

WELLBEING WORLD

Jersey Edition

No.11
July/August/Sept 2016

Happy | Healthy | Inspired

Hello Summer!

FEATURING

Living the Century
Shaping OUR Future
What is Alcohol Really Costing You?

SOMETHING FOR EVERYONE

Your Summer of Strength
Mindfulness and Chronic Back Pain
Essential Wellness Gadgets
Slow Running – A slower pace of fitness
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Welcome

*Sit down, relax and ...
breathe.*

WORDS: Beverley Le Cuirot, Founder and Editor



Welcome to our 'Breathe' edition.

This edition of WellBeing World is a tip of the hat to the importance of taking it easy ...

We came to realise that, sometimes, when the going gets tough, instead of the tough getting going; we might suggest taking a deep breath and turning the invisible life source of air into something incredible. Someone once said that the wisest suggestion ever made, was to take a moment and breathe. We have done just that, both in the writing of this edition and in the hope that you might too, as you read through the pages.

We have filled this edition to the brim with feel-good, 'take it easy' information. From Buteyko (a form of breathing therapy), to taking stock and taking time to talk ... we've looked at the importance of the simple 'cuppa', also mindful eating, we've eased the pace for some 'slow running', and looked at the latest men's wellness gadgets, which prove to be focused on plenty of chill out and down time for the boys.

We've also plenty in terms of workplace wellbeing, nutrition, fitness, adolescent mental health, animal care and community; from careers to carers. And we've taken a look at some fantastic books which we've included in the relevant sections, to ring the changes a little.

Championing wellbeing as a whole, as we do, and being a pioneer in all things wellness and betterment of health, we were thrilled to find, that when speaking about the mental health of young people and the education system, the guest speaker at the Promoting Healthy Young Minds conference, Natasha Devon, TV pundit, writer and campaigner had commented to the local media: 'We need to have a really serious conversation about how we can put wellbeing at the centre of it.' Hear, hear Ms Devon, we're always happy to talk about wellbeing!

Wishing you all good health, happiness and everything wellbeing, as always,

Beverley

*“The greatest gift is the
passion for reading.
It consoles, it distracts, it excites,
it gives you knowledge
of the world and experience
of a wide kind.”*

~ Elizabeth Hardwick

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- 72 *Although every effort is made to ensure the veracity of published information, WellBeing World and its Directors and Publishers cannot be held responsible for the information contained herein or for the views and actions of individual contributors.*

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- 78 *All contributors are qualified to practice in their own fields of expertise. If in doubt, please consult with a medical practitioner before acting on health information received.*

Hello. ●

Questions about dementia?

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Awareness Understanding Support



LONG LIFE

Living the Century

WORDS: Beverley Le Cuirot

Founder of WellBeing World & Curator of The Future of Work - Jersey

People are living longer and it will transform our relationships, health and finances. How do you feel about the prospect of living to 100? Do you welcome the extra years and look forward to having more time to achieve personal goals and ambitions? Or do you worry about finances, personal fitness and general health?

A 2015 report by the UK Office for National Statistics predicts the average life expectancy for newborn boys in the UK will reach 94 years and 4 months in just 20 years time; for girls it could reach 97 years and 4 months; rising to 100 in 2057. These are averages and therefore a lot will live even longer, easily reaching the 100 year mark; something today's 20 year old already has a 50% chance of achieving. The report also points out that the gift of longevity could place a massive strain on the NHS, care services, pension schemes and society in general.

Now a fascinating and thought-provoking new book by Lynda Gratton and Andrew Scott has set out to analyse the problems an average lifespan of an entire century could bring. 'The 100-Year Life' focuses on the adjustments most of us will have to make to enjoy the benefits of medical advances, improved diets and healthier lifestyle choices, and proposes we prepare ourselves for the challenges we will face in the decades to come.

Lynda Gratton and Andrew Scott make for a formidable author duo; the former is a Professor of Management Practice at the London Business School where she

directs the programme for Human Resource Strategy in Transforming Companies, widely considered to be the world's leading programme for Human Resources.

Andrew Scott is a Professor of Economics, a Fellow of All Souls College at Oxford and the Centre for Economic Policy Research. He has previously taught at Harvard and the London School of Economics and has served as an advisor for macroeconomics to a range of central banks and government bodies. He was also a Non Executive Director for the Financial Services Authority in the UK.

In their book, they offer a selection of poignant suggestions and strategies to deal with our extended work lives, create new visions which reflect our personal values and help us achieve a sensible and healthy work/life balance in our advanced years. They show how we can improve physical and mental health to ease the transition into new ways of living and working that drastically differ from those of our parents and grandparents. And while the book admits financial planning is an important factor in mapping out a long life, it also concedes that money is by no means the be-all-and-end-all of happiness.

“People are scared by the prospect of living to 100, because they think of a long, incapacitated old age,” said Prof. Andrew Scott. “But why not enjoy a longer youth instead? It’s a matter of changing our mindset.” Prof. Lynda Gratton added: “We wanted to show the positives of living longer and to emphasise that it’s not a case of all the extra years being piled on at the end of life. We have a tremendous opportunity to use this amazing gift of time, but we must do so wisely and that means the deferral of gratification; saving more, exercising more and eating less.”

One particularly interesting aspect is the value the authors place on what they call ‘vitality assets’; physical and mental health and psychological wellbeing, which they agree play a crucial role in all our lives: “For most of us, while money is indeed important, it is not an end in itself. We make money for what it can deliver for us. For most people, a good life would be one with a supportive family, great friends, strong skills and knowledge, and good physical and mental health. These are all intangible assets and it is not surprising they are as important as financial assets when it comes to building a productive long life.”

So often, when people are asked about what makes a good and happy life they talk about health, friendship and love, and it’s these vitality assets – the intangibles – which make us feel happy and fulfilled and help us to stay positively motivated.

The purpose and the message of ‘The 100-Year Life’ is clear. It draws attention to the vastly overlooked phenomenon of gradual longevity and sheds light on what our lives will look like when our traditional 3 phase life cycle (education – career – retirement) loses its validity. And while the authors write with a relentlessly optimistic outlook, they do not shy away from pointing their fingers at the increasingly pressing problems yet to be addressed by governments, organisations and individuals all over the world.

*“People are **scared** by the prospect of living to 100, but why not enjoy a longer youth instead? It’s a matter of **changing** our mindset.”*

Planning and preparation is everything, especially if we wish to stay fitter, for longer. If we are living to 100 we will need to adopt a very different pace and way of living, and we may indeed need to ask ourselves whether we want to carry on doing the same thing (in all aspects of life) or whether we reinvent ourselves, retrain or take on a different role. Above all, we will need to remain active, stimulated and to continue evolving. And this will take even more planning.



The 100-Year Life: Living And Working In An Age Of Longevity, by Lynda Gratton and Andrew Scott, is rated #1 Best Seller in Amazon's Financial Retirement Planning listings. It is published by Bloomsbury. More info and free diagnostic tool: www.100yearlife.com



Shaping OUR Future

Community Consultation from Jersey to New Zealand!

Auckland, Leeds and Jersey ... Three very different places with one thing in common; community consultation with a view to lasting change and development; all three looking ahead to secure a successful future. In New Zealand, community consultation has been kick-started in Auckland with great success, known as 'The Auckland Plan', this initiative has the aim to "make Auckland an even better place than it is now, and create the world's most liveable city."

The plan's strategy encompasses all aspects of living in Auckland; how to make it even better, by engaging with the Auckland community at large to bring it all to life and make it a reality. Who better to give insight and suggestions to improve a place, than the very people who live, work and play there? Outside of the remit of governing bodies and councils all are encouraged to become more integrated in terms of facilitating the same objectives; bringing everyone on the same page for a plan that works to better the whole community in the long-term.

Meanwhile, nearer home, the Leeds Sustainable Community Strategy aims for a similar objective; setting out the long term ambition and aspirations for the city. It was developed by the Leeds Initiative in conjunction with all local partners, including the public, private and third sectors. Much like Auckland, Leeds' overarching strategy is to become the best city in the UK in some 20 years or so.

Underpinning these incredibly welcomed initiatives is one overall element – an element that stretches from the place to the people and all activity in between ... that is; wellbeing.

Wellbeing of the individuals, of the businesses, of the community as a whole and the long term wellbeing of the respective places themselves; the future needs to be planned for. Ageing populations, environmental concerns, migration and other community affected issues must be tackled with longevity in mind. These important foundations need to be set regardless of the government of the day; and they need to happen cohesively and consistently to ensure that they are sustainable and effective.

“Government’s job is to help deliver better lives for Islanders and a better future for Jersey. Simply put, the long term vision will set a baseline for how Jersey is doing today on issues that matter to people’s daily lives.”

A hop, skip and a jump from Leeds, on our very own Island where WellBeing World is proud to have its HQ, we too are undergoing an incentive for community consultation and change for Jersey as a whole. The wellbeing of Islanders and the Island itself is the order of the day – of the consultation at least. Some 2,000 people having taken part so far in the initial online survey in respect to ‘My Jersey’ – and it is hoped many more will do so before the deadline in August.

Dr Ian Skinner, who is heading up the ‘Shaping Our Future’ consultation (the overall project), says:

“Government’s job is to help deliver better lives for Islanders and a better future for Jersey. Simply put, the long term vision will set a baseline for how Jersey is doing today on issues that matter to people’s daily lives – things like having good jobs, feeling safe, leading healthier lives and living longer – and defines what progress we should aim for in the future. It’s not about how we get there, it just sets our sights on what we believe Jersey, as a community can achieve.

“It will matter on a personal level to all of us because the choices we make will guide decisions on issues that shape everyone’s quality of life. So, if you care about what Jersey should be like in the future, you should have your say. The more people that participate, the more confident we

can be that the vision will reflect the views and hopes of the community,” he added.

What underpins his enthusiasm?

“Jersey has never had a long term vision before,” Dr Skinner commented. Currently, each new Council of Ministers has to develop a strategic plan for their term of office and they focus, quite rightly, on developing new policies and initiatives in response to the priorities of the day. But three years is a very short time in which

social, economic and environmental outcomes. The new vision will collate the outcomes, progress measures and targets in one place so everyone is clear about what sort of Island we are aiming for.”

It’s a bold vision and one might hope that an Island community such as Jersey could be a shining example on how community consultation projects can work. Chief Minister Senator Ian Gorst said: “No-one knows exactly how life in Jersey will be 20 years from now, but we can say how we’d like things to turn out. I hope that the Shaping Our Future consultation will give our community a chance to say what they value most about Jersey today and what they’d like to change – so we can develop a shared aspiration for our future. Adopting this new approach sets our focus for how government can help make a difference. It provides transparency on what we are working to achieve, not just during one political term of office, but over the longer term. And it helps everyone see whether our policies are actually taking us in the right direction.”



to deliver lasting social, economic or environmental improvements. The value of a long term vision is that it provides transparency on what the States is working to achieve, not just during one political term of office, but over the longer term. Not just on one or two issues, but across a full range of

The notion of community consultation ticks a lot of boxes in terms of a step in the right direction for ever-changing societies; and focusing on delivering a better future can only be a good thing. It is in our hands.

You’ll find the survey at: www.shapingourfuture.gov.je – or add your voice to the debate on the States of Jersey Facebook page at: www.facebook.com/gov.je



And, Breathe.

The wisest suggestion of all.

WORDS: Lucy Sanderson

The air we breathe is our most vital life source, but we can tend to forget about it and take it a little for granted. Toxic and polluted air is an obvious worry to our health, and when it comes to the quality of the air we breathe, we recognise the issues and aim for solutions.

But the act of breathing itself can be a mindful source of quick and definitive positivity in regard to our wellbeing and health, if we only take the time to focus on it from time to time. From being encouraged outside for a dose of fresh air as children, to harnessing the powers of breathing for betterment of health – the way we breathe can make a world of difference to how we feel in our mind and within our body. Taking a deep breath in times of stress or panic isn't just a metaphor for calming down, it's a tonic to turbulent and tumultuous moments and breathing can instil a sense of peace and concentration – it is also the fundamental foundation to our health and energy levels.

Meditation and yoga are two prime examples of the absolute and unadulterated benefits of breathing. Breathing techniques that enhance the two pursuits are essential in ensuring that they are effective. Breathing has a powerful effect on your wellbeing and whether you practice either yoga or meditation, there is something to be said for taking the time each day to focus on those two simple actions; inhaling and exhaling. Helping anxiety, depression and even chronic pain, breathing is the quiet, efficacious

tonic to tackle an abundance of issues. Breathing is something we all do and can probably do better.

Air is free and the action of breathing is something that requires no thought; inhale, exhale – but if you want to make breathing work for you, under any and every circumstance, there are ways to use your breathing to optimise your health and wellbeing with a few adjustments and new techniques. Learning to control your breathing can literally change your life.

*“Our mood and sleep
can both take a hit
if we don't give our breath
some thought
now and again.”*

Being conscientious about your breathing evokes a sense of calm, and also brings about a more energised you ... Depending on how you use it. Yogic breathing balances your mind and body and it can help you to relax into poses as well as focus the mind and encourage the mind/body connection. In the yogic breathing practice, Pranayama, participants

feel the balance of calmness and the feeling of energy at the same time. Known to reduce stress, aid restful sleep and quieten down inner noise, Pranayama is an ancient form of meditative breathing which comes from two Sanskrit words: 'prana' meaning the fundamental life force, and 'yama' meaning to control. Pranayama is therefore, 'channeling or controlling the life force'. As one poignant Sanskrit Proverb says, "For breath is life, and if you breathe well you will live long on earth." How true – we should not waste our daily opportunities to breathe well. When was the last time you concentrated on, or used your breathing to aid wellness or calm you down? The air we breathe is more than just thin air, atmosphere, oxygen. It's our one true need.

It is long understood that us humans have to stay hydrated we drink at least two litres of water per day for maximum wellness, but how many of us understand the importance of our breathing? Even if you're not into meditation, or yoga, your breathing should still encompass an element of consciousness – at least some of the time. Our regular breathing patterns, when they're poor, add to problems from your brain to your bones, your mood to your

digestion. Our muscles suffer from poor breathing, as does our nervous system – your breathing is one thing you can control and be conscious of.

Our muscles thrive on oxygen; our brain requires it to remain sharp and able, our blood vessels constrict without sufficient air and therefore lead to problematic blood pressure and issues with your heart; constantly active and beating about 100,000 times in a single day, the heart is a huge consumer of oxygen ... shortage in supply means the heart can't pump out blood as effectively. This leads to bad circulation resulting in cold hands and feet or pins and needles. Our brain is another oxygen intensive organ, it uses approximately 20% of the oxygen we consume and when there's a shortage of oxygen, the brain will work slower and since the brain regulates a lot of other functions in the body these are affected.

