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EDITION 57 - YATELEY  
AUTUMN 2021

Distributed  
to Yateley  
residents in  
October  
& April

## Features include:

*Making your life better*

*Looking after your body*

*Choosing the right therapist*

*Panto guide*

*Protecting your future*

*Gardening editorial*

*Get physical*

*Beauty editorial*

*Wake up right*

SUPPORT  
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*Tips for a faster Windows computer*

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## Welcome to the October edition of Foremost.

**Can we say the 'C' word now?! It's time to get ready for Christmas. From booking pantomimes, ordering gifts and getting ourselves mentally and physically prepared for the parties and events.**

We are here to help in any way we can, by supplying you with details of local pantomimes, contact details for quality businesses and articles on ways to keep yourself happy and healthy.

It's starting to look very Autumnal out there now. A beautiful time of year, once you can adjust to the colder temperatures; and it feels even more wonderful after the restrictions which we faced last Autumn. Let's focus on enjoying a wonderful Autumn and Winter, creating fun, laughter and memories.

Thank you for your support throughout another year. You have been fantastic.

Wishing you all the very best.

*Emma*  
& the Foremost Team

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London, April 2021

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# 10 things you can do to make now the best time of your life

**Thankfully life is getting back to normal, but we can still learn from the pandemic. It has given us time to reflect on what we want and what we don't want. It has also shown us the importance of taking control of our health: both mental and physical.**

## 1. Wake up naturally

If you are able to indulge in this luxury, then ditch the alarm clock, and go with your body's natural rhythm. Practice a routine of sleeping at a set time and waking up at the same hour every day. That's how your biorhythm should work, with no alarms to jolt you out of your slumber. Wake up naturally and start your day with a positive mood.

## 2. Begin every morning with a smile

We know life can take over, and it might feel like an ordeal to smile the first thing every morning, but push yourself to do it. Tell yourself it's going to be a day full of happiness and contentment, and paint a smile on your face. Positive thinking and imitations can lift your mood for the day and beyond. Fake it til you make it!

## 3. Exercise daily

Get moving. Anything from dancing, jumping on the spot, yoga practice or going for a run will do. Just get your heart pumping. Make sure you're incorporating 20 minutes of exercise every single day for your dose of happy hormones, and if you can exercise outside, you'll reap even more benefits.

## 4. Sing in the shower

Haven't we all felt a sense of happiness when we come out of a nice shower after belting out our favourite song? Oh, and while you are at it, don't forget to put on your best-scented

body wash. Well, it is believed that our favourite aromas have pleasant olfactory memories associated with them that make us feel blissful. Now, that's a good enough reason to enjoy a warm shower and de-stress!

## 5. Practice meditation

We are often juggling responsibilities, and unfortunately, our culture glorifies that. We are never really told to slow down, But slowing down is vitally important for our wellbeing. Practising meditation for about 15 to 20 minutes every day is a healthy practice. In fact, research shows that our brain releases an anti-anxiety chemical called GABA when we practice meditation or yoga. A study in the Journal of Alternative and Complementary Medicine found there is a 27 per cent increase in GABA levels after an hour of meditation.



## 6. Eat breakfast

Often, many of us are in such a hurry in the mornings that we skip breakfast. This affects our mood and our energy levels. Start the day by enjoying a nourishing meal packed with your favourite flavours. It is a great energy boost, and can

also aid weight management, by stopping cravings or over eating later in the day.

## 7. Get into the habit of reading

Get a book from your favourite genre, and lose yourself in a different world. If books aren't for you, try a magazine instead. You could even begin writing your own book, or article for publication here at Foremost.

## 8. Focus on one task

We frequently tend to function on auto-pilot mode and perform tasks mechanically, often juggling several things at once. Try to focus on one task at a time. Multitasking actually affects your focus and causes stress. Perhaps men had it right all along!!!!

## 9. Take an afternoon nap

Taking an afternoon nap can be extremely helpful in boosting your mood. At the same time, it ensures "improved alertness and performance without interfering with your night-time sleep." Research also shows that when you do not take a nap in the day, you can become more sensitive to negative emotions.

## 10. Call your friends

There's nothing like venting out or sharing memories to improve your mood. What's more, you'll likely lift their mood too. According to a study published by the British Medical Journal in December 2008 by Harvard University, happy friends increase our happiness by 15.3%!

