



Healthy Minds, Healthy Bods

Mental Health Pack

Number 1



Prepared by: Lawrence, Luke and Dean: Monday 19th April 2020

www.hmhb2016.org.uk

“I hated every minute of training, but I said ‘Don’t quit. Suffer now, and live the rest of your life as a champion’.” - Muhammad Ali

Welcome to our first ever Mental Health Pack.

This is new to us so please forgive any mistakes, embrace this concept, and let us see if we can try and lift your spirits, encourage you forward, and motivate you to challenge yourself.

This pack has sections on Mind-set, Nutrition, Exercise, and your general Health/Routine. We have created it as we all need a little help with our mental health sometimes and, this being a period of lockdown in April 2020, this a great time to review our lives and give ourselves our very own M.O.T. Let’s remove the clutter, see where we can improve, and inspire ourselves to make changes that will improve our health and lives.

“If you shoot for the stars and hit the moon, it’s OK. But you’ve got to shoot for something. A lot of people don’t even shoot.” – Confucius

So, in the next few pages, please enjoy the activities, explore the guidance, and enjoy the experience. There are some quiz questions. You could use the internet and cheat. But what would be the point? There is a lot of trust in this. The choice is yours. We hope you relish the content, and look forward to hearing your views. You can take part, and that is detailed at the end. Yay!!!

**You are
amazing**

MIND-SET

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

Instead of saying; “I cannot do this. It is too hard”, you would say, “Let me see how I can do this as it is challenging.” They call it the “glass half full” person, or the optimist. At a time of uncertainty, we all need to try and stay positive. I want to play a game to demonstrate.

What I want you to do is imagine that for the next two weeks, fourteen days, at midnight on each day, someone is going to put £86,400 into your bank account. Wow. But there is a catch. You have to spend that money in the following 24 hours. After that it disappears, and everything you bought disappears too. You cannot transfer it to anyone, as it will disappear from them too. But at the stroke of midnight, even though any remaining money has gone, another £86,400 appears in your account.

What I want you to do, for this exercise, is write down everything you would do with that money, every day, for the fourteen days. This will take time. That’s fine. I’m going to explain this exercise in the next mental health pack. You have seven days to do this. Come back to it. You do not have to do it all in one sitting. Let your imagination run riot.



A photograph of our FREE fitness session group at Highbury Leisure Centre; 5th November 2019

NUTRITION: Page 1

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 contents of that that are essential to keeping our bodies healthy, and us alive.

Healthy Minds, Healthy Bods guides people on these nutrients and how they react with our organs and systems. At this time of lockdown, we are focusing heavily on our Respiratory System, our Immune System, and how the Covid 19 virus can affect them.

In this pack we are going to look at Protein, and why it is vital to have it every day in our diets, because nutritionally it is essential for life.

Protein Facts:



It is a macronutrient, which simple means it provides calories/energy.

Your body has trillions of cells, and protein is in every one of them.

Protein, when digested, breaks down into Amino Acids. There are 21 of these organic compounds (mostly made up of Carbon, Hydrogen, Oxygen and Nitrogen atoms; there are small amounts of others in there too). Your body can make ten of these, but the other ten have to come from your diet, which is why they are labelled as “essential”.

NUTRITION: Page 2

In addition to muscle growth, protein is essential to the growth and repair of virtually all cells and body tissues - from your skin, hair, and nails to your bones, organs, and bodily fluids. Protein also plays a role in crucial bodily functions like blood clotting, immune system response, vision, fluid balance, and the production of various enzymes and hormones.

There are about 100,000 different types of protein in the human body. The lifespan of most proteins totals two days or less.

Fun facts:

- Scientists concluded that the chicken came before the egg. This is because the protein which makes their eggshells can only be produced by hens
- There are proteins named after Sonic the Hedgehog, and Pokémon Pikachu.

Our nutrition challenge for you this week is to keep an eye on how much protein you actually eat this week. You need to top up every day, as if eaten in excess your body will not store it as protein.

Healthy Minds, Healthy Bods presents facts and figures, and would not dream of advising people what foods to eat. Everyone has different tastes, likes, and favourites. So another challenge can be looking at different sources of protein and maybe trying some out. Do some research. This is an amazing time to look at our diets, change some habits, try some new foods and recipes, cook some more meals ourselves, and make changes that can last us the rest of our lives.

EXERCISE/FITNESS; Page 1

“There is no situation, no age, no condition, where exercise is not a good thing.” - UK Chief Medical Officer, this week

Healthy Minds, Healthy Bods has actively supported and encouraged 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.

We were 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 as soon as possible. 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.

What we would like to do every week is offer up an idea around a high intensity routine that anyone can do. We all have different levels, but that is fine. We will do a list on the next page.



Left: 23 May 2019

Right; 14 Nov 2019

Our Izzwalkz group in Clissold Park, where we walked every Thursday prior to lockdown



EXERCISE/FITNESS; Page 2

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.

HMHB are going to set an exercise challenge to those at home. We are going to ask you to do a Tabata exercise. This is a high intensity interval training session - it sounds frightening, but we assure you that you can do it. This has been set by our fully qualified Personal Trainer, Dean; sometimes known as PT Zombie.

We would like you to set aside around 20 to 30 minutes; but this includes rest times. Please try and complete this every day for the next week, when we will set a different challenge.

10 squats (you can use a chair if you wish)

10 crunches (lay on the floor, or sit in a chair)

10 press ups (on the floor or against a wall)

Running on the spot (count to 20)

Do the above. Rest 1 min. Repeat. Rest 1 min. Repeat.

If you struggle, do 5 of each. Take a longer rest. Only do twice.

“Something is always better than nothing”

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

This is a crucial time for your overall health. And we include physical, mental and emotional health. You need to look after it all. The best thing is to set some goals and targets. Start planning your days ahead.

I rang some of our users this week and the major comments I heard were that people were bored, that they were tired, and feelings of despair and disillusion.

So health wise. Before you go to bed, go through and plan what television programmes you really want to watch the next day. Right them down, with times, and maybe only have the television on for that time. Being organised can help with stress. Find a book you like. Take control.

What a super time to actually go through those cupboards, sort out old clothing, contact old friends (write letters if you do not have email or access to the internet). Find someone to discuss things with, if that is possible. I am living on my own at the moment, but have been calling friends up just to lift spirits. Cook something new.

On the next page, we are going to set a task to keep your mind busy during the week. You maybe cannot choose what is happening at the moment, but you can choose how you react to them.

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: **S**

(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 first pack. HMHB is trying to keep people active, motivated and finding ways to keep busy.

We would love to incorporate some items from you in next week's pack. That could be a recipe (thinking of Roz's muffins; nudge nudge). 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 me: **07964 430456**

I would prefer you email me: **hmhb2016@outlook.com**

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Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: **www.hmhb2016.org.uk**

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

We need supporters and followers to show potential funders. Even this ten page Mental Health Pack will need to be printed and posted to some who are not on the internet.

Be Safe, Be Active, Be Well