Our nervous system needs it to remain balanced and with poor breathing it becomes tense and then in turn, so do we. Stress levels rise and anxiety can easily manifest in a body and mind that doesn't breathe properly. Our mood and sleep can both take a hit if we don't give our breath some thought now and again.

So, how should we breathe? Breathing slowly and deeply through your nose is best for calm and control. A famous saying suggests that the nose is for breathing whilst the mouth is for eating. When we breathe in deeply and slowly through our nose, we take control of our breathing and feel calm – activating the diaphragm and in turn, our rest and digest system.

When we breathe short and fast, our body's response is to go in to fight or flight mode – releasing cortisol and preparing our mind and body for action and response. By breathing slowly, relaxing the body and allowing the air to flow in deep through the nostrils, your body tunes in to itself, feeling each breath, with oxygen opening up the airways and filling your lungs and in turn, each and every element of your body.

And breathe ... Take a moment each day, for a quiet moment of relaxation and rejuvenation with the abundant invisible substance that surrounds you; air.



What is Alcohol Really Costing You?

WORDS: Alan Kiley, Treatment Director, Silkworth Charity Group

The subject of alcohol pricing may be in the news lately, but have you thought about the other costs your alcohol consumption might be having – to your health, your relationships, your job and your emotional wellbeing?

Alcoholism affects 1 in 10 people and sits at the extreme end of a spectrum that we all feature on somewhere. Very few people who drink alcohol have an idea of what alcohol actually does to them. They know what alcohol does for them; it alters the mood and gives a feeling of temporary 'wellbeing'. But most people are unaware of the harm it also does.

What is alcohol?

Alcohol is a colourless inflammable liquid that has been the basis of intoxicating drinks since 6,000BC. It is produced by yeast fungi that ferments sugars to exhaustion point. Alcoholic drinks are mainly ethyl alcohol and water, but they also contain other substances called congeners; used to give colour and flavour (these also contribute to the causes of a hangover).

How does it affect us?

Alcohol is absorbed into the body via the stomach and intestines. The

bloodstream passes it round the body to all the major organs, especially the liver and brain. The rate of absorption can be influenced by certain circumstances such as food in the stomach (which slows down absorption) or carbonation in drinks such as sparkling wine or soda mixers (which accelerate absorption and speeds up the effect).

Effects on our body

Early physiological effects of drinking can be warning signs. Upset stomachs, gastritis, diarrhea, lack of appetite, and skipping meals can be signs that alcohol is causing unrest in your system. More serious problems can develop as the illness grows, with a higher risk of stomach ulcers, cancer of the stomach and oesophagus, irreversible damage to the liver, the nervous system and blood cell function.

Effects on our emotions

Many alcoholics have the same emotional problems as everyone else before they start drinking.

However, alcoholism undermines the alcoholic's ability to cope with the normal problems of living and their emotions become exaggerated as the illness progresses. Arrogance, low self-worth, over-sensitivity, self-pity, anger, resentment and dishonesty are common feelings and behaviours of alcoholics. They get easily frustrated and don't want to accept reality – they are generally very frightened inside.

Understanding the spectrum

The lines between consumption are arbitrary – 2 drinks for one person might mean they're a social drinker, whereas 2 drinks for another could be tipping into problem drinking if they have co-occurring disorders or illness. Problem drinking can be caused by any one, or a number of factors including genetic, physiological, psychological and social factors.





Road to recovery

As the diagram suggests, a spectrum can go two ways – so if you're a social drinker, it is possible you may spiral into heavy drinking if circumstances change in your life, and in the same way, a heavy/crisis drinker can also turn back and move into social drinking without the need for treatment.

“For the alcoholic, it's not quite so easy. Admitting they have a problem and choosing to get help is the first step to recovery which is the only solution for an alcoholic to overcome their addiction.”

For the alcoholic, it's not quite so easy. Admitting they have a problem and choosing to get help is the first step to recovery which is the only solution for an alcoholic to overcome their addiction. An alcoholic will never be able to go back up the spectrum; they must remain abstinent from drinking or taking any other drug in order for their recovery to work and to heal the long-term effects of alcoholism.

So what is Recovery?

Recovery treatment through Silkworth works with 12-step

modelling. It's a transformative experience, set in simple constructs such as the sharing of experience, strength and hope. The overriding precursor must be and is predominantly hope, inspired by the individual's experience of addiction and his or her own felt desperation for a better way of experiencing life.

Recovery provides a person with self discovery and connection to their own potentials which may have been stripped away by their addiction, helping them to connect to their own resource of inner strength. This strength is also amplified due to the combined experience, strength and hope of the group dynamic (an essential element because it enables a

person who was previously isolated, physically, mentally and spiritually, to come into a collective and collaborative way of relating to self and others).

The 12-step model of treatment is an opportunity to follow a process of how you manage thoughts and feelings and change the way you live your life; a life where you live in the solution, instead of existing in the problem. This teaches vital life skills to be able to become a valuable and valued member of their community.

Social Drinking

You may have 1 or 2 drinks every now and then with a meal or in a social environment. You are aware of your limits and know when you have had enough. You do not spend time thinking about whether to have another drink or not. It is not an obsession in any way.

Heavy Drinking

You regularly drink more than 3 drinks in one night. Binge-drinking comes under heavy drinking if you consume more than 3 or 4 drinks in one night, even if it is only once in a while and you don't tend to drink in between those times. Heavy drinking can lead to dependent addiction before or after incidences where you may lose your job, split from a partner or lose a loved one. For some, these periods of 'crisis' drinking can be short lived and the drinker goes back to heavy/social drinking once the grief has passed. However, for some, these periods can tip them into addiction from which they can never come back from.

Alcoholism

When you have become dependent on alcohol to the point that you have no choice but to drink, alcoholism is diagnosed. An alcoholic is someone who has lost the power of choice. It has turned into a disease that the drinker is powerless to control. Heavy drinkers still maintain the power of choice and can stop if they choose to or decide that the effect their drinking has on them is more negative than positive. This is not the case with alcoholics.

If you are in need of help, advice or support, call us today on +44 (0) 1534 729 060 – or email us at: info@silkworthlodge.co.uk
More info: www.silkworthlodge.co.uk

New Health Centre To Set Your Potential Free

WORDS: Dr Thomas Faulkner M.Chiro DC

A few years ago, inspired by the powerful effects of chiropractic and a commitment to serve, I dreamed of creating a beautiful centre to deliver raw, authentic and honest healthcare for humans to experience the incredible potential within their vital bodies.

Through the thoughts, ideas, visions, plans, set backs, re-plans, immeasurable action and the work of a few dedicated and passionate people over the last couple of years, the doors to Human Health Centre finally opened in June 2016.

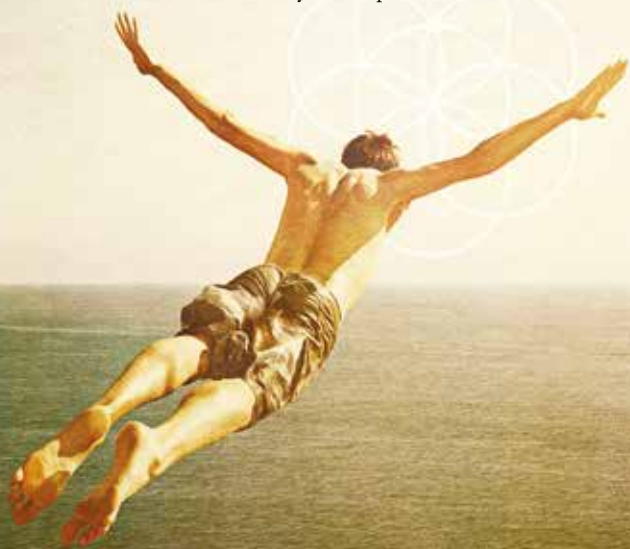
Chiropractic - the Latin for 'done with hands' is over 120 years old and is the fastest growing health care profession in the world. Advancing research continues to explain and support the countless millions of lives that have been changed by what was once termed 'quackery'. This transformation from 'witch doctors' to 21st century spinal health specialists has been catalysed by our understanding of how the body responds to the effects life has on us and how best to create change for our health.

You may well view your spine like a set of bones acting as a scaffold around your spinal chord for protection and movement. Then let me reintroduce you to the 'neuro-spinal organ' that is the direct gateway to the inborn potential within your brain.

Your spine is essentially an organ and is as important to the brain as any other vital organ within the body. Every second, thousands of signals travel to, from and through the 24 moveable bones in your spine within nerves which connect your brain to every tissue in your human body. This allows for the provision and integrity of movement and function of the various organs and systems within you. Without this constant and high quality conversation between your brain and body, our ability to comprehend ourselves is

reduced, our ability to direct our next action and movement is altered and our organs' ability to work optimally is decreased.

Throughout life we commonly experience alterations in this communication through lifestyle choices and traumas in the form of nutritional/emotional/physical toxicities and/or deficiencies which everyday take us further away from health, towards sickness. Since you began as a tiny organism of life in the womb you received toxins from your mothers blood to the drugs, pulling, forceps or caesarean section affects of birth deliveries, to the tumbles, falls and emotional energy it takes to master sitting, standing and walking in our earliest most fragile years of life. No wonder the terrible twos exist!



Into our adolescence the ride continues with injuries, falls and growth changes as we go through a hormonal change which has incredible physical and emotional transformations. All of this before stepping into adulthood where of course things really get going with continued bad postures influenced by technology, travel, pregnancy, weight, the ever increasing array of challenges, responsibilities and life choices.

The most simple and common result of these life stressors to the structure of the human frame from birth until death are 'vertebral subluxations' which are dysfunctional/misaligned and restricted spinal segments. Research now shows this creates stressed and unhealthy nerve signals to the brain (dysafferentation) changing the brain's outward signals back to our body causing altered movement ability (dyskinesia), altered muscle tone (dyspensia) and abnormal organ system changes (dysautonomia). Worst of all, this is happening before or without pain receptors causing any discomfort.

The primary role of chiropractic is to analyse, locate and correct these 'subluxations' when necessary to facilitate increased communication between the brain and body so it can express and comprehend itself more fully. Scientifically, specific chiropractic adjustments (corrections) aim to restore proper spinal movement tailored to the individual's age, size, sensitivity and thus comfort.

"So no matter where in life you are right now, take a moment to get real with yourself and acknowledge where you are currently and everything you have ever experienced whether you know it or not."

In my experience, I have never seen anything improve and restore human comfort and function than an adjustment which is why I love working with people of all ages from newborn babies to those in their nineties, from all walks of life.

Truly, chiropractic has nothing to do with neck, back or any pain for that matter but everything to do with restoring the body's inborn ability to create and maintain health throughout the ups and downs our lives bring. At Human Health you will find an environment and team dedicated to facilitating your ability to 'live freely and be human' in body and mind, through corrective and health promoting chiropractic care, massage and lifestyle advice.

So no matter where in life you are right now, take a moment to get real with yourself and acknowledge where you are currently and everything you have ever experienced whether you know it or not. The back log of our health is in our history and although there's no going back on what's

happened, we have the option every single day to transform and re-adapt our minds, bodies and lives into a more authentic human state.



Sandy Snook and daughter, baby Lana. "Chiropractic has truly enabled me to cope in the difficult last few weeks of my pregnancy and has assisted with a speedy recovery afterwards. As a family, we can't be thankful enough to Tom," she said.



Dr Thomas Faulkner M.Chiro DC moved back to Jersey in 2013 after graduating from Chiropractic college and working for Bournemouth AFC Football club. Fuelled with his growing passion, experience and a vision for health and vitality he is dedicated to facilitating rapid change and transformation within the human body through chiropractic care and health education.

More info: www.humanhealthcentre.com

Promoting Positive Behaviour Change with Fitness Technology

WORDS: Glenda Rivoallan
 Founder, Healthhaus and Healthhaus at home

If you've been consciously ignoring wearable and fitness technology (I know a lot of people in the fitness industry who are), now might be the time to start paying attention. ACSM (American College of Sports Medicine®) crowned wearable technology as the number one fitness trend of 2016 and fitness apps are growing 62% faster than any other app.

Enormous sums of venture capital pounds are flowing into the broader space of fitness technology and the digital disruption of the fitness space is not a matter of if, but when. For the savvy operator, these technological developments will present a new set of tools to enhance their brand promise to clients and members, and to encourage participation from the non-active segment of the community.

I would argue that with the incredible growth of the low-cost gym model that technology has fundamentally changed how fitness clubs do business: members can now sign up and manage their accounts online, group classes can be delivered virtually, and gyms can now remain open with no staff. In other words, technology has become a tool, which allows operators to reduce their value chain costs, enabling them to deliver a

low-cost value proposition profitably. Like the low-cost gym model, I firmly see technology as a box of tools, which we can also use at Healthhaus to more efficiently deliver on our brand experience and enhance our points of meaningful differentiation.

However, in the flurry of tech jargon, biometric speeds, feeds and noise, we must stay true to what makes our industry great. Our





“We are now at a time when we can capture nutrition, sleep, stress and activity. When combined with the knowledge and personal touch of a coach, there is an incredible, untapped opportunity for total wellness programmes.”

success is in our ability to provide the human component: motivation, accountability, support and community. This is exactly what we aim to achieve with our new online resource; Healthhaus at home. As an online trusted advisor for all things wellness, the site is centred around the four pillars: fitness, nutrition, mind body and support. Healthhaus at home (powered by Soul Central) is our attempt to use technology in a way that drives positive behaviour change; it's a deliberate attempt to blur the boundaries between the gym and the home. With blogs, videos (fitness and nutrition) and articles utilising a 360 approach to health, members can get fitness solutions at the click of a button with just a basic membership. Upgraded membership (coming soon) will allow members to join a fitness community, which integrates online education, online gym environment and tracking/rewards (through wearable technology) together in a fully monitored and supported approach. Fitness technology needs

to focus more on the social sciences. Behaviour modification can't be approached as an equation of just modalities, calories and biometrics, the body component is no longer enough, the human sciences (psychology, sociology, etc.) must also be taken into account.

More and more members expect digitally enhanced experiences and progressive service providers. We are fully committed to delivering on this and currently working on Phase 2 and 3 of our online resource to take into account the totality of our physiology, personality, life circumstances and motivation. It is a formidable challenge but one that we aim to target using technological integration to our existing services. With Healthhaus at home our members no longer need to lose out due to a lack of time, intimidation or due to lack of confidence. In line with our “non intimidation” ethos we not only want to target our existing club members but also encourage the 87 percent of Jersey adults who aren't

gym members at all. By September 2016 the Soul Central online resource will be available to non-members. We want to make total wellness available to the masses regardless of circumstance. This is what makes this industry great: changing lives for the better ...