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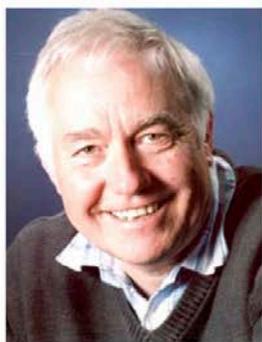
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Life insurance is the minimum protection you should put in place for your family. You never think that it will happen to you, and yet, we all know someone, or several people, who have fallen to some tragedy. Whether accidents, illness, or anything else. It's never an easy time for the loved ones that have lost. Life Insurance is to plan for the worst and hope you won't need it. But better have it and not need it than the reverse. Today, comprehensive life insurance policies can be taken out at an affordable outlay per month, especially in relation to the pay-out of the policy to look after your family if the worst should happen. Of course, there are numerous avenues that can and often should be taken in order to protect yourself and your family. Eat right, exercise regularly, do not make reckless decisions. But even with all of these, anyone can be struck down in tragic circumstances. And often it is the financial aspect that is the most immediate and problematic for those left in the wake of such events. Life Insurance means peace of mind.



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Article by *Assured Financial Group Ltd*

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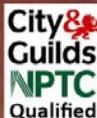
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# Getting help with mental health issues.

**This last 18 months has been such a difficult time, but isn't it interesting how some people have coped better than others? That has a lot to do with their mindset.**



That mindset can be all doom and gloom, or if you allow yourself to see the cracks of sunlight coming through, you will feel better able to cope.

Some people are more prone to feeling down and need help to adjust their thinking. That help can come in the form of therapy.

People in the media have been talking a lot about mental health issues, and how people should go for help if they are having problems. Yes, indeed they should.

Help is available through the NHS and through private therapists like me. When you hear mental health issues being discussed in the media, they talk about it as though there is no alternative to the NHS, but there is. There are hundreds of private therapists available to help you, and the chances are that you will be able to get in to see one quickly, rather than having to wait for weeks and weeks on NHS lists. I also know that NHS therapists are really overstretched, hence the long waiting lists.

Personally, I have always been reluctant to pay for something that is available for free on the NHS, but most people know that if you have insurance, or can afford to pay privately, you can get niggling health problems sorted quickly.

Although some private medical work can cost thousands, this is not the case for therapy. For just a few hundred pounds you may be able to get longstanding problems sorted quickly and easily, and if you are unhappy with the therapist, or the way the therapy is going, you can stop it at any time.

Obviously, you will need to choose your therapist carefully. Firstly, decide on the type of therapist you need, be it a hypnotherapist, like me (who incidentally deals with all aspects of mental health), or CBT therapists or psychotherapists.

Make sure that they are registered with a professional organisation, and that they are properly qualified. However, the most important

element of choosing your therapist is finding one that you can relate to. They need to be on your wavelength so to speak.

Do some research on your therapist too. They may have reviews posted on their websites from previous clients, or they may have recorded a welcome video, so you can see them in person and work out whether you could relate to them. There may be social media posts too which might indicate what they are like. Most private therapists also offer a short free consultation to help you decide whether you want to go ahead with them. There is a lot you can find out in advance these days to help you make your decision, so use that wisely.

I hope that you have found this useful, and if you want any further information about the work I do or the way in which I can help you, please visit:  
[www.carolynpotter.co.uk](http://www.carolynpotter.co.uk)

Article by *Carolyn Potter* (Cognitive Behavioural Hypnotherapist)

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## Pantomime Season...oh yes it is!

With hopefully a more 'normal' Christmas to look forward to, panto's are a great family day out which all ages can enjoy. We have put together some of the local panto's going on in your local area. Theatres have been hit hard during the pandemic so let's get out and support them and enjoy the festive period.



**Beauty & The Beast**  
The Hexagon, Queens Walk,  
Reading RG1 7UA  
Sat Dec 04 - Jan 03 2022

The Hexagon's spectacular 2020 family pantomime, Beauty and the Beast with children's television megastar Justin Fletcher alongside Reading's favourite Dame - Paul Morse Full cast to be announced. Beauty and the Beast has all the ingredients for a magical trip to the theatre, with hilarious slapstick humour, plenty of audience interaction and marvellous musical numbers that you will be singing for days afterwards, all in one magical show that is suitable for everyone to enjoy whether they are 3 or 103! Beauty and the Beast will be sure to make you laugh, cry and fall in love with a host of hilarious and hairy characters - so book your tickets now for a fun filled panto, and to discover if Beauty can see beyond appearances and learn to love a beast!



