get from food play a fundamental role in enabling metabolism, which is a critical chemical process that keeps us healthy and alive.
5. More than the cells of our body, the brain depends on the energy sourced from glucose. That is perhaps why people on a no-carb or low-carb diet can feel foggy.
6. Carbohydrates play a major role in fat metabolism. Excess energy in the body is stored as fat. To access the energy later, you need the active or working energy that carbohydrates provide
7. Carbohydrates provide fuel for the good bacteria in the body, which help in the production of essential B-complex vitamins
8. When your body does not have enough carbs, it breaks down the proteins for energy. When protein is used up as fuel, it cannot help in building muscle tissues or in the production of enzymes
9. One gram of carbohydrates has four calories



**It's another reason to eat more vegetables and think about your nutrition. What you eat has a direct effect on your health, as well as the potential to stop possible health issues arising, like cardio-vascular disease, stroke, and some cancers. It's your choice!!!**

# NUTRITION: Vitamin C

## Vitamin C

“A **vitamin** is an organic molecule (or related set of molecules) that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Essential nutrients cannot be synthesized in the organism, either at all or not in sufficient quantities, and therefore must be obtained through the diet”



- A. It is also known as Ascorbic Acid
- B. It is water soluble - and easily absorbed into our blood streams. However, it also means the body removes it easily and therefore you need to include this nutrient in your daily dietary intake.
- C. It contributes to the normal health and function of bones, teeth, cartilage, gums, skin, blood vessels and the nervous system.
- D. Vitamin C deficiency is known as scurvy.
- E. You should always consult a medical professional before taking vitamin supplements as certain medicines, like Niacin, prescribed hormones, as well as medications for blood clotting, and some anti-depressants shouldn't be combined with a high dose of vitamin C. Be aware.
- F. Humans, primates and guinea pigs are the only mammals unable to produce their own vitamin C. We get it all from our diets.
- G. Too much vitamin C can have unpleasant side effects including diarrhea, nausea, and heartburn.
- H. Best sources of Vitamin C are vegetables and fruits. Another reason to include them in your daily nutrition.

**Like all Vitamins, this nutrient is “essential for life”. The only way to get it is through your diet. Why not research this Vitamin this week, and what foods you need to consume? It’s your body, and your choice.**

# NUTRITION: Recipe Time

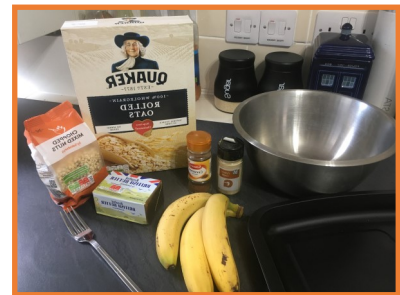
**I have never baked before. But I have said previously that this is a great time to try something new. I needed to lead by example.**

## **HMHB's Nutty Banana Bites (courtesy of our Izzwalker Roz)**

This is a simple easy to make healthy snack.

You need:

3 bananas - mashable: a knob of butter; Oats; Crushed mixed nuts;  
Powdered cinnamon and/or ginger. Big bowl and fork.  
Baking tray.



Mash the Bananas and butter and cinnamon with a fork in the bowl. The slowly add as many oats, plus the nuts, to make a soft but not too sticky mixture. This will take quite a lot of oats, so take your time.

When you have the right consistency you should be able to pick up small quantities and roll them into balls about the size of a large walnut. Place each on a greased baking tray, slightly apart.

The oven needs to be heated to a medium temp - Gas Mark 4; 340F / 160C. Place the tray in the oven and bake for around 15 minutes. The bites should be slightly brown on top. Allow to cool. They can be stored in the fridge in a container. Enjoy.

You can always make them slightly sweeter by mixing in honey, or even choc chips.



**Here is proof that I took part in my first baking session. They actually taste good. And no sugar. Just fruit, nuts, oats, and a little spice. Quite similar in texture to the “Naked” bars of dates, except these are bananas.**



# EXERCISE/FITNESS - why?

*“It’s not about perfect. It’s about effort. When you bring that every day, that’s where transformation happens. That’s how change occurs.”*

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of lockdown, that people practice movement and flexibility exercises, where they become slightly breathless or break out into a sweat. It can significantly improve your health.

HMHB were part of two health walks in Islington, one in partnership with Highbury Grange Medical Practice, and were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area. I, personally, have used both Clissold Park and Highbury Fields so far. As long as you Social Distance you will be fine.

On the next page we look at what you can do sitting down at home, and still exercise. Many of our users are older, maybe have mobility issues, or struggle with health. But even if you are super fit, doing exercise in a chair while watching television can be rewarding.



**Left; Sobell**

**7th Dec 2019**

**Right; Highbury**

**26th May 2018**

**HMHB FREE**

**Fitness Sessions**



# EXERCISE/FITNESS; In the Chair

*HMHB appreciates that some of our users are going through various health issues at this moment, many of which are serious and people are having to attend on-going treatments. We naturally, send everyone our best wishes.*

Believe it or not, you can get effective exercise from a chair. Whether it's from your office, the comfort of your own home or in a class format, chair exercises are a great low-impact way to incorporate movement into your routine.

Chair exercises can help you achieve a good daily amount of exercise in lockdown, and they're also a tool you can use to alleviate some cramps and aches.

- Increased flexibility and strength
- Increased coordination. ...
- Increased circulation. ...
- Reduced risk of falls because chair based exercises improve posture and balance
- Increased confidence and self esteem



Our first exercise.