In summary, I would compare the growth of fitness technology to the disruption of music. Digital music (including illegal downloads) expanded the user base of music and actually drove sales of concerts, vinyl records and merchandising to new heights. In other words, once someone has established a habit of music, they are more likely to pursue music experiences. Replace music with fitness and the statement still holds true. For gyms, fitness technologies are tools that can develop awareness and intent and meaningfully enhance coaching. We have talked about total health or holistic wellness for decades, but few have delivered. We are now at a time when we can capture nutrition, sleep, stress and activity. When combined with the knowledge and personal touch of a coach, there is an incredible, untapped opportunity for total wellness programmes. I believe the future of the gym experience is menu-based, where members are given a range of options to choose from integrating technology in a seamless experience that blurs the gaps in current offerings.

Drift Away. No wifi but better connection.



PHOTOS: Natalie Mayer Photography

We all know the stunningly beautiful coastline of Jersey ... and we recognise the valuable benefits to our rest and recuperation of a getaway retreat – put them together and what have you got? Drift Retreat is a new and unique wellbeing experience brimming with fun-filled healthy days, surfing, yoga, and delicious organic food with friends. Sounds idyllic? We thought so.

Overlooking St Ouen's five mile beach on one side and the Pond Nature Reserve with a state-of-the-art bird hide on the other, the iconic and recently renovated Kempt Tower (with all the mod cons) will be your sanctuary for the duration of your visit. Surfing and yoga are the staple of the day, in addition to numerous other activities to make your retreat as 'action-packed' or 'relaxed' as you prefer.

There are many amazing coastal walks, bays and beaches to explore. Or you can simply relax on the beach or up on the roof of your Martello Tower; home for your retreat. The whole experience is about unplugging from the stresses of modern life, digitally detoxing and getting back in touch with nature, so you'll leave feeling refreshed, renewed and rejuvenated.

During the weekend, Drift will blow your mind with delicious super foods, healthy delicious meals and snacks so you won't ever feel you're missing out. Nutritious organic vegetarian food is served for every meal: with all menus specially designed by Gemma from Wild Health. Food is locally sourced and seasonal, where possible, and gluten-free, dairy-free and Raw are available. You'll always have enough

and you will have exactly the right fuel for the activities you are involved with. As an added benefit, you will have had a detox whilst still having that yummy holiday feeling of eating lots of delicious meals and treats.

You can wake up to yoga each morning, surf sessions every day and explore the nature and wild life on your doorstep with five miles of pristine beach and Jersey National Trust's Wetland Centre nearby. Nature dictates the schedule. If there are waves, you'll surf. If the surf is flat, you'll paddle – or SUP (Stand Up Paddle Board). If the wind is strong, you'll visit a more sheltered beach. The aim is for a group swim in the sea every day. In the afternoons you'll walk or go foraging for wild food.

There's also an afternoon yoga class – a relaxed session designed to stretch out the muscles used in the day's activities and usually incorporating elements of mindfulness and meditation. Just like the best surfer is the one having the most fun, their ethos is the best yogi is the one with the biggest smile.

Delicious meals, going with the flow, adapting to make the most of the conditions, enjoying the best experience of nature and wild adventures, balanced with healthy down time and relaxation; with a programme of activities designed to leave you feeling refreshed and rejuvenated by your time by the sea. It sounds like you won't be disappointed.

“During the weekend, Drift will blow your mind with delicious super foods, healthy delicious meals and snacks so you won't ever feel you're missing out.”

More info: www.driftretreat.co.uk





Sober Clubbing - High on Life!

WORDS: Lucy Sanderson

2016 sees the start of a brand new trend in clubbing and Jersey is hot on the heels with the rest of the world. From the US to the UK, sober clubbing is hitting dance floors hard – and there's no vodka or tequila in sight. Being high on life and natural energy is the latest fitness craze around. We're not normally the sort of publication that jumps on fads or bandwagons, but this one – we're all in (neon, flowers and supping wheatgrass with gusto!).

The Awakening Club is Jersey's newest club event; it's a morning too, so you're pretty much kickstarting your party at a time when in the olden days of clubland, you'd just be rolling in – ready for a full flung hangover and restless night's sleep the following evening. No more, because the conscientious clubber

now dons their dancing shoes in the morning and as much as glitter, sequins, neon and all things 'rave' are encouraged, shoes should be comfy as the morning is made for moving.

Music plays a big role in making The Awakening Club, and other sober club events work. Typical dance

music, from electronic to funk, dub step, house ... Whatever a 'normal' club event might feature, still features as a soundtrack to sober clubbing – it's the mentality, not the music, that's different. Positive energy, good vibes indeed – they're the 'gin' for your tonic. Wheatgrass shots, superfood energy balls, juices and smoothies pack the punch and bring the spirit. You won't find alcohol or drugs at a sober clubbing event – anyone who thinks so misses the point, entirely.

As people, young and old, begin to shift toward healthier and more mindful living, every aspect from work to leisure has come up with positive alternatives to the old ways of



doing things. That now includes clubbing. Undoubtedly, clubbing culture used to go hand in hand with drinking or taking drugs – for some people, avid clubbers who bounced their way through the 90's and beyond, now hail sober clubbing as being way, way better than the old 'something'-fuelled club nights.

Sober clubbing incorporates many elements of health and wellbeing into an event. The Awakening Club features opportunities to enjoy reflexology, Indian head massage or a glitter make over! Being pampered is certainly one way to kick start your 'Awakening'. Yoga space, hula hoop workshop and superfood and smoothie bar provide fitness fuelled fun and refreshments. So, what about the people on the dance floor? Clubbing is oft to be enjoyed through your late teens and twenties (maybe even early thirties), after that clubbing is but a blurry memory for most ...

At a sober clubbing event, the mix of people is eclectic and that's another part that makes it all the more fun. Fancy dress, yep. Exercise enthusiasts, sure thing. Fella on the bongos, lady smashing out a tune on the flute, check and check. If you subscribe to the bohemian, clean-living, mindfulness lifestyle, then The Awakening Club appears to have it all under one roof.

This is the dawn of a new era of clubbing and in Jersey The Awakening Club is

“Whatever a ‘normal’ club event might feature, still features as a soundtrack to sober clubbing – it’s the mentality, not the music, that’s different”

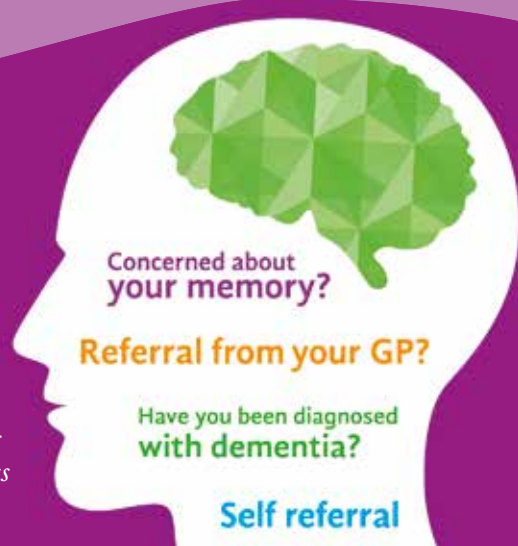
shining brightly and catapulting clubbers in to a whole new world of wellbeing whilst whooping it up on the dance floor. As more people give alcohol a miss (more than one in five adults do not drink alcohol at all), and less people smoke, take drugs or eat junk - society is tipping its hat to cleaner living and all the while focussing on happiness and the fun filled pursuit of it.

Sober Clubbing is a movement that will keep on shaking its hips and bouncing about until we all need a nap and do it all again! It's indeed possible, if not better, to have fun without booze – and who knew, you really CAN dance without espresso martinis?

For more information about The Awakening Club in Jersey, head over to their Facebook page and, see you on the dance floor! www.facebook.com/theawakeningclub

Exercising the Mind

With the mind/body approach to wellbeing and general health, exercising our minds has never been so important – and maintaining our minds means warding off symptoms such as memory loss and other dementia related issues.



Cognitive Health Jersey is the Island's new cognitive stimulation and rehabilitation clinic; led by professionals who have over a decade of specialist experience in the field of dementia care. Helping and supporting clients through the turbulent times which are brought about from dementia. It is a daunting experience, to forget things you once knew, misplacing things due to your memory failing or struggling to recognise people, or numbers ...

The team at Cognitive Health Jersey is here to help. They offer a sympathetic and understanding approach, coupled with the experience and expertise, as well as proven methods to help with all manner of cognitive health problems; 'cognitive' meaning anything related to mental abilities such as memory, attention, problem solving and perception.

The service provides screening and guidance for people who are worried about their memory and guidance for people who have been diagnosed with dementia; with the aim of optimising your cognitive health through cognitive rehab training, physical activity, social engagement and nutritional advice.

Specialists in dementia, nutrition, physical activity and wellbeing make up the team which is led by Dr Juan Melendez and Nurse Diane Saralis. They use a variety of

methods including easy to use computer software, physical activity including seated chair exercise, and Tai Chi. Mindfulness courses are also available.

Anyone can contact the clinic, whether to find out information or to seek support, being someone who is struggling with their own cognitive health, or someone who is caring for a person who is suffering from cognitive health issues. You can self-refer or be referred by your GP.

"It is a daunting experience, to forget things you once knew, misplacing things due to your memory failing or struggling to recognise people, or numbers..."

If you or someone you care about is concerned about their memory, or if you have been diagnosed with dementia, Cognitive Health Jersey is there to support you.

More info: www.cognitivehealthjersey.com – or contact one of the team on: +44 (0) 7797 925 484. Alternatively, you can email them at: info@cognitivehealthjersey.com

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What's the issue with 'Clean Eating'? *Are we losing our appetite?*

As we become more enlightened to what we should be eating to maximise wellness, prevent illness and promote vibrant and fulfilling lives, we seem to be ever bombarded by new food trends and nutritional wellness connected to the things we should, and quite often, shouldn't eat. The avoid list is becoming longer and longer by the day. And now, there appears to be somewhat of a 'backlash' aimed at the 'eat clean' protagonists. So what should we think?

For those with long memories, it was eggs; then in more recent years, fat, wheat, gluten and dairy have all come under huge scrutiny as the 'devil' incarnate; the causes of IBS, sinus problems, and other common illnesses. Even folk who had no particular reason, read the stories and cut out bread and milk and lovely, lovely cheese ... how could they?

So what is the reality with clean eating? Some see it as a happy and healthy lifestyle (certainly we do), eating delicious and nutritious real food, primarily focusing on fresh, unprocessed foods that are seasonal and nutrient-dense. It's about eating more of the best and healthiest options in each of the food groups – and eating less of the

not-so-healthy ones. This often means embracing whole foods like vegetables, fruits and whole grains, plus healthy proteins and fats; whilst cutting back on refined grains, added sugars, salt and unhealthy fats. You don't count calories and you don't give up whole food groups – but you may be encouraged to give up on certain meats (that's a personal choice).

We touched on the subject of orthorexia nervosa in a recent edition of WellBeing World and as a recognised eating disorder, this seems to be on the rise. Omitting foods and whole food groups from your diet without prior medical reason and explanation is in fact, a bad choice. The famous – and very successful – Hemsley sisters write on

their site that gluten ‘breaks down the microvilli in your small intestine, eventually letting particles of your food leach into your bloodstream, which is referred to as ‘leaky gut syndrome’. This can be the case, but only for those suffering from coeliac disease. It is said not to be the case for those who do not have this autoimmune condition. Ian Marber, a nutrition expert who is a coeliac, says that many of the wellness gurus have “little understanding of the responsibility that comes with discussing food. Everyone eats, so everyone thinks they are an expert, but these people are injecting an unwelcome degree of paranoia into society, without any scientific backing.”

The fear of gluten, milk and other newly unfashionable foods could potentially damage children whose parents foist their fads on the whole family. ‘Muesli-belt malnutrition’ was first identified by doctors in the late 1990s, when they found children were suffering as a result of the excessively restrictive diets that their health-conscious middle-class parents had developed. None too dissimilar to today’s Orthorexia Nervosa; where people are frightened to eat certain food groups for fear of getting fat or becoming ill, when they don’t understand the full story.

Most of all, the term ‘clean eating’ seems to suggest that eating anything else would in fact be ‘dirty’. Nigella Lawson, the curvaceous culinary queen, finds it abhorrent to put this “guilt riddled notion” into the minds of people who should actually be enjoying their food. Even Amelia Freer (herself a bit of a high priestess in the healthy eating arena online), the lady who pioneered the Metabolic Balance programme with celebrities such as Boy George and James Corden, finds the term ‘clean eating’ to be less than helpful; putting all of her recipes and advice under the ‘healthy eating’ title.

Dr Bijal Chheda-Varma, a consultant at the Nightingale Hospital in London who specialises in eating disorders, says that she is seeing more and more patients who have eschewed certain food groups based on advice they have read online. ‘Clean eating’ is a term she is used to hearing as a way of justifying a particular diet. “Apps and social media do not necessarily cause obsessive behaviour, but can increase obsession over food,” she says. The trouble is we are susceptible to buying into whatever is meant to make us feel good; or bad. Food especially – but what is bad for one person, might be absolutely essential for someone else.

“The fear of gluten, milk and other newly unfashionable foods could potentially damage children whose parents foist their fads on the whole family.”

There is also a big difference between a registered dietician, nutritionist and health coach; all have a role but they should not be confused. The former is usually initiated by GP referral whereas the health coach is largely client driven. The health coach will also discuss other non-food forms of nourishment, which may include career, physical activity, relationships and other lifestyle factors, in addition to dietary habits. Above all, a health coach will not diagnose, treat or claim to heal – but their advice may well be extremely helpful to you. If you are ever in any doubt, check with your GP.

Food is at the centre of our wellbeing; it is our fuel. Like a car, the better quality fuel, the better the performance. It is therefore a positive thing that interest is so high in all things food, and healthy food at that – a burgeoning industry has been formed on the back of it and long may that continue. We would just offer one caution; make sure you are dealing with the right professionals for your needs and that you are eating the right foods for your body. For most people, that will be a balanced diet, plenty of greens, plenty of goodness, good hydration and not too much sugar.

Eat Real Food.

WORDS: Lorraine Pannetier, The Food Coach

Seventy five years ago there wasn't the need for an article like this. Everyone just ate local, seasonal produce, cooked simply at home. There was no overwhelm or confusion. There weren't fifty different cereal boxes to choose from. Packets weren't labelled with fat grams, calories or traffic light systems. A weekly diet didn't include meals out in restaurants, take away home deliveries or juice detoxes.