**Cinderella - Christmas Pantomime**  
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South Hill Park, Ringmead,  
Bracknell, Berkshire, RG12 7PA  
Tel: 01344 484 123  
[www.southhillpark.org.uk](http://www.southhillpark.org.uk)

Following South Hill Park's fastest and best-selling pantomime ever (Aladdin 2019), the magic returns to the Wilde Theatre with a brand new version of the timeless tale Cinderella (opening Fri 26 Nov). Cinderella must go to the ball and meet her prince - but what evil tricks will the wicked step sisters play to stop Cinders finding her happy ever after? So no 'ifs' or 'Buttons', join us for a 2021 festive season filled with fabulous fun, colourful characters, slapstick comedy, enchantment and all the creative sparkle you've come to love in this Great British pantomime favourite.



**Jack And The Beanstalk**  
Fri 10 Dec - Fri 31 Dec 2021  
[www.camberleytheatre.co.uk](http://www.camberleytheatre.co.uk)

The magic of Panto returns to Camberley with a brand new, side splitting adaptation of Jack and the Beanstalk! Join Jack Trott as he battles to save the sleepy market town of Little Camberley On The M3 from the evil Fleshcreep and the Giant Blunderbore. Can he save all the flowers from being squashed? Can his simple, daft brother Simon do anything?! With help from his mother Dame Dolly Trott, Colin the trainee Fairy and farm hand Jill, plus their trusty cow Daisy, anything is possible! Featuring a great medley of songs, energetic choreography, dazzling costumes and a whole host of squirry cream, this is a giant of a pantomime that is not to be missed!

# "It's behind you!"



### Snow White

**New Victoria Theatre,  
The Peacocks Centre, Woking  
4 Dec 2021 – 2 Jan 2022  
[newvictoriatheatrewoking.com](http://newvictoriatheatrewoking.com)**

In this years pantomime adventure Snow White and the Seven Dwarfs will be spectacularly brought to life with an abundance of comedy, sensational song and dance numbers, fabulous costumes and stunning scenery. With fashion advice from everyone's favourite TV personality, Gok Wan and comedy in abundance from Harriet Thorpe (The Brittias Empire/Absolutely Fabulous) and comic Aaron James this year's panto will be a glittering festive treat for all ages.



**Jack And The Beanstalk  
Theatre Royal Windsor  
32 Thames Street, Windsor,  
Berkshire, SL4 1PS  
26th Nov- 9th Jan  
[www.theatreroyalwindsor.co.uk](http://www.theatreroyalwindsor.co.uk)**

Starring the Music Icon – the one and only Anita Harris! Along with your beloved Windsor favourites: the legendary Basil Brush, Dotty Dame Steven Blakeley and calamitous comic Kevin Cruise. Our Panto Princess & NHS Hero, Alice Fillary, is also returning! And will be joined by Dreamboats & Petticoats star, Elizabeth Carter.



### Aladdin

**Braywick Leisure Centre  
Braywick Road, Maidenhead  
SL6 1BN  
18 - 24 December  
[www.maidenheadpanto.co.uk](http://www.maidenheadpanto.co.uk)**

Get ready to roar with laughter as we cheer on our hero Aladdin as he journeys on an adventure of a lifetime. Expect flying carpets, a wish-granting genie and a lamp-full of laughs! This family show is packed with all the traditional panto ingredients, including hit songs, belly laughing comedy, plenty of audience interaction and features the larger-than-life dame – Widow Twankey! Join Aladdin for the flight of your life!



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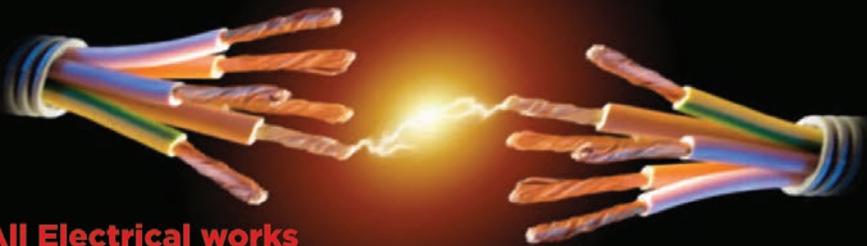
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**It's time to ditch the excuses and take a hold of our physical health once again. Not only will physical activity improve your physical health, it will also boost your immune system, increase your confidence and boost your mood and energy levels. If you haven't already, get back on track with our helpful tips.**

You're piling on a few extra pounds, and we know that isn't great for your physical health or risk of disease, but the problem goes far deeper than our bodies. This lack of physical exercise is affecting our minds more than you could perhaps believe.