Alternately, move your knee up and bring the opposite elbow to it.

So the right elbow to left knee, then the left elbow to right, and continue for 30 seconds or one minute. Working the Abs, Hips and Obliques, it is a great Core exercise.



# EXERCISE/FITNESS; PT Dean

**Our Personal Trainer, Dean, demonstrates more Chair exercises.**



LEFT: Sit Down Leg Raises - either both at same time, or one at a time as shown.. Working your Abdominals, Hips and Quadriceps.

RIGHT; Sit down arm raises. Leave a small bend in your elbow. Hold a can of beans to add resistance. Can lift as shown, or above head. Helps with Shoulders, Biceps, Forearms and Flexibility.



LEFT: The Leg Push. Sitting upright, push legs out straight and then bring them back to you, knees bent, before repeating. Great for Glutes, Quads, and Core. Builds strength.

**These are just a few exercises. A challenge would be experimenting to do others. Maybe reaching down to touch your toes and back. Getting up and sitting back down (similar to a squat). You can stand and use the chair to do press ups without going to the floor. Enjoy yourself!!!**

# HEALTH / ROUTINE

*HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.*

*Please check it out.*

*[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)*

Let me ask you three questions:

1. Where do you want to be in six months?
2. How badly do you want that?
3. What are you prepared to do to get there?

So for question 1; we do not mean physically. If so, a lot would like to be on a beach, sipping a cocktail, and trying to work out how to spend all the money we have. Nice!!! No, I mean mentally and emotionally. Personally, I would always look to be happier, healthier, fitter, stronger, more focused and more content. Hopefully that is all of us?

So for question 2; ask yourself just how badly you want to reach that target. How important is it to you. Work out the reasons why you want to be there. It could involve changing your weight, your routine, your circumstances.

So for question 3: what are you prepared to sacrifice, give up, and change to reach that goal?

***“Progress is impossible without change, and those who cannot change their minds cannot change anything” - George Bernard Shaw***

If you want to reach a target, focus on a goal, then you need to go for it, but understand that you will probably falter and fail along the way. In fact, it is almost certain that the road will not be straight, there will be times of struggle, but keep going nevertheless.

Our task for you is to do the three questions above. At this time of lockdown, this is a great time to set new healthier aims and ambition. Think about setting realistic targets, think about the reasons why you want to do that, and then look at what you need to do, and change, in order for that to happen. You have got this!! You can do it!!!! Believe!!

# Review of Challenges and Targets

## **Mind-set:**

This week's task was set earlier.

Focus on that situation around the job interview. How you would feel about not getting this job you felt you had, that you really wanted, and how that affects your mental health. Then write down the positives from it. Next week, we will review that scenario.

## **Nutrition:**

In our first week we asked you to think about your Protein intake, and please keep doing that. Last week we looked at fats, in particular the need for good fats.

Remember, your body needs amino acids (protein) and fatty acids in your diets as they are "essential for life". This week we ask you to look at your carbohydrates intake. It is also essential to keep your metabolism healthy. Your diet needs to have carbs. We even included a healthy snack recipe. Look out for more in the future.

## **Exercise:**

In our first week we set a small fitness routine using squats, crunches, press ups and cardio (you can download first pack from our website). Last week, we added stretches and why we need to do them for at least ten minutes a day in the morning, as well as the evening, especially if you sit down a lot. This week, we have sit down exercises too. Look to include all of the above in your fitness regime this week.

## **Health/Routine:**

This week we are asking you to think about how you want to be feeling in six months time, why that is, and how you are going to get there. Knowing why we want to reach a target, and writing it down, makes it more likely that you will achieve that goal. Good luck. We know it isn't easy, but you can do this!!

# LET'S PLAY A GAME

We want you to name 10 of all the following. Use a separate bit of paper.

But all your answers have to start with the letter: **R**

*(pls. note there may not be 10. Don't use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)*

*Name 10:*

*Countries*

*Cities*

*Animals*

*Birds*

*Insects*

*Sports*

*Actors (surnames)*

*Actress (surnames)*

*Singers (surnames)*

*Authors (surnames)*

*Jobs*

*Hobbies*

*Film Titles*

*Book Titles*

*Song Titles*

*Vegetables*

*Flowers*

*Fruits*

*Trees*

*Things you find in the Kitchen*

*Things you find in the Bathroom*

*Things you find in the Bedroom*

*Things you find in the Garden*

*Items of Clothing*

*Means of Transport*

# THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

We would love to incorporate some items from you in next week's pack. That could be a recipe, or letting us know what you are doing. Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

You can text Lazza: **07964 430456**

HMHB would prefer you email us: **hmhb2016@outlook.com**

Please follow and like us on Facebook if you are on it:

**[www.facebook.co.uk/healthymindshealthybods](http://www.facebook.co.uk/healthymindshealthybods)**

Please follow us on Twitter if you use it: **@hmhb2016**

Please follow PT Dean on Twitter if you use it: **@zombie\_pt**

Please follow and like our blogs:

**[www.hmhb2016.blogspot.com](http://www.hmhb2016.blogspot.com)** ; this about HMHB as a whole

**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)** our health blog

Our website is: **[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)**

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

**All copies of our Mental Health Packs can be downloaded from our website.**

**We have to thank the wonderful Islington Giving Covid 19 Fund for sponsoring these packs. With their help, we can reach a lot of people.**



**Be Safe, Be Active, Be Well**