Of course, we've come a really long way since then in so many areas from transport to technology, medicine to education and women's rights to minimum wage. As a species we've evolved and developed way beyond the wildest dreams of our famous historians and sci-fi movie directors. And yet, despite all the progress we are quite simply stuck.

Regular people like you and I get confused by conflicting dietary advice from the media, books and medical professionals. Celebrities promote their latest video or protein shake while personal trainers might suggest high protein diets or cutting carbs. Mums are made to feel bad however they feed their children and, quite frankly, it's all got a bit ridiculous.

So, I'm calling time out! Enough. Stop.

All we need to do to redress the balance is to follow these three simple steps:

- Accept personal responsibility for our health
- Exercise some common sense
- Eat real food

Accepting personal responsibility and exercising common sense really do work hand in hand. No-one is forcing you to eat anything. We live in a democracy and we all have the same 1,440 minutes in every day in which to work, sleep, play, love, eat, drink and laugh. How do some people manage to have their act together and lead healthy, happy, fulfilled lives while others don't? It's a choice. It's a choice backed up with personal responsibility and action. If you choose to be healthy and active, then you make those things happen every day. You choose to walk to work instead of driving. You choose to

run for 30 minutes at 6am. You choose to buy, prepare and cook fresh vegetables every evening with dinner. You choose to make a fresh fruit smoothie or overnight oat jars for breakfast. You choose all these things because you want the results they give you and you are committed to taking that action. Repeatedly.

Eating real food means using fresh ingredients that are still in the form in which nature made them. Vegetables and fruit, whole grains, beans and lentils, nuts and seeds and, if you choose to, small portions of organic meat, non-farmed fish and dairy produce.

There is a perception that cooking from scratch will take time, effort and skill. As someone who is not chef-trained but who runs a business based on home-cooking skills, I can assure you that skill is minimal; practice is everything. The more you cook, the better you'll get. If you hardly cook at all at the moment start with some really simple dishes: vegetable curry, bean chilli, roasted vegetables and fresh tomato sauce.

Local, Organic and Seasonal

My top tip is to use local, organic and seasonal vegetables as these have the most flavour. Be generous with fresh herbs; it's not essential to use a certain herb with a particular dish, simply choose the ones you like the most. Fresh herbs are packed with vitamins and minerals. Adding lemon zest, lemon juice and fresh parsley or coriander to cooked rice takes the flavour to a whole new level.

While many people claim they have no time or can't afford to eat well, I believe that most of the problem lies within our mindset. We can't really be bothered to take the slightly more difficult option when faced with an easier alternative. But what would happen if we all gave up throughout life? No one would ever train in a new skill or learn a new language. No one would compete in the Olympics

or sail vast oceans. No one would train to be a doctor or travel abroad to give aid to refugees. If we take it right back, what would happen if babies gave up trying to walk every time they fell over?

The simple fact is, we all have to face many challenges and learning processes throughout our lives but learning to cook really isn't a difficult one. You simply have to want to do it and show up every day in your kitchen, ready to have fun.

“There is so much choice and overwhelm that it's no wonder people struggle with food choices. Strip it back to basics. Eat real food. Cook at home with fresh ingredients. Learn where your food comes from and how small changes could benefit you and the planet we share.” ~ Lorraine Pannetier, The Food Coach

The benefits of eating home cooked, whole food, plant-rich meals include:

- Increased energy levels
- Improved skin, hair, nails and brighter eyes
- Enhanced digestion and more favourable gut bacteria levels
- Weight loss (if needed) or healthy weight stabilisation
- Reduced risk of developing obesity, heart disease, cancer or diabetes
- Money saved on your weekly shopping bill
- Less time off work due to illness (and less money spent on non-prescription medicines)
- Less food wastage

More info: <http://beetrootbrownie.com/wp/eat-plants/>

Big FAT Truth

An insight into good fats and bad fats.

How about that, fat is being dubbed as the saviour to the obesity epidemic. Fat has taken a real slap over the years, as being the main reason for unwanted jiggly bits the world over. Arguments purporting to promote eating less fat, or 'fat free' products are now being silenced as we've woken up to the fact that some fats are actually good for us – better than sugar, for sure. In the same vein as 'good' salts or sugars (the unrefined varieties of fat are better for you than the refined versions), fats have a good and bad side to them too. Saturated fats are the ones we want to avoid for the most part ... although some saturated fats contain healthy stearic acid – you see, unless you arm yourself with the science of fats, you can become somewhat baffled, so to suggest keeping saturated fats at a minimum would be a reasonable call.

Unsaturated fats however, like those found in plant-based oils, nuts and fatty fish, are good for you because they help protect you from heart disease, help you maintain a healthy weight and even have some superficial benefits for your skin and hair. Good cholesterol, anti-inflammatory benefits and fending off diabetes are all the rewards to our body for ensuring the right amount of good fats.

Scepticism could be expected with regard to the news that fat (of all things) can essentially help us

lose weight; aid in optimum health and enhance the vitality of our skin and hair, but the facts and the science, speak for themselves. We were told unequivocally, back in the 1980s, to cut back on fats to avoid heart disease and obesity and everyone listened intently, as we tend to do when it comes to our weight management – off we went, buying up fat free ingredients and products, oblivious to the harmful effects on our health; cutting out an important element of our diet as well as consuming way too much of its replacement; sugar.



The advice to avoid fats was based on well-meaning but misleading research that showed a correlation between diets that were high in fat and people with high cholesterol levels in their blood. The advice was to cut out butter, nuts, avocados and olive oil and the like, in favour of more fast burning carbohydrates. We were encouraged to eat more fruit and vegetables (always a wise idea), but to cut out fat was not the solution to the obesity and diabetes endemic from the US to the UK. The Western world still kept on getting fatter. Food companies adopted the 'low fat' message by creating high-sugar, low-nutrient snacks and foods that technically fit the low-fat bill but were actually of little benefit to our health.

So, how much fat should we eat? How do we avoid artery-clogging trans fats, and what role do omega-3 fatty acids play in heart health? Let's get to the big FAT truth about fat and try and clear up some of the corpulent confusion about cholesterol.

Whether you're a meat eater or vegetarian, fats play an important part of your dietary make-up and being mindful about the fats you eat, can make a big difference to your health and wellbeing. So, what's the skinny on the healthy fats?

Healthy fats come with an array of long titles and descriptions. We'll kick off with the reasonably well known, omega-3 fatty acids – the undeniably good-for-you 'brain food' which comes from eating fish oils ... Fish such as salmon, rainbow trout, herring, mussels are all ideal sources of omega-3. Balancing omega-3 with its super fat cousin, omega-6 is the best way to reap the rewards of its anti-inflammatory properties. Omega-3 and omega-6 are the two polyunsaturated fats that we need; ideally at a ratio of one to one. They play countering roles, with omega-6 helping to provide inflammation and blood-clotting, such as in the treatment of wounds, whilst omega-3 reduces inflammation and also acts as an anti-coagulant. With inflammation basically at the root of almost all sickness and disease; we can't take these vital elements of our diet for granted.

For vegetarians, supplementing omega-3 and other necessary essential fatty acids (EFA) fats means turning to seeds, nuts, beans (mung beans rock as a great source of

good fats), and certain vegetables, such as cauliflower, kale, sprouts... lots of lush, leafy greens. For vegans, alpha-linolenic acid (ALA) is a type of omega-3 which is found in plentiful amounts, in plant sources such as soy, walnuts, canola oil, and chia, flax, and hemp seeds and their oils. Our bodies don't naturally produce EFAs, so eating them in foods or supplementing them in our diets is absolutely necessary to promote optimum health and wellbeing.

Our body thrives when we fuel it with the right stuff, when it comes to fats we should be topped up on polyunsaturated omegas and also monounsaturated fats, which can be found in canola oil, peanut oil (great for stir fries) and seeds, nuts, beans. Quick heads up: Nuts shouldn't be over indulged in. Instead of handfuls of nuts, try sprinkling a small amount over dishes such as yoghurt with fruit or a small amount of good honey. Making nut butter can be a very delicious way to get the most from nuts – spread that rich buttery tastiness all over celery sticks, some serious crunchy yumminess right there.

“Whether you're a meat eater or vegetarian, fats play an important part of your dietary make-up and being mindful about the fats you eat, can make a big difference to your health and wellbeing.”

To try and stay on point with fat, it's reasonable to suggest that we ought to stick with the unsaturated fats and avoid the nasty trans fats. Mostly, we ought to steer clear of anything which indicates that it's been hydrogenated – trans fats are liquid oils that have been hydrogenated in order for them to solidify at room temperature. These fats increase our bad cholesterol and are detrimental to our health and wellbeing.

Fats are no longer the enemy. Fatty acids help to burn fat around the mid-section, they reduce snacking, as eating appropriate amounts and types of good fats leaves you feeling fuller and more sustained for longer. And let's face it; eating real food is way better than munching on sawdust or sugary, processed food.

Do eat:

Fish, seeds, leafy greens, high quality meat, nuts, seeds, full fat milk, eggs, cheese, avocado, turkey breast, coconut oil (and coconut cream!), butternut squash, chia and flaxseeds ... The list goes on.

Don't eat:

Trans fats. Just don't.



Healthy Eating the Waitrose Way

WORDS: Marion Gorrod, Branch Manager Waitrose St Saviour

Healthy eating is an integral part of good physical health and at Waitrose, we aim to encourage our customers to enjoy a balanced diet. In June this year we launched the UK's first chicken that is a source of omega 3 – a groundbreaking move for a British supermarket. Omegas 3s are polyunsaturated fatty acids which, as a key part of a balanced diet, help to maintain normal heart, brain and vision function.

Research undertaken in 2013 showed that people with the highest levels of omega 3 had a 40 per cent reduction in cardiovascular related deaths compared to people with the lowest levels. Optimum health benefits are obtained from a daily intake of 250mg of omega 3 fatty acids as part of a healthy balanced diet and lifestyle.

Despite leading authorities recommending regular consumption of foods containing omega 3, research suggests that only 23% of the UK's adult population consumes the recommended intake, generally

classified as at least one portion of oily fish per week. Intake levels are particularly low in children and young people.

The new omega 3 chicken, which is unique to Waitrose, is produced by Moy Park on family farms in Northern Ireland to Waitrose's bespoke high welfare standards, which include plenty of natural light and more space than the industry standards allowing the birds to display natural behaviour. The chicken is enriched by feeding the birds on a diet containing an algae – the family

of aquatic plants that includes kelp and seaweed – naturally rich in omega 3. The taste and appearance of the chicken is the same as birds reared on a conventional diet.

This unique innovation has been brought to market by Waitrose in partnership with its chicken supplier Moy Park and animal nutrition specialist Devenish Nutrition. The project, which has taken a decade to bring to market, came about as a result of concerns within the medical community that consumers were not including enough sources of omega 3 in their diets; this is of particular concern in children, who often do not like oily fish. To help improve intake, the idea was conceived of developing a more popular protein containing a source of omega 3. Chicken is Waitrose's top selling protein.

“Research undertaken in 2013 showed that people with the highest levels of omega 3 had a 40 per cent reduction in cardiovascular related deaths compared to people with the lowest levels.”

Heather Jenkins, Waitrose's Agricultural Director, said:

“Our research is showing that this nutritional breakthrough has the potential to have a significant impact on health. What's exciting is that it's improving the nutritional content of something which customers already consume frequently as part of their diets.”

The range of new products, which includes whole chickens, breast fillets and thigh meat, is on sale now.

Local produce also provides us with an opportunity to help our customers make healthy choices and we have a commitment to offering Channel Island shoppers' quality local produce wherever possible.

Woodside Farms is one such producer we work closely with. They provide fresh food to all five Waitrose branches in the islands.

Initially providing Waitrose with a small number of product lines, we have worked closely with Woodside to expand this number; we now offer over 60 different product lines in and out of season.

Having seen a growth in the sales of sweet potatoes by 27%, Waitrose worked with the Jersey Royal Company and helped them with the production of locally grown sweet potatoes. The crop, planted in the summer of 2015, has been harvested and cured and is now sold exclusively in our local branches.



Gary Grace, fresh food buyer for Waitrose in the Channel Islands, said:

“Sweet potatoes continue to grow in popularity. They are seen as healthier option with a creamy texture and sweet-spicy flavour that makes them ideal for savoury dishes. It's pleasing to be able to offer our customers new locally-grown produce. We're continually looking to increase the amount of local products we sell and support our Island growers at the same time as meeting the increased demand from our customers.”

*Lemon Roasted Chicken,
Cherry Tomatoes and
Cauliflower Cous Cous*

Waitrose continues to introduce new lines in the Channel Islands and in 2016 will be increasing the amount of locally grown beetroot and onions that are produced, even more Rainbow Chard will be grown this year which will also be exported to the UK market. With the more new crops, including flower sprouts, ginger and new varieties of cabbage on the way this year, and the ongoing efforts being made by our suppliers, we are in a strong position for the future.

YOU-trition

From Mindful Eating to Metabolic Balance

WORDS: Pippa Campbell, Pippa Campbell Health

Eating clean, eating right, eating healthily, eating lots, eating hardly a thing ... Eating depends on mood, it depends on the time, it depends on how we feel physically and sometimes, it depends on what we have in the fridge. As a Metabolic Balance Coach and nutritionist, I think about the intricacies of eating, pretty often.



I have personally been able to put the old adage, 'Let thy food be thy medicine,' to the test myself, (having suffered from candida and bloating) and so I truly believe in the power of food and eating the right food for YOU. Eating has always been a popular topic of interest and discussion – what's good, what's bad, what makes us fat, what makes us thin and what keeps us energised. Almost everyone understands the obvious risks in eating 'bad' foods, processed foods and too much sugar, salt and fat ... But are we all getting the right messages in regard to what's actually good for us? Are we being encouraged to cut out foods that we might actually need?

The media, with all of its nutrition 'chargé d'affaires,' can often send

contradictory messages in regard to what we should eat and worse still, things we should cut out of our diets... Recently, fat has donned its cape as an actual food hero, after a few decades of being kept in solitary and hated as the cause of obesity... Blanket messaging that things like dairy or gluten should be avoided; they've been turned into and hailed as probable enemies of healthy eating, and they're on many dieticians' 10 Most Wanted list as baddies... people without intolerances for these things though, needn't worry about them too much. With the gluten and dairy-free business booming, we need to ask ourselves if we're paying attention and being mindful about what other ingredients are actually in those products... Are we cutting out something unnecessarily, believing its

better for us, whilst eating things we may not need, or benefit from. Look at what happened with fat, we all went fat-free and our food got pumped full of sugar; the REAL enemy.