## Sleep

You wake in the morning, with dread at the thought of the monotony of the day, and you somehow make it through to the evening again, where you meet the television and a pile full of snacks, before going back to bed. This lack of physical activity and fresh air means our bodies are not getting tired enough to sleep. We're depriving ourselves of the deep sleep and REM which we need, to function properly the next day. This affects our mood and productivity, it affects our hormone levels, and can make us breed negativity even more; and so the spiral continues.

## Depression and Anxiety

Exercise has been proven to work like an anti-depressant, fighting many symptoms of depression and anxiety, and making the world seem a little brighter and kinder. The endorphins released when we exercise, is well known, but did you know that you don't have to exercise at a high intensity to feel the benefits? Low intensity exercise, which is regular and sustained, is a proven way to improve brain function, and as a result, your mood.

## I Want Some

So, you're sold. You want some of this magic medicine, which can supposedly fix the world's problems, but no matter how hard you try you can't stick to your workout schedule. Getting exercise back into our routines isn't easy, but it is worth it. Getting your foot out the door is the hardest part of any workout, so do not give up. We can make a plan, and it can work for you. Let's just begin with 10-15 minutes per day. Make it pleasant, a walk outside, a short video online, or a dance around your kitchen while making the breakfast. It may sound pointless, but we have to start somewhere. Before you know it, you won't even think of this as exercise and you'll be ready to up the aim to 20, and then 30 minutes each day. You may find you're ready to push yourself with some of your workouts, or you may find that just a few longer sessions each week will work perfectly for you and your circumstances.

## Quick Fix

The effects can be instant. You may start to feel improved after your very first workout, or it may take up to a few weeks, but you will feel improved over time. Not only will this help your hormonal balance, it will also improve your physical health, which can only make you feel better still. There really is no way of losing, just be kind to yourself and make your goals achievable and sustainable.



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## Get Started

It really is that simple, get moving and get yourself back on the right track. You can make the change in you. You can step away from the rest and look after yourself: body and mind.

Article by *Emma Baldwin* (Editor)

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- 1 cauliflower , broken into florets
- 100ml extra virgin olive oil
- 250g good bread, such as sourdough or ciabatta
- 2 red chillies , halved, deseeded and finely chopped
- 4 garlic cloves , finely sliced
- 8 anchovies , finely chopped
- 35g raisins , soaked in just-boiled water and drained
- 1 tbsp capers , rinsed of salt or brine
- 4 tbsp roughly chopped flat leaf parsley
- 5 radishes (preferably French breakfast radishes), finely sliced



1 tsp white balsamic vinegar or white wine vinegar juice of ½-1 lemon per than our bodies. This lack of physical exercise is affecting our minds more than you could perhaps believe.

## Method

### STEP 1

- Steam the cauliflower until it's just tender (be careful not to overcook it), then set aside.

### STEP 2

- Tear the bread into small chunks and heat 3 tbsp of the olive oil in a large frying pan.
- Fry the bread over a medium heat (in batches if it's easier) until it's golden all over – each batch will take about 4-5 mins to get a good colour.
- Put all the bread back into the pan and add the chilli, garlic and anchovies to the pan (with another tablespoon of oil if necessary) and sauté for a further 2 mins, making sure the garlic doesn't get too dark.
- It should be golden, not brown.

**Tip the bread mixture into a broad shallow serving bowl and add the raisins, capers and parsley.**

### STEP 3

- Add the rest of the olive oil to the frying pan and, over a high heat, fry the cauliflower until tinged with gold. You want a really good colour.
- Put the cauliflower in the bowl with the bread mixture, add the radishes, balsamic vinegar and the juice of ½ lemon and toss everything together.
- Season, but be careful about how much salt you use because of the anchovies.
- Taste to see if you need more lemon juice, or even more olive oil, and serve warm.

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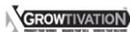
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# TOP 5 TIPS

FOR A FASTER WINDOWS COMPUTER



**1) More than one Anti-virus** – Yes you need an anti-virus, and Windows 10 has a reasonably good one built in, but should you choose to have another you only need one anti-virus installed, installing more than one will cause them to clash and slow your machine.



**2) Unwanted programs** – Your computer uses a filing system known as the registry, this stores bits of information for each program; by removing unwanted programs you can help to tidy up the registry allowing it to be quicker when finding the information it needs.



**3) Stop programs at start up** – It stands to reason that the more you're asking your computer to do, the longer it will take to process it all. To help prevent this you can press ctrl-shift-esc together to access the task manager, from there you can click on the "Startup" tab and view programs that load when Windows starts and the impact they have on boot time. Some of these can be disabled, i.e. if you have your email loading at boot. Be cautious here because some programs here are required.



**4) Hanging on to temporary files** – Whilst in its normal course of use your computer produces temporary files as well as update files, sometimes they don't automatically get removed once done. By clicking on the Start button and typing "Disk Cleanup" you can bring up the Disk Cleanup utility, by selecting some of the check boxes there and clicking OK, you can clean the drive up. Again, caution here as since a recent Windows 10 update they now include the Downloads folder in this list, and you may not want to delete the contents of that.



**5) Still lacking something** – Even after these tweaks it may still be kind of slow and that may well be hardware related, one of the biggest bottlenecks in current computer is usually not the processor or the RAM but the hard drive. Today, modern technology known as SSDs or Solid state drives far outstrips that of older hard drive technology, offering speeds up to 25x faster and for a reasonably priced upgrade it can take a mediocre or slow laptop back in to something that's a joy to use. One of the bonuses is that with cloning software you can retain all of your programs and customisations and simply move over to a faster drive.

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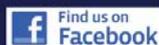
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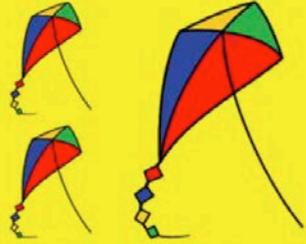
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One of the most popular forms of climber (and with possibly the biggest range) are Clematis. They are divided into 3 groups, each of which define how they are to be pruned.

## Group 1 - Early flowering species – Alpina, Montana types

Flowers are produced from last season's ripened stems. Prune after flowering to allow new growth to be produced. Remove dead and damaged stems.

## Group 2 - Early, large flowering cultivars

Flowers are produced on short, current season's growth, so prune before new growth begins in early spring. Again, remove dead and damaged stems and cut back all others to strong buds.

## Group 3 - Late large flowering cultivars, small-flowered cultivars and Herbaceous types.

Flowers are produced on the current season's growth only. So, prune before growth begins, again in early spring.

There are a huge range of varieties for you to consider that can provide (almost) all year round colour and interest. Here are some of my favourites, usually commonly available in most garden centres:



### **C. montana var. rubens (Group 1)**

Mauve / pink flowers. Very fast growing. Will cover walls in record time! Grows to 6 metres plus. Flowers between May and June. If the spread of it needs to be restricted, then prune after flowering.



### **C. 'Henry!' (Group 2)**

Large creamy flowers. Will cover a wall or trellis. Grows to 3 metres. Flowers between June and August.



### **C. cirrhosa var. purpurascens 'Freckles' (Group 1)**

Mottled red and white petals. Good for containers and borders. Grows to 4 metres. Flowers between December and February. No need to prune, except to reduce unwanted growth.



### **C. 'Jackmanii' (Group 3)**

Large, dark purple flowers. Looks fantastic on a trellis. Grows to 6 meters. Flowers July and August.

The season has been slow to get underway this year, due to the unexpected cold weather we have experienced. However, spring is a good time for planting, so why not think about adding some of these beauties to your garden to enhance your garden.

*Happy planting!*

Article by *Richard Timbrell* (RaTa Garden Services)



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# Looking after your body

## Sports massage therapy isn't just for sports people, and it's not just about massage!

Many of my clients are runners or cyclists who either have regular maintenance massage sessions, or injury related sessions. These sessions will involve some range of movement assessments then treatments for the areas of the body which need attention. The treatment may involve different massage techniques, stretching, mobility exercises and myofascial cupping depending on the client's needs.