The fact is, when it comes to your diet and changes in the things you eat, there needs to be a method and one important message from me to you, is that you aim to find a balance in your diet, based on what is good for YOU. I encourage all of my clients; whether they come to me for fitness, nutrition or anything else regarding their health and general wellness, to eat a healthy and balanced diet. It is fast becoming common sense to eat plenty of greens, enough fruit (go easy on the fructose as that is sugar too) and plenty of omega rich foods like fish. We ought to be

eating as many whole grains, superfoods and vegetables and vehemently avoiding processed foods. I also don't discourage meat, but I advise my clients to ensure that they buy good quality meat – meat is a rich source of good-quality protein and is also rich in nutrients, such as energy-supplying iron, zinc and vitamin B12 and immunity-supporting selenium. So unless you choose to omit meat from your diet, don't feel bad about eating it in regard to your health, as a bit of meat tops up our iron and a host of other lovely stuff.

Eating mindfully, and that isn't to mean anything other than 'thoughtfully,' is to eat well. Considering what is best for you and what you already know to be good, coupled with some research and information based on what YOUR body needs, is the ideal way to attain a healthy diet and thus in turn a healthy body and mind. Mindful eating, in my sense of the term, is to do right by yourself in regard to what you put into your body and also, how you eat. Binge eating, blasting through junk, fasting, cutting things out unnecessarily, or even too much fruit, is not a way to do food or yourself justice. Cutting out foods, without any real understanding of what you're doing, or why you're doing it, is also a big no-no when it comes to eating mindfully. Following the herd should only be the role of the shepherd. Don't follow fads that encourage you to make yourself weak, or sick in order to get that promised 'glow'. Trust me, you won't glow at all. Juicing diets and fasting actually encourages your body to go into starvation mode and therefore, following a fast, you will gain weight more significantly and you are likely to feel pretty shaky and weak whilst you fast. If you're already on a paltry diet that isn't fulfilling your needs in terms of nutrition, you can make yourself quite ill by playing around with fasts and juice diets and omitting certain things from your diet without consultation with a professional.


For anyone looking for a scientifically proven eating plan to lose weight, manage weight or as an overall remedy to certain issues that hinder their wellbeing, such as candida, IBS and other inflammatory problems – Metabolic Balance ticks all the right boxes. My clients often come to me with a view to seeking help with

“Eating mindfully, and that isn't to mean anything other than ‘thoughtfully,’ is to eat well.”

nutrition as they manage their weight; together we devise a plan and they feel great – their weight, cholesterol, skin, hair, nails and everything else feel better. Over half of my clients take this nutrition to the next step by embarking on the Metabolic Balance programme; with their blood test indicating the intricate needs and best courses of action in terms of the food they should and can eat. You cannot be more accurate than that. Metabolic Balance is the crème de la crème of dietary plans; that is to say, no one person is the same and so when it comes to creating the perfect plan for you, Metabolic Balance finds the answers from your blood test and indicates all of the things you need to eat and not eat to be the best version of YOU.



For more information about the award winning Metabolic Balance programme or to talk to me about nutrition, weight management, fitness or anything else you've found in this article, please do not hesitate to contact me at pippa@pippacampbellhealth.com. Head over to my Facebook page too, for recipes and advice and a host of other wellbeing tips. www.facebook.com/pippacampbellhealth



Tell Me, What's Your Flavour?

"As a small Island famous for its food, Jersey is bursting with flavour from abundant local produce to seafood straight from the Island's clear waters. From beach cafes to chic restaurants, farm stalls to village delis, Jersey is packed with amazing eating experiences to add an authentic local flavour to your stay." ~ Visit Jersey

And nowhere as flavoursome as 'Flavour' itself!

Established by Elke Jacques in 2011, Flavour is a World Food Café dedicated to creating and serving delicious food with a big emphasis on health and wellbeing. You'll find them located conveniently in the centre of St Helier, directly opposite the Central Bus Station at 9 Esplanade.

Being extremely passionate about cooking means that all of their products are made from quality, local and seasonal ingredients where possible. Everything is house made in the welcoming open plan kitchen, freshly prepared daily, with a guaranteed display of colour and aroma that will not disappoint.

Flavour is a locally based business that provides healthy and nutritious food for foodies near and far. Due to the nature of using local and seasonal produce, the flavours

change with the seasons, as should our natural diet.

Amongst using good local ingredients, you will also find other natural beneficial ingredients in their food, such as coconut oil and milk, almond milk, seeds, nuts and berries. Only fresh healing herbs, natural spice, pure salt and real vegetable stock, season their food. Never do they use flour or starch to thicken your soup or curries, just an abundance of vegetables and free range chicken. Only honey or dark muscovado are used to sweeten when needed, and all bought condiments are gluten free and 100% natural.

Preparing and eating healthy, wholesome food in their own home is extremely important to Flavour team, and creating in the kitchen runs deep in family history. Having undertaken courses in food and nutrition, means they are able to design recipes using ingredients that are beneficial when eaten as part of a daily diet.

Renowned for their soups, curries and vegetarian foods, the delicious and nutritious choice of dishes will help to keep you fit and healthy, whilst energising you throughout your busy day. Flavour is synonymous with uber tasty, nourishing food that caters for all. Their frittatas are the best thing an egg ever turned in to, and as for the Jersey Beach Broth, made with local nori from St Brelades Bay, kelp, organic miso and an abundance of body beneficial herbs and spices – this delectable delight, with its wonderful – and powerful – healing properties, make Flavour a veritable food apothecary. From body and brain boosting breakfasts to house made superfood curry with broccoli, kale, spinach, chickpea, quinoa and lentil ... and everything in between ... dhalicious!

To get a flavour of what their clients think of Flavour, what better way than to let you in on some of their comments!

"How have I only just found this place?! All my favourite foods, fresh, healthy, tasty. The kind of place I've always wanted around or to set up myself. This will definitely be my go-to place from now on. And the staff are so efficient and lovely."

"Amazing wonderfully tasty world food. If you want something with a twist this is the place to come. All freshly made right in front of your eyes whilst you wait."

"Good quality food that's healthy and tastes amazing! The chicken wraps are amazing..."

"Best Burrito of my life! So tasty! And your brownies are a little piece of chocolate heaven!"

"Delicious, tasty, wholesome food, freshly cooked."

"... the best vegan lunch ever, full of flavours and absolutely delicious. Recommended absolutely."

"Exactly how I like to eat. Healthy and so much flavour!"

"By far the tastiest lunch on offer in Jersey. Each day this week I thought I'd found my favourite dish only to be blown away the next day! The Thai Chicken curry marinated in Kaffir lime and lemongrass with coconut rice transports you straight back to Thailand."

"Had the most amazing veggie salad today ... all the goodness, spinach, pecans, cauliflower, beans, etc, with huevos rancheros ... the décor too, tables adorned with beautiful peonies, roses ... well done, guys."

And that's just a snippet of the reviews and comment left by people left full and happy from Flavour!

Now with her long term chef and sister Tamara joining the Flavour team, it would be fair to say that family-favourite pastimes were spent around the kitchen table and now at Flavour's one-stop shop for all of Jersey to enjoy.

We hope that, in the not too far away future, we will see more of the Flavour brand spanning the Island so we can all get that flavour, far and wide!

Flavour is open from 7.30am until 3pm Monday to Friday and also on Saturdays for their New Vegan Saturday Café! For all the info and their daily menus, head on over to their Facebook page - Flavour.je at: www.facebook.com/flavour.jersey





Previously known as Leaders, 100% Health has been offering Islanders a healthy alternative for over 30 years. Representing its core ethos and of course, products and services, 100% Health provides an extensive range of organic health foods, high-quality vitamins and supplements and natural beauty products to support a healthier, happier and more fulfilling lifestyle.

The welcoming environment and unbounded array of produce and expertise on offer is reassuring for newbies and indeed a pleasure for long-time shoppers at the store. The shop layout is designed to make finding your favourite products easy and the friendly team is always on hand to recommend or give advice.

100% Health also has a brand new website, which carries its philosophy

online; explaining the products and services on offer and providing weekly insights and health tips, recipes, education on vitamins and supplements and general wellbeing. Those with dietary concerns can find a wide range of specialist dietary products and ingredients – including

a superb selection of ingredients for creating raw health bars and energy balls, bread-making, and of course, all of the fabulous superfoods for enriching smoothies and juices. There is also a fantastic snack range for those on the go and travelling abroad.

“The shop layout is designed to make finding your favourite products easy and the friendly team is always on hand to recommend or give advice.”

Solgar

Solgar products have an on-going mission to provide top-quality, innovative, science-based nutritional supplements to support total health and wellbeing. Their state-of-the-art manufacturing facility, which meets the highest standard for machinery, procedures and quality control, enables them to provide customers with the highest quality products possible.

Kiki Health

100% Health have added Kiki Health to their list of must-have health products as they identify with their belief that health is fundamental to happiness. Suitable for vegans and vegetarians, each supplement in the range is designed to help heal, detoxify and nourish the body. From probiotics and superfood powders to mineral tablets and pure coconut oil, they say that each potent product can help kick-start your health regime.

Patrick Holford

Patrick Holford is considered a pioneer in new approaches to health and nutrition and specialises in the field of mental health. His supplements have been formulated to provide people with the optimum nutrition to help with different areas of the body or ailments. The six ranges include: Essentials, Mind, Body, Metabolism, Female and Children – all of which are now available in store.

MooGoo

MooGoo focuses on producing natural and gentle skincare products for children and adults utilising natural plant oils and extracts, free from harmful chemicals. MooGoo specialises in providing solutions for a variety of skincare problems such as dry skin, eczema, psoriasis, acne, dermatitis and more. They pretty much have a product for all skin and hair care needs at very affordable prices.

A few of the other brands you'll find are: Pukka, Higher Nature, Biona, Meridian, Maximuscle, Sports in Science, Ren Skincare, Dr Hauschka, Caudalie, Infinity, Doves, Kallo and Green People.

They told us: "100% Health appreciates the importance of health and wellbeing and stands by the motto 'you are what you eat'. We therefore strive to provide the most effective and convenient solution when it comes to ensuring our valued customers can obtain all of the health goods they desire and require.

And there's a 10% discount every Thursday for over 60s.



Liz Sheehan, is the in-house Nutritional Therapist at 100% Health; she is qualified to advise on supplements to support your health and wellbeing. You'll find her in-store every Friday from 12.30pm to 2.30pm to answer your health and diet queries.

As we are all very individual, it can be confusing when it comes to choosing the right supplements to suit you. If you have a diagnosed illness, are on medication, or just don't feel at your best, then Liz can help to support you with the right supplements suited to your needs.

Liz believes there is no pill or potion that will take the place of a good diet, but supplements can help take the edge off symptoms so you are in a better place to make dietary changes to get your vitality back.

There is no charge for Liz's support in-store. 100% Health want to offer their customers more knowledge and understanding on supplements you may benefit from taking – and to show you they care, too!



More info: www.100health.ie – or visit them in Conway Street, St Helier



Time for Tea ... More than just a cuppa.

WORDS: Lucy Sanderson

Putting the kettle on comes as naturally to us Brits as the National Anthem; in fact, that very statement conjures up the notion of our own 'chicken stew' – a drink to feel better by. Whether you've just lost out on that job promotion, split up from your boyfriend, devastated over the fact that your football team got relegated, or just having 'one of those days' – whatever the occasion where you might be feeling low, a good old brew should pick you right up. Tea is medicine. Fact.

Trusty tea isn't just a remedy for the blues, it's way, way more than that. The process of making someone a cuppa, or bringing them a mug of tea in bed, is a small but priceless gesture. Tea is the ideal beverage, whatever the occasion. Tea making is equally as important as drinking the delicate liquid gold (with or without a drop of a milk of your choosing). Slice of lemon, spices, mint, honey or naughty sugar – the making of tea and the ways and times that we drink it, are long time customs from England, all the way to Japan ... with France, Turkey, Morocco, Egypt, India and China (and others) in between. Tea seemed

to skip the Americas, though; those dudes much prefer a coffee.

Good old breakfast (or builders') tea is no doubt the preferred cuppa in the UK these days. Starting out in 1600's, tea was taken rather differently. The 'Afternoon Tea' custom in the UK was borne from the 7th Duchess of Bedford some 200 years later and quickly became the perfect way for aristocrats to fend off hunger until dinnertime. In the 17th and 18th Century, people tended to eat two large meals per day; one in the morning and one in the evening – but let's

“There is something in the nature of tea that leads us into a world of quiet contemplation of life.” ~ Lin Yutang (Author of ‘The Importance of Living’).

face it, we all get peckish half way through the day. When tea became more widely available, the working classes also took to afternoon tea and it became their definitive ‘break time’ or ‘down time’ from work. The British have gone on to drink tea all through the day; for some it’s the first drink of the day, and their last drink at night – although too much tea, later in the evening can be detrimental to restful sleep as it packs a bit of a caffeine punch. Conscientious tea drinkers might therefore opt for something herbal, or a white or green tea in place of the normal stuff.

Camellia sinensis, or ‘tea’ as we know it, originated in southeast Asia. It’s centre of origin being the intersection of latitude 29°N and longitude 98°E, the point of confluence of the lands of northeast India, north Burma, southwest China and Tibet. To this day, the largest exports of our favourite drink come from the same region (although other countries do produce it too).

Across the many borders that tea drinkers sip; customs and additions, methods of preparation and times of day may vary. In some countries, entire ceremonies are based around the art of tea making and in others putting a large pot of tea on the stove, to be served out all day to guests and friends, is as simple as it is hospitable.

Although tea may have originally come from India and thereabouts, it was us Brits who got the Indians really drinking tea. In India, tea tends

to be called Cha-ya (or ‘Chai’), and is with or without milk, but usually infused with spices, cardamom, cloves or cinnamon. In China, Buddhists originally introduced the aristocracy to tea. Its health benefits were renowned for aiding meditation and seen as good for digestion. The fact is, wherever tea is served, it is widely appreciated that tea isn’t just a refreshment – again, it is way, way more than that.

Tea is a healing drink, with health and wellbeing benefits from antioxidants to helping with weight loss; teas can relax, or they can lift us, tea is glorious and varied in its offerings. Herbal teas have sprung up as a favourite for lots of people wanting to stay hydrated whilst reaping the health rewards from the additions such as, berries, leaves and herbs that boost our immune system and digestion (amongst other things). Much has changed since the old, ‘milk and two sugars’ preference, that’s for sure. It isn’t difficult to create your own brews either – just add your favourite herbs, fruits or spices to boiled water in an infuser or tea pot. Rooibos and herbal teas are infusions and do not contain actual tea leaves; Oolong, white, green and black are the teas we know as ‘true teas’. Herbal tea drinking is very much on the rise, with some 1 out of 3 people opting for their favourite infusions over the traditional cuppa. Whatever your preference though, having a cup of tea, or ‘tea’ is still an integral part of the day.

We’ve put together a fun list of teas and infusions that bring different benefits, so you can pick and choose your favourites; whether you want to un-crinkle a furrowed brow, wind down after a hard day, keep motivated for a busy afternoon, treat a funny tummy, or aid aching muscles – we have a cuppa to suit your mood or vibe ...

- Wake up to a refreshing white tea and add a slice of lemon, it’s astoundingly light and rejuvenating and it hits the spot with that alkaline promoting citrus.
- Mid morning, try a Matcha tea (Matcha’s young and vibrant green leaves are made into a powder and it is an even better and a more fulfilling ‘kick-start’ than a cappuccino!).
- Over lunch, with or afterward, try a peppermint tea to promote digestion.
- Drink green tea whenever you like, throughout the day for flavoursome hydration and benefits to your teeth and bones.
- After dinner, opt for a caffeine free tea, or go for an infusion – camomile is great for unwinding and aiding restfulness.

And relax! So, if you hadn’t put the kettle on before settling down to read this article, make a cuppa now and enjoy it whilst you relax with the rest of this edition of Well Being World ...

The Bountiful Kitchen

Delicious ideas to turn one meal into two!



The Bountiful Kitchen provides a wonderful lesson in how you can develop and transform leftover meals into a variety of separate and delicious dishes. Waste not, want not is the order of the day, with author, Lizzie Kamenetzky serving up an abundance of tasty, nourishing dishes that stretch your ingredients to the very last stalk.

Organised into four sections: Land, Sea, Garden and Sweet, covering meat, fish, vegetables and finishing off with delectable desserts, Lizzie celebrates the glorious fact that recipes are there for you to twist and change into exciting new dishes. It makes for essential and inspiring reading for the economical, environmentally conscious and experimental cook who wants to make the most out of their food.

We abhor waste when it comes to food; it's criminal how much food goes in the bin and to the birds, when it's perfectly usable to create something delicious. If you're not the avid culinary creator of colourful, tasty plates, or if you simply want to learn to prepare your shopping list with a view to getting more bang for your buck in the kitchen, then this conscientious and creative cook book is one for you.

Leftovers needn't seem or sound like something you'd rather not eat; The Bountiful Kitchen is a bible to bare fridges, a directory of delicious odds and sods. A definite must have, for any kitchen. Revolutionise the way you not only cook, but shop. This book creates an a la carte menu of suppers, lunches, snacks and desserts – The Bountiful Kitchen is putting the finger lickin' into leftovers; turning one meal in to two, or even three ...

So, go and be bountiful and bold with your leftovers – Bon Appétit!

“If you're not the avid culinary creator of colourful, tasty plates, or if you simply want to learn to prepare your shopping list with a view to getting more bang for your buck in the kitchen, then this conscientious and creative cook book is one for you.”



Fine dining with an **Indian accent**

A dining experience that inspires even the most sophisticated palate. Our award winning international chefs use delicately balanced Indian spices and culinary expertise to create impeccably designed flavoursome dishes.

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Start your journey with our 6 course taster menu with selected wine or beer for each course, or simply select from the à la carte menu. Both with extensive vegetarian options.

Booking essential: 01534 614450
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Dishes are individually prepared. Dietary requirements can be catered for. Extensive vegetarian menu.

People Matter: Health and Wellbeing is Paramount

WORDS: Beverley Le Cuirot

Founder & Director, WellBeing At Work, and Curator of The Future of Work – Jersey Conference

Following the resounding success of Jersey's first Future of Work conference, there was one takeaway message for me, above all else – that people matter ... and that their health and wellbeing is paramount. Stating the obvious perhaps, but not everyone is as progressed in this thinking.

And yet, at the end of what became a thoroughly stimulating and fulfilling day of presentations and discussions on the key drivers of the workplace of the future – and having created exactly the same environment we would in the workplace with WellBeing At Work strategies and messages – the overwhelming result was a totally energised and engaged group of people, asking when can we do this again.

The inaugural event took place at the Hotel de France, and aimed to raise awareness of the challenges facing a rapidly evolving workplace. With an impressive line-up of keynote speeches from local Government

Ministers, health practitioners, thought leaders and prominent speakers from the UK and Channel Islands, the conference set out to educate and inform business leaders, HR professionals, non-executive directors and people managers with a fascinating programme of presentations focussing on a rich variety of topics.

Feedback from the conference was overwhelmingly positive, with attendees praising the energy and the relevance of the content available at the event.

Trending themes such as, 'Diversity and Creativity in the Workplace',

'Benefits and Pitfalls of Technological Advances', 'The Multi-Generational Workforce', along with the overarching 'Importance of Employee Health and Wellbeing' were examined, discussed and delivered with a 'quirky intelligence' that proved engaging, entertaining and informative for the rapt audience. Main sponsors, HSBC and Mourant Ozannes, also praised the event:

"... thank you for organising such an excellent and thought-provoking conference. Feedback from colleagues and senior managers has been excellent. We are proud to be associated with an event that captures the current trends and topics that feature in organisations of all sizes today. The little details did not go unnoticed with many people commenting that it was one of the best conferences they had ever attended."



The sponsors went on to compliment the overall quality of speakers, the healthy food and the relaxed yet professional atmosphere. But it wasn't just the sponsors and organisers who were pleased with the success of the event.

Attendees from all walks of life expressed their enthusiasm for The Future of Work, saying they found the conference 'extremely valuable' and visiting the event was, 'time well invested.' Others went on to say they felt 're-energised', and productive as a result.

Delegates acknowledged they had gained a wider understanding of the missed opportunities that can arise when 'People' are not given due priority.

The event also provided ample networking opportunities with attendees forging friendships and alliances and using the occasion to get to know local charities and inform themselves of the Island's many health and wellbeing products and services on offer.

If 'The Future Of Work – Jersey Conference' provided a fun and informative opportunity for individuals and organisations to learn about the myriad possibilities that health and wellbeing can provide in the modern workplace, its underlying message was one of serious intent.

We are at the crossroads of an uncertain new world. Technological advances are transforming, and will continue to transform, our working practices and working environments. The challenges and opportunities of multi-generational

differences are already demanding new ways of working. A growing diversity of gender, culture, age and ability not only brings benefits, but also throws down the gauntlet to our current levels of knowledge, our traditional work-oriented attitudes and our contemporary wisdom.

The health and wellbeing of employees will play an exponential role in the success or failure of companies and organisations. The very 'shape' of time-honoured business models will have to adapt to the fast approaching developments and nearly every organisation will require new thinking to survive.

In response to the avalanche of positive feedback to The Future Of Work – Jersey Conference, and to rise to the challenges that lay ahead, we have proposed a working group to carry on the conversation. Initiated by WellBeing At Work and Marbral Advisory, the working group which will consist of business leaders, politicians, HR professionals and other interested parties with diverse experiences and skills, will meet regularly from the summer onwards. The group will come together in an open collaboration and will be dedicated to informing and preparing Jersey organisations for success in the 21st century.

"Every CEO in Jersey would benefit from hearing and acting on these messages ... health and wellbeing often placed down the list ... hopefully that's starting to change thanks to people and businesses like you."

If you would like to join the working group, please contact us at: thefutureofwork@gmail.com More info: www.thefutureofwork.com



Techno Stress, Time Vampires, and Digital Detox

WORDS: Dr Nicola J. Millard

Head of Customer Insight & Futures, BT Global Services Innovation Team

In 1930, John Maynard Keynes predicted modern technology would give workers more leisure time as they worked a 3 day week. He was somewhat wrong, as technology has blurred the comfortable boundaries of the 9 to 5, intensified work and often increased our working hours. Kevin Kelly, editor of Wired, summed it up nicely: “the problem of the future will not be that we cannot connect – it will be that we cannot disconnect”.

Is this sustainable or even a good thing for the future of work? In one sense technology has freed us from the boundaries of the office. We can truly work anytime, anyplace and anywhere and, thanks to the cloud, on any device. This is brilliant for all of us attempting to weave through a complex set of work:life demands. On the other hand, it ties us into a seemingly endless circle of connection. During our daily lives we have to navigate

our way through calls, chats, tweets, pokes, emails, beeps, flashing lights and cope with the pressure of responding to all these like Pavlov’s Dogs did to a ringing bell. It isn’t surprising then that 1 in 3 of us say that we feel overwhelmed by our communications technology, according to a BT/Cambridge University study.

The trouble is that, once connected, it is easy to get addicted to that

connection. Many recent studies have shown that young people consider connection to be an integral part of their hierarchy of needs, as close in importance as water, shelter food and air. However, the pressures associated with FOMO (Fear of Missing Out) is creating worries about technology overload, even in a younger population. In South Korea, internet addiction is actually considered to be as big a health threat as alcoholism.

Technology plays to the natural distractibility of human nature and our compulsion to embrace uncertainty and novelty. Every time the new mail notification flashes up on screen, the little red dot appears on the Facebook icon or the red light glows on our phone, we feel the need to take a look, regardless of what else we are doing. The vast majority of these alerts lead us to irrelevant, routine, or junk stuff. However, there is the occasional “reward” – an important document, or a video of a cat jumping at the sight of a cucumber. This motivates us to keep checking for incoming messages even when we should really be paying attention to other things (like walking in a straight line or attending a meeting).

One problem is that the frequency of distraction is inversely correlated with productivity. As we compulsively check incoming messages, the less productive we become. We can even start to imagine ‘phantom’ alerts, when we check our phones because we thought we heard it beep or vibrate when there was nothing there.

This tends to result in us attempting to multitask or, even worse, task switch because we’ve been interrupted. The psychological theory of limited resources suggests that human attention capability is fairly limited. Multitasking is effectively mentally juggling a series of single tasks and it is easy to drop the ball as more things demand our attention.

The real time vampire is our email inbox. The advent of quick reflex responses on email has taught people to regard it as an almost synchronous communication mechanism – which it actually isn’t. This belief tends to create a false sense of urgency, puts pressure on us to respond fast (with no time to think carefully about our responses) and means that we can spend more time reading and responding to it than actually getting any other work done.

So, is switching everything off the answer? In France, trade unions have imposed restrictions on French employers requiring “disconnection of communication tools” as a basic employment right outside working hours. Some companies have gone as far as banning internal email entirely, relying instead on chat, the phone or enterprise social media (although “stream stress” is also a thing).

“In South Korea, internet addiction is actually considered to be as big a health threat as alcoholism.”

Putting control into the hands of the individual was one of the ideas behind BT and Cambridge University’s ‘Balanced Communication Diet for Business’. Classic psychology says that high demand and low control tends to result in stress. Providing elements of control can help alleviate some aspects of techno-stress – permission to switch off, take time out, establish “no email days”, re-establish boundaries (not necessarily nine to five) and make it clear when that ‘unavailable’ sign is set on your presence information that it means just that.

It used to be that an Apple and Blackberry a day used to keep the Doctor away – but too much of a good thing can lead to discomfort and bloating. We probably all need a good digital detox occasionally.



Forbes and the Harvard Business Review are two institutions to trust in terms of workplace related issues. Both have concluded that happy employees are around a third more creative and productive than unhappy employees. A fact that every employer should take heed of.

Value, appreciate, reward: The majority of employees would appear to agree that, 'Salary', 'Feeling valued' and 'Relationship with the team' are the most important factors in maintaining their 'happiness' at work. Research from a recent, nationally commissioned survey, carried out by Guardian Jobs (coinciding with Mental Health Awareness Week), surveyed over 1,000 UK working adults in order to find out what made them happy at work and what issues contributed most to their stress levels.

The results were eye opening:

- Over a third (38%) of the UK workforce think that their workload is unmanageable
- Over half (52%) of the UK workforce think stress is just a normal part of work nowadays

- 30% of the UK workforce said that their productivity has suffered as a result of stress at work
- 44% of the UK workforce said that their motivation has suffered as a result of stress at work
- 59% said that stress has affected their home life/relationships to some degree

Around a quarter of the UK workforce don't believe that they get regular useful feedback on their performance (26%) or have the opportunities to be creative (24%) or influence important decisions that affect their work (24%). Ensuring you are allowing all of these things are factored into a workplace manifesto on employee wellness can have a massive impact on happiness in the workplace. Making workplace wellness a priority can have a

profound impact on productivity and in turn, the bottom line of any business.

Workplace wellness goes further than the right chair and adequate time off (although these are important as well): a holistic approach needs to incorporate factors such as flexibility, valuing staff members and noting their effort and results – allowing people to be involved in making decisions which effect them on a daily basis. If you have ever seen 'Under Cover Boss' you will notice that a lot of the issues that employees raise with their boss in disguise, are easily remedied by simply implementing better quality of work life – the people on the ground and on the front line of any workplace are the key to business success. Making sure they're looked after means they work better, harder, faster. Surely workplace wellness should be more than a 'bolt on' benefit – it has to be a matter of fact.

The logo for Jersey Chiropractic Centre features the word "Jersey" in a large, elegant, orange script font. Below it, the words "CHIROPRACTIC CENTRE" are written in a smaller, blue, sans-serif, all-caps font.

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Introducing the Wellbeing Manager

Ensuring employee health and wellbeing

WORDS: Beverley Le Cuirot, Founder & CEO of WellBeing World and WellBeing At Work

The emphasis on wellbeing at work is at an all time high – with businesses, big and small bringing better policies into play when it comes to the wellbeing of their employees. In order to make optimum progress and delivery in regard to workplace wellbeing, many businesses are opting to employ a wellbeing manager; someone who understands not only the issues in the workplace but also the best logistical answers to implementing better wellbeing practice.

In April, a white paper was released with HR Review and following wider research with the UK's HR community, the differing approaches to wellbeing in the workplace were identified.

20% of companies are said to be 'embracing' wellbeing and making strides to create a 'meaningful' approach, led by in-house wellbeing managers. There is no data currently to indicate if this relates to size of company or if sector related, however it is pleasing to note that it is clearly the leaders in the business who recognise the benefits and embrace the concept.

Sadly, 8% of HR Directors are 'ignoring' the concept; said to 'be in denial' and they continue to say that 'wellbeing isn't done here as it isn't part

of the culture. The idea of employing a bespoke wellbeing manager is therefore far from a reality.