I also have a lot of clients who may not do any sports and have developed chronic pain in areas such as the neck, shoulders or back as a result of poor posture or repetitive movements at work. Sports massage therapy is extremely effective for these clients as we can identify the cause of the pain and use massage techniques (as listed above) to help to address these issues.

When I finish a session with a client, I often send them away with homework! This may be stretches, strengthening or mobility exercises, self-massage techniques, or (most commonly) a combination of these.

A large number of people are working from home at kitchen tables or other areas which are not set up as ergonomically as their previous office work spaces. This has led to chronic pain in the upper back area. So what can you do to begin to alleviate the pain? Here are my 5 top tips...

### 1: Your work desk set up

Look at the height of your work table / desk. Can you use books or something similar to either raise the table or your computer so that you are not hunched over? The hunched forward position puts strain on your rhomboid muscles in your upper back, causing pain. Making changes to enable a more upright position will ease the strain.

### 2: Mobilisation exercises.

At regular intervals throughout the day (maybe set an hourly alarm on your phone) to get up and walk around. Do large arm circles, forwards and backwards, and shoulder rolls. Move your head from side to side, (ear to shoulder) then rotate your head to look over your shoulders. 10 of each movement is enough to loosen up the muscles and help to prevent them getting fixed and stiff.

### 3: Stretches

Stretch out your pectoral (chest) muscle which shortens as you sit in a hunched position.



You can do this by putting your hands behind your head and pushing your elbows back (see picture 1).

### 4: Strengthening or activation exercises

A hunched posture leads to back muscles becoming lengthened, exercises which encourage these muscles to contract and become stronger are essential. Good exercises include:

- 1: lie on the floor face down in a superman position (arms out straight over the head), engage your stomach muscles then raise your arms and upper chest off the floor, hold for 3 seconds then lower to the floor, repeat 10 times.
- 2: stay in the superman position, lift your arms and chest up, then bend your arms, pulling your elbows towards your waist, hold for 3 seconds then return your arms to the straight position and lower

to the floor, repeat 10 times. (See pictures 2 & 3).



Both of these exercises can be made harder by holding weights in your hands.

### 5: Self-massage

A small massage ball, or tennis ball, is a great tool. Position the ball in between your shoulder blade and your spine, then lean against the wall, squashing the ball between your back and the wall (see picture 4). Slowly bend your knees to move up and down, rolling the ball over the tight muscles. This feels amazing!



Remember, it may have taken months for the chronic pain to develop so it will take time and work to reverse the changes and reduce the pain and discomfort. A sports massage will help speed up the process and help to prevent the pain returning.

Article by *Michelle Moran* (Michelle Moran Sports Massage)

## Sports massage therapy is effective at treating aches, pains, and knots which have built up over time.

You may be a long distance runner, or spend 8 hours a day sat working at a desk, or have a manual job involving heavy lifting. It doesn't matter what has caused the aches and pains, sports massage can help.

### Benefits of a sports massage include:

- reduction in muscle tension, pain and discomfort
- increased range of motion (leading to improved performance)
- decreased muscle stiffness or soreness after activity
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# Looking after your Makeup Brushes

**How often do you take the time to thoroughly clean your makeup brushes? As well as harbouring bacteria, which can cause skin problems and is a big no no for any product to be used on the face, unwashed brushes will retain excess product and oils, making smooth, seamless blending very difficult. Taking proper care of your makeup brushes will also significantly prolong their life!**

## What should you use?

There are numerous products designed specifically for cleaning brushes. As a Professional Makeup Artist, who needs to thoroughly clean and sanitise products between every client, I'm a fan of Parian Spirit. In addition to cutting quickly and effectively through even the most stubborn makeup residue, it's quick drying and contains ethyl alcohol, the same ingredient in hand sanitiser, so it disinfects as it cleans. If you don't want to buy a special product, lukewarm water and a gentle soap or cleanser is a perfectly suitable alternative.

## How to clean your brushes?

- Start by wetting the bristles with lukewarm water.
- Place a small amount of your chosen cleanser in the palm of your hand and gently massage the bristles to loosen any debris and dissolve all traces of makeup. Remember to only ever use mild products, as harsh detergents will damage your brushes.
- To avoid damage, take care not to let any water or soap near the base of the brush head.
- Rinse and re-rinse until the bristles are completely clean.
- Gently squeeze out any excess moisture using a clean paper towel.
- Reshape the wet brush hairs.
- Leave to air dry naturally overnight, with the bristles pointing downwards.

## Pro Tip

Leaving your brushes to dry with the bristles pointing downwards, will prevent water from seeping back into the brush base, loosening the glue and causing loss of bristles.



**Keep your brushes clean & fresh for flawless makeup application.**

## How often

For personal use, wash or sanitise your brushes and makeup sponges once a week to keep them bacteria free and in tip top condition.

Christiane x

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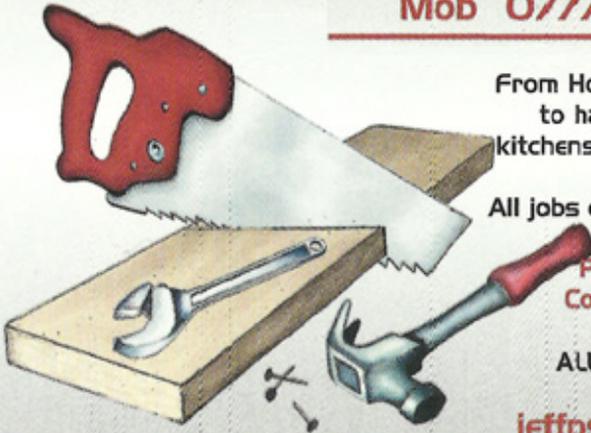
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# Morning Tips For If You Want More Energy

**We hope you're getting back into the swing of things, but don't fret if you're struggling to get back into the groove. We have a few tips to boost your energy levels and get your mojo back.**

Firstly, I'd like to remind anybody struggling that it is perfectly natural to be feeling like this. We have just come through some very tough times, where our world and routines have been completely and utterly changed. We need to be kind to ourselves and forgiving, if we are taking time to get back to 'normal.' But hopefully these pointers can help a little.

Without enough sleep, no morning routine can 'fix' you, but these tips could help to get you buzzing a little more once again.

## Deep Breathing

Let's start the day positively, taking a few long, deep breaths upon waking. Deep breathing and a quiet moment is a great stress reliever, so start your day this way and reap the benefits it brings. Focusing on your own breath is a form of meditation, so you can work to focus your mind, improving your mood and concentration levels for the day ahead.

## Hydrate!

Everything you ever read about improving any part of your physical or mental health, will include hydration. It is singly, the most beneficial and one of the easiest things you can do for yourself. Dehydration can zap energy, cause muscle fatigue and soreness, and lower your mood. Staying hydrated helps to prevent these, keeping you feeling refreshed and energised for longer.

## Exercise

When you're tired, it is so tempting to sit on the sofa, drink coffee and watch TV. However, moving helps to keep you energised. It's well known that exercise has endorphin boosting properties, making us happy and ready to move more,



but even gentle workouts have a positive impact.

A short walk, some gentle yoga or stretching, or something more energetic can have benefits to your day. When you start moving, your day begins and you are more likely to tackle your to do list and achieve what you were hoping too.

In addition to this, movement helps with weight management and being of a healthy weight, also gives you more energy. It is also thought that moving in the morning encourages people to be more active the whole day through, so you're setting yourself up for success in every way.

## Food

If you feel hungry, make sure you eat. Lack of food can make us feel lethargic and drained of energy. Be careful with your food choices, avoiding snacks high in caffeine and sugar where possible, to avoid those crashes. Natural sugars are great, proteins and healthy fats too as these give you energy, without the after effects.

## Screens and Phones

Ignore your phone and emails at varying points. Schedule breaks from your distractions. Modern life has us thinking we need to be available 24/7, but this is not the way it needs to be. As a society, as families, friends and employees, we survived without constantly being available, and we can still. Ignore the calls, texts, emails and any other distractions for set periods and enjoy the freedom of your own time.

Also, try not to start your day with a scroll through of Facebook or catching up with the latest news. Seeing something negative can put you in a bad mood before your day has even begun, set yourself up before facing the world of media.

We hope these tips help you. And here's a little checklist for you choose some goals from and focus on for the month ahead. Let us know how you get on.

- Drink 2L of water
- Average at least 10,000 steps per day
- Eat at least 5 fruits and vegetables every day
- Get 7-9 hours sleep per night
- Meditate
- Screen breaks

Article by *Emma Baldwin* (Editor)



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