And then there are 72% of HR Directors and Managers who have 'good intentions and a personal belief in wellbeing' but no resources; this group is said to be 'drowning', as they are unable to leverage organisational wellbeing effectively due to an already demanding job. Wellbeing, therefore 'stays at the bottom of their to-do-list.'

Of course, it's far more than organising wellness days, albeit enjoyed by many, rather it involves the whole gambit from strategy through to implementation, and in the same way as some businesses may not have an in-house HR department, preferring instead to

outsource; wellbeing management can operate in a similar way. Wellbeing managers, be they in-house or external consultants, will drive the wellbeing agenda forward in an effective and efficient manner, engaging all levels of employee in the process; demonstrating leadership and helping business leaders in establishing the business case; and creating a culture of health and wellbeing throughout the organisation.

And of course, an organisation such as WellBeing At Work can help the 72% based in the Channel Islands, and further afield, with all of your employee wellbeing needs from strategy to incentives; cultural change to health checks; mentoring and coaching to wellness tracking, everything in between, and so much more!

More info: www.wellbeingworld.je/wellbeing-at-work/ - or for a no-obligation meeting, please email me: beverley@wellbeingworld.je

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BF Syndrome and the Scary Changes in Employee Attitude to Work since 2000

WORDS:

Maria Paviour, Maria Paviour Ltd

I've been measuring emotional engagement and wellbeing for over 18 years, and there is a significant change in the way people are self-reporting their wellbeing. I'm not talking about whether levels of wellbeing are generally rising or falling, I'm talking about the way in which people feel as opposed to the way they think.

So let me clarify this ...

I don't feel old enough (ahem), but back in 1997 I was taking a big step in my journey into wellbeing at work, as I developed CARI™ a tool that can identify both the cognitive and emotional responses to personal wellbeing, measuring employee engagement – not just engagement but emotional engagement. This enabled me to discover much more about wellbeing than any usual survey. And also won me a couple of awards for my trouble!

I was able to discover that there was a big difference between the way that people felt and the way that they said they felt.

This difference is vital. Because, we are rarely upset for the reason we think. So when we ask people questions about how they feel we tend to get rationalised responses. Yes, I know I've said this before, but it's an important thing to remember.

For example, when someone feels under the weather at work, if they say "I feel a bit...meh!" what happens? You know what happens ... Everyone starts asking "Why?"

And so the questions begin, and the fact is we really don't know the answer to them, or ... we know, in a way but we just can't explain. This is because the Limbic system of our brain, the home of our emotions, has no capacity

for language. This means that the questions are impossible to answer, so we rationalise.

We create a reason that makes sense – when we can't find a sensible reason.

When we first started measuring emotional and cognitive responses to wellbeing there was a common pattern in people who were lower in wellbeing. And it was this: people saw the organisation as having everything in place, they scored their employers as having the right policies and procedures on the whole – and where they were not fully in-line with what they believed they should have, there was not such a big gap between what we would have hoped for and reality.

The CARI tool's ability to measure both the cognitive and the emotional means we have a unique view of the wellbeing of employees from the last 18 years, and the most significant thing about this was not what we expected.

However, and this is the interesting bit ... emotionally and responsively people felt much lower in their levels of wellbeing. Their scores showed that even when the organisation was ticking the right boxes, they were feeling ... under par.

Back in the early noughties people were presenting as generally under par and a little bit fed up. Our results showed a definite sense of disempowerment.

Have things changed? Yes indeed! And what an interesting, and yet rather sad change there has been.

The trend now in companies is for many people to show a different response. Instead of giving the organisation a big tick for policies and support as they would have done in the past, now people are feeling disillusioned with their organisations BUT they are not showing it.

The biggest and scariest trend of all is "Brave Face Syndrome". Our scores are showing clearly 100's of people are putting on a brave face at work, are not dealing with the issues that are causing them harm while they are battling against the odds.

Presenteeism goes far beyond simply being there when you are unfit; it has become modus operandi for many people. It has become an accepted norm that you will go to work feeling unsupported and miserable, but put on your sunny smile and "kick on".

Well, there is a time and a place for taking a positive attitude, and years of being told "don't be negative" has clearly taken its toll, with people terrified of being honest about how they feel.

What is very clear is that when you have Brave Face Syndrome, there is only one direction that wellbeing is going to travel in ... and that's down. So if you want to find out if people

"The biggest and scariest trend of all is "Brave Face Syndrome". Our scores are showing clearly 100's of people are putting on a brave face at work, are not dealing with the issues that are causing them harm while they are battling against the odds."

And yet, pretending to be positive when you are dying inside is not, actually, being positive.

Martin Seligman, author of Learned Optimism says there is a time and a place for a bit of pessimism – like when you have to consider risks. But more importantly, being optimistic and healthy is absolutely NOT about putting on a show. Yes, you sometimes need to tell yourself positive messages when negative messages flood your being. But telling yourself is not enough to alter reality. And sometimes, just telling yourself things which, let's face it, may simply be untrue, is only putting yourself under immense pressure.

are putting on a brave face, what they really feel, and if you really want to ensure help gets to the right people at the right time, you may be need to think about what you are actually measuring.

About Maria Paviour and Maria Paviour Co Ltd

Over 18 years Maria Paviour has focussed on the importance of engaging employees and gaining employee commitment. In 2000, Maria won a European Award for developing technology for measuring and managing stress at work.

Using evidence based research from the last ten years Maria has taken her original, award winning technology and built upon it to create her flagship tool – CARI™ – giving you the ability to drill right down into the key aspects of wellbeing and emotional engagement at work.

Careers in Nursing and Midwifery

Personal Fulfilment and Professional Rewards

WORDS: Julie Mesny, Head of Education - Learning and Development, Health and Social Services

People entering the nursing or midwifery profession today face a greater range of intellectual and practical challenges than ever before. Since 2012 all potential nursing and midwifery students are required to have studied to a GCSE A level standard, or equivalent, to be eligible to apply for a degree programme. Additionally there are many hours of practical experience to be gained throughout the 3 year programme. However, the demands on the individual nurse or midwife are matched by a parallel increase in the scope for personal fulfilment and professional rewards. Healthcare is a challenging arena, but the opportunities are unlimited and the rewards boundless.

Many of the changes in nursing and midwifery are driven by society; improvements in housing, diet and medicine have increased life expectancy. As a result the population is ageing with increasing numbers of older people placing greater demands on the health care system. At the same time there is a growing emphasis on health education and preventative measures. As a registered nurse you could be working at the cutting edge of healthcare science or helping people cope with injuries, disabilities or emotional problems. There is a commitment to treat all who access health services with compassion and as individuals with all the rights to choice and dignity which this implies. The safety and wellbeing of patients whether they are in a hospital or community setting is a key priority for all healthcare practitioners.

Nursing offers a hugely varied and rewarding career whether nursing adults or children, or those with mental health and learning disabilities. Or perhaps make everyday a birthday by training to become a midwife? All newly qualified staff working for Health and Social Services are

supported throughout their first year with a named Preceptor, who will be there to offer guidance support, help and advice according to the individual's needs.

The registered practitioner is given a portfolio to guide them with additional competencies that consolidates their learning and prepares them for the many challenges and opportunities they may face during their career. Nurses and midwives work as part of

The mental health services in Jersey provide specialist help and support for people and the families of those who experience, or may be at risk of developing mental health problems. It provides services across the life span, namely child and adolescence, adult and older adults. The mental health nurse provides specialist age-appropriate interventions that involves support throughout the recovery journey, working in partnership with the client to ensure that all care processes are person centred, individualised,

“As a registered nurse you could be working at the cutting edge of healthcare science or helping people cope with injuries, disabilities or emotional problems.”

multidisciplinary team offering high standards of quality care to patients and clients in a variety of settings. Registered nurses and midwives can undertake further study and research, consolidating existing clinical skills or enter the fields of management and education throughout their career.

evidence based and recovery centred. Mental health nurses play a key role in promoting the mental and physical health and wellbeing of individuals, communities and populations as well as challenging the stigma, discrimination and inequality often associated with mental health problems.

Midwifery is a job which you really can literally meet someone new every day! Midwives offer individual care to women and their families and help them take part in their own care planning during pregnancy. Both during and after pregnancy you will be with her in her own locality.

As a children's nurse you would be working with young people aged 0-17 years with acute or chronic medical, surgical and mental health needs. Students learn about assessment and admission processes and care planning. There are many facets to the role including visits to a variety of clinical placements, such as outpatient care, operating theatre, etc.

Because the Health and Social Services Department is such a large and diverse organisation, it offers

a huge range of opportunities for people to vary their working lives as circumstances change in their lives outside work. When you want more choices than the normal 9-5 pattern allows, there is scope for part-time working, job sharing and term-time working, as well as evening and weekend work. You can take a career break to raise a family or embark on other projects, with the knowledge that you will be welcome to return when you are ready.

Providing good healthcare is a team effort where everyone has a contribution to make. So there's a commitment to offering development and learning opportunities for everyone – full-time and part-time – extending your range of skills and knowledge, and enabling you to realise more of your full potential. No

matter where you start, you'll have access to further training and the chance to stretch your abilities and advance your career if you so wish.

If a career as a registered nurse is not for you, you can apply to work as a Health Care Assistant/Support Worker (HCA/HCSW). Care assistants work within hospital or community settings under the guidance of a qualified Healthcare Professional. The role can be highly varied depending upon the area in which you are employed. Nursing healthcare assistants usually work a 37.5-hour week on a shift or rota system, often including nights and weekend work. Part-time and flexi-working is also available.

Please do contact us for more information:

- On-island nursing and midwifery degrees: preregteam@health.gov.je
- Vocational training offered by Health and Social Services: vocationaltraining@health.gov.je
- If you wish to apply to work on the nurse bank: NurseBankOffice@health.gov.je
- Further study for registered nurses and midwives: postregteam@gov.je

Emotional Agility in the Face of Uncertainty

The fluctuating demands of a fast-changing world are placing considerable demands on both employers and employees. Indeed, the rise in reported mental health problems over the past ten years strengthens the need for organisations to promote good employee wellbeing.

The nation is also reacting to the change and uncertainty about the future following the EU Referendum held in the UK in June; many organisations are facing workforce challenges, such as dips in engagement, motivation or performance. In this climate, effective employee communication is vital to maintaining business operations and can help to support both employees and leaders as they navigate the implications of Brexit.

This is essential to:

- *Demonstrate leadership – and show them the way out of the confusion*
- *Provide the opportunity for them to voice their concerns and to address some of the key worries of specific employees*
- *Connect the team once again and to restore unity*
- *Re-focus the employees back on the customers and the business*

The Need for Emotional Agility

Emotional Agility is certainly required; two books spring to mind. In her book, 'Emotional Agility – Get unstuck, embrace change and thrive in work and life' author Susan David PhD, a psychologist and faculty member at Harvard

Medical School, acknowledges that emotionally agile people experience the same stresses and setbacks as anyone else. The difference is the ability of the emotionally agile in unhooking themselves from unhelpful patterns, in order to create beneficial habits and behaviours.

Drawing on more than 20 years of academic research, consulting and her own experiences in over-coming adversity, Susan David, has pioneered a new way to enable us to achieve our most valued goals, make real change, and live life to the fullest.

The Leader's Guide to Emotional Agility

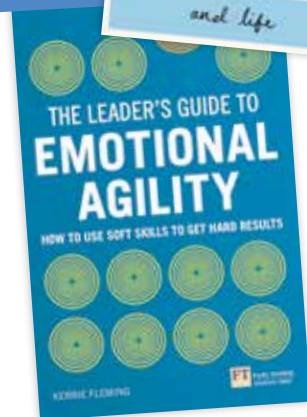
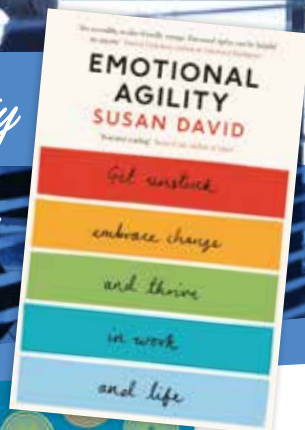
Another recommended read is 'The Leader's Guide to Emotional Agility'. This book takes a new approach to emotional intelligence in action and translates it into critical skills that every leader needs to get the most out of themselves and their people. It outlines 8 steps for achieving emotional agility and resilience:

1. *Becoming authentic*
2. *Becoming self-aware*
3. *Becoming aware of others*
4. *Using the emotions*
5. *Understanding the emotions*

6. *Managing your own emotions*
7. *Managing the emotions of others*
8. *Mindfulness for leaders*

The chapters, underpinned with scientific research, offer real-life illustrations from leaders facing real challenges and triumphs, as well as exercises, case studies, tips and strategies to put these steps into action. There is also a very useful self-assessment at the start of the book to help you find out how emotionally agile you already are.

What is certain is that nothing stays the same; it is the way we adapt to change that determines its success or failure.



Free health check event



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Be Proactive with Your Health and Wellbeing

Rossborough Healthcare International Limited, the leading healthcare insurance broker in the Channel Islands, has developed a number of additional services to promote the importance of taking a proactive approach to managing our health. Their popular Free Health Check Event is back for a third consecutive year and will take place on Friday, 15th and Saturday, 16th July at The Radisson Blu Hotel, once again, giving hundreds of islanders the chance to receive a range of specialist health checks and advice on how to proactively manage their health, entirely free of charge.

Rossborough Healthcare International Limited is the specialist healthcare division of the Rossborough Group. At its core, they manage several hundred corporate medical and dental insurance policies (as well as many more individual clients) primarily across Jersey, Guernsey and the Isle of Man and for clients with more international exposure, they are also able to provide compliant international solutions.

In addition to this core service, Rossborough Healthcare is developing a number of additional health and wellbeing services for the individual and corporate market.

Their Free Health Check Event – open to anyone over the age of 18 in Jersey – is back again this year and will once again focus on heart conditions and diabetes, two of the biggest health issues in Jersey.

“When we delivered our first Free Health Check Event back in 2014, we weren’t entirely sure how popular it would be but we were passionate about getting the message across to people about how important it is to understand your body and key health measures such as heart rate or diabetes risk,” said Richard Clarke, Head of Rossborough Healthcare.

“The response was fantastic, both in terms of how quickly the event filled up and the feedback to have more events like this in the future. We expanded the event to run for two days last year, and we’re back again with another two day event this year, with the capacity to see several hundred islanders across the two days,” he added.

In addition to their annual Health Check Event, Rossborough Healthcare is developing a number of other services that their clients can benefit from, with the focus being very much on proactive health and wellbeing strategies.

Following the success of the public health check events, Rossborough Healthcare continue to work closely with WellBeing World to deliver in-house health check / wellness days for clients looking to provide health and wellness checks to their employees as part of their overall health and wellbeing strategy.

Richard Clarke commented: “We are seeing a significant move, in particular from our corporate clients, in how they approach health and wellbeing in the workplace. For quite some time, it seems that employers have generally understood the importance of doing something and have perhaps had the occasional ad-hoc event, or introduced a particular service. What we are trying to do is help our clients pull together more of a co-ordinated approach and strategy to health and wellbeing, and to provide them with the services they need to deliver that strategy.”

In addition to the traditional medical and dental insurance products they provide, Rossborough Healthcare can also assist with health check ‘know your numbers’ days, Employee Assistance Programmes, Occupational Health referrals, Well-Man / Well-Woman checks, Cash Plans, mental health awareness days and the

design of a full health and wellbeing calendar of events / services.

Rossborough Healthcare’s close working relationship with Rossborough Financial Services Limited, means they can help clients achieve a complete employee benefits offering. Said Richard: “Healthcare insurance broking will always be at the heart of what we do, but we want our clients to know

“It is no secret that if you take a proactive approach to managing your health, you are more likely to detect potentially serious conditions early, whether these are physical or mental, and you are more likely to survive those conditions, or at least be able to get treatment to stop them from becoming more serious. We all put our cars through an annual ‘health check’ or regularly top up the oil, but not enough of us proactively look after

“It is no secret that if you take a proactive approach to managing your health, you are more likely to detect potentially serious conditions early, whether these are physical or mental, and you are more likely to survive those conditions, or at least be able to get treatment to stop them from becoming more serious.”

that we are more than just a broker. We are passionate about health and wellbeing and encouraging people to take a proactive approach to their health. The additional services that we are developing will help us support our clients in more ways.

our bodies and minds in the same way. Slowly but surely, people are starting to think differently,” he concluded.



More specific details and pre-registration for the Health Check event in July can be found at: www.rossboroughhealthcheck.com

If you are reading this article after the Health Check Event has taken place, Rossborough Healthcare would be delighted to speak with you about your healthcare insurance or any of the above information, at any time. Please contact them on: +44 (0) 1534 500 555.



Mindfulness, Resilience and Entrepreneurs

WORDS: Glenda Rivoallan

Vice Principal – Lifelong Learning, Highlands College

Business leaders in general and entrepreneurs in particular, often experience high levels of stress due to the increasingly competitive and uncertain environments they operate within. Challenging circumstances and the adoption of the behaviour patterns of the surrounding culture minimise the likelihood of self-care. In complicating matters, as well as neglecting their health, many entrepreneurs, harbour secret demons (Bruder, 2014).

In particular, new entrepreneurs struggle through moments of near-debilitating anxiety and despair, times when it seems that everything might crumble. Rather than showing vulnerability, business leaders have practiced what social psychiatrists call impression management also known as "fake it till you make it". However, this can come at a psychological price with entrepreneurs reporting higher levels of mood vulnerability, anxiety and depression than employees. The development of resilience in individuals and entrepreneurs is viewed by many as a potential answer to the stress associated with contemporary lifestyles and workplaces.

Increasing interest in the development of resilient workers has meant an enormous growth in interest in the role of holistic practices such as mindfulness meditation. Kabat-Zinn's mindfulness-based stress reduction (MBSR) and Barnard and Teadale's mindfulness-based cognitive behavioural therapy (MBCT) are the most commonly used by those seeking to practice, theorise or research mindfulness across mindfulness contexts. Mindfulness is a word that just won't go away; it literally has gone viral in recent years. But what is it and why does it matter?

The danger of automatic pilot

Do you find that with the busy lifestyles we lead today, we often go about our daily business blissfully unaware of how we got there or how our minds have wandered from one thing to the next? I have personally become rather good at multitasking to ensure that I get through the myriad of tasks that have to get done each day. But at what cost? Showing a lack of awareness of what is going on around us, known as 'working on automatic pilot', has been shown to do more harm than good. What is concerning is that the research tells us that we are pretty much practicing mindlessness most of the time.

So what is mindfulness?

"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally." ~ Jon Kabat-Zinn

The benefits of mindfulness at work

Developing the ability to stay focused in the present and not working on autopilot has been linked to many positive outcomes in the workplace; indeed, many authors refer to a potential link between mindfulness and resilience. My project emerged from a personal interest in the ability of entrepreneurs to enact the notion of 'resilience' or indomitable spirit alluded to in the Japanese proverb "Fall seven times, stand up eight". This translation goes a long way towards explaining why successful entrepreneurs don't always win; a pervasive constant being that no matter how many entrepreneurs emerge, most do not succeed in creating indelible organisations. Starting up a new company is one of the most

"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally." ~ Jon Kabat-Zinn

critical but also most tempestuous phases in organisational life, and associated with a low average survival rate of only 50% within the first five years following inception.

Against this backdrop, as part of my Doctoral studies and in collaboration with Chartered Psychologist Dr Alessio Agostinis, owner of the Jersey International Mindfulness Centre (JIMC), we piloted the effectiveness of an eight-week combined mindfulness based cognitive therapy (MBCT) and mindfulness based stress reduction (MBSR) intervention in the development of psychological resilience in a sample of entrepreneurs. A total of 18 entrepreneurs were recruited providing data at base line, week 4, week 8 and week 12. Primary outcome measures assessed resilience, mindfulness, perceived stress, profile of mood state and satisfaction with life.

The results:

The study showed there is a proven link between mindfulness and resilience ie increased mindfulness improves resilience which:

- improves life satisfaction
- lowers mood disturbance
- reduces anger and hostility
- increases vitality, energy and friendliness

Above all else the refreshing insight was that resilience can be taught and learnt through mindfulness programmes.

What next ?

Mindfulness is a skill for life and takes time to master. The best advice one can give is to practice, practice, practice and don't be hard on yourself. There are many apps out there and good books should you wish to find out more. If you have caught the bug and really want to go for it contact Alessio at the JIMC and try out his evidence based 8 week course.

Some recommendations to get going; I would recommend the following as a great starting point:

*Download the Buddhify app
Read the book 'Mindful Work' by David Gelles. Look out for news of the Jersey International Mindfulness Centre (JIMC) in the next edition of WellBeing World!*



The Magic of the Great Outdoors

WORDS: Cat Trebilco, Founder of Reach the Peak

My life has changed beyond all recognition in the past two years: from a stressful corporate job to running a business I love; escaping to the mountains on a regular basis; and getting paid for it!

The start of my story will be familiar to many people. I was working in London, a high-flier in a bank, working increasingly long hours, feeling under pressure to constantly prove myself and to gain continually better and better results despite an increased workload and lower budget. I hated London; I hated the tube travel, I hated the office environment, and I hated the contagious feeling of stress that radiated throughout the team I worked in.

My escape was to the mountains. Every weekend, I would drive the six hours to the Lake District or Snowdonia to live out my passion. Walking, climbing, scrambling ... even sitting out bad weather in a tea shop, was my saviour.

There were two main turning points for me. The first was when I was diagnosed with Crohn's Disease. After several months of strong medication, where I was only just capable of dragging myself into work every day

and spent my weekends recovering in bed, I decided to once more escape to the mountains. Not well enough to summit anything, I instead wandered into a beautiful, remote valley. Surrounded by stunning mountain ridges, I sat perched on a rock overlooking a stream and experienced an overwhelming sense of wellbeing – better than I had felt for months. This was an epiphany moment.

I felt so much better – and knew then that I needed more of this in my



life; the fresh air; the mountains; the breeze blowing away the cobwebs; the views. I'd previously said I didn't want to spoil my hobby by making it my job, but I now realised I should spend as much time as possible in the places I loved.

I also realise that if the mountains had this magical healing effect on me, wouldn't it wonderful to share this with other people. Within a couple of months, I'd transferred to Edinburgh, to be closer to the Scottish Highlands, and had started to plan out a business I could run in the mountains. But something was still holding me back. Perhaps it was the golden handcuffs of corporate life; my salary, annual bonus, flexible benefits, company car allowance ... perhaps it was just a lack of self-confidence.

Then came the second turning point. Having held a passing interest in Neuro-Linguistic Programming (NLP) for a number of years, I finally signed up to an NLP Practitioner course. This was initially just for

personal interest, and it completely captivated me. Through the training, as well as learning how to coach others, I also went on my own personal journey. This process was hugely powerful and helped me gain some significant clarity on what I wanted to do with my life. Through the coaching activities, I discovered how I could combine my two main passions: the mountains and helping people; into a feasible business. I also found the confidence, motivation and courage I needed to leave my job and get started.

And so, here I am. I now own a business called Reach the Peak, running weekend retreats combining hill-walking and NLP coaching. I sometimes team up with a Yoga instructor to add Yoga into the wellbeing mix as well. All activities are tailored to complete beginners.

I find the mountain element in particular, with its stunning scenery, the challenge it presents and the resulting sense of achievement, really helps my clients to find a different

perspective on life. There are many metaphors to be taken from a mountain journey: resilience; just putting one foot in front of the other; knowing a general direction but concentrating on the next few steps you can see – all these and many more transfer into everyday life, and particularly into problem solving.

Clients come to me for many reasons, often wanting to make a transformation in their life. This ranges from wanting to quit their job and do something they are passionate about, leaving a long-term relationship to gaining 'me-time' and reconnecting with themselves, through to dealing with health problems. The common theme is that these people feel stuck, trapped or directionless; they need some support to reconnect with themselves and what is really important to them. Both the coaching activities and the magic of the great outdoors enable this to happen.

More info:
www.reachthepeak.co.uk

Reach the Peak combines the freedom and beauty of the mountains and nature with NLP coaching techniques to help individuals who feel stressed, stuck or in need of inspiration. They offer Individual Coaching, Group Coaching, Team Building, Corporate Wellbeing Coaching, Weekend 'Walking-Coaching' Retreats and Wellbeing Retreats (a unique blend of Yoga, Walking and Life Coaching).

The next WellBeing Retreat takes place in September 2016 – location – Bunrannoch House, Kinloch Rannoch, near Pitlochry, Scottish Highlands.

FOR WELLBEING WORLD READERS - A 10% DISCOUNT OFF THE FULL PRICE – so remember to mention WellBeing World when you contact them!

Stressed? Depressed? Anxious? Time For A Therapy 'Break'

Let's face it – life can be a challenge. Most of us will at various times in our lives experience circumstances or situations where we feel disappointed or hurt, frustrated or simply 'out of our depth'. These episodes have a multitude of triggers; perhaps the loss of a beloved family member, a redundancy at work, the breakdown of a loving relationship or any number of other life-changing events. It's at times like these that psychotherapy can help us combat the sense of inadequacy and helplessness that if left unchecked, can very often lead to a more serious condition.


Long-standing member of Wellbeing World, Psychologist Ann Marie Clarke of Therapybreaks supports people with psychological concerns such as depression, stress, anxiety; and also those who are dealing with life changes, such as bereavement, redundancy and relationship difficulties. It is in this latter area that a 'one-off' therapy 'break' is particularly well suited. Ann Marie's Therapybreaks service offers focussed support sessions which are of particular benefit to families and couples who are struggling in their relationship or with any of life's many challenges.

In our current climate where time and resources are in high demand it is not unusual that difficulties are ignored in the hope that they will go away or resolve themselves; sometimes they do, often they won't. Denial of problems and having to tackle them alone is the cause of many mental health concerns. On the other hand, being able to talk through thoughts and feelings in order to find understanding and make progress in life is a natural behaviour that helps us to deal with our experiences; both 'good' and 'bad'. It is how we broaden and deepen our awareness of what it means to be human.

A Therapy 'break' is a focussed episode of psychotherapeutic support to address difficulties. It is of particular benefit to families and couples and is most successful when problems are addressed early before the difficulty has become entrenched and individuals have firmly identified with the problem and become resistant to look at it or to change it.

“Time away from home makes it easier to find a variety of perspectives, focus on the reason for your Therapy 'break' and enjoy the change of routine and environment.”

During a Therapy 'break' you are encouraged to engage in a leisure activity as well as therapeutic support, and may well involve a weekend spent away from home. This makes for a satisfying experience that supports the therapeutic work through relaxation, fun, nature and nourishing food. Time away from home makes it easier to find a variety of perspectives, focus on the reason for your Therapy 'break' and enjoy the change of



routine and environment. However if your budget is tight, there is nothing stopping you from having a Therapy 'break' based at home; you can still engage in all of the activities in order to process your experience together.

The benefits of spending time outdoors have long been recognised. Increased exposure to natural sunlight gives our skin a much-needed boost of vitamin D and helps to elevate our mood. And the combination of sunlight and fresh air is known to diminish the risk of seasonal affective disorder, decrease levels of mental illness and reduce the symptoms of depression and anxiety. Which is why Ann Marie is always keen for her guests to get out and explore the island.

"During a Therapy 'break' you are encouraged to engage in a leisure activity as well as therapeutic support," Ann Marie explained. "This makes for a satisfying experience that supports the therapeutic work, whilst time away from home changes one's perspective and gives the opportunity to enjoy the change of routine and environment."

Ann Marie likes to meet all interested parties at the start of the session so that everyone understands what they intend to achieve during their Therapy 'break'. Then two 3 hour sessions are planned over two consecutive days (often during a weekend but this is not essential). Time is available between the sessions for relaxation, reflection and processing the experience before meeting again on Day Two.

The first therapy session allows for the main concern to be identified, understood and worked with. The second session explores strategies to progress through the difficulty and begins the reparative process. There is the option of follow-up sessions with Ann Marie if they are found to be needed.

As the saying goes "a stitch in time saves nine" and a timely investment in your relationships can avoid many years of unnecessary suffering. So when you are planning your next leisure break and recognise that your relationship is severely compromised by an unresolved difficulty, a Therapy 'break' could be the best way forward.

More info:
www.therapybreaks.com

Turning Down the Temperature

WORDS: Ayush Wellness Spa

Ayurveda is the ancient science of natural health and its fundamental principle is about having a balance in order to enjoy and live your life well. Central to the philosophy is the understanding that there are three governing doshas (dynamic energies if you will) which, combined in numerous ways, make up every natural thing in the universe – including our four seasons. The doshas are known as Vata, Pitta and Kapha and to ensure harmony, it is key that they are equalised wherever possible.

Summer is now upon us with the Pitta (meaning ‘what cooks’ in Sanskrit) season running from July to October and it brings sunshine, heat, humidity, energy, stimulation and focus. In balance at this time of the year, we are articulate, courageous, show sharp intellect and are content with who we are and where we are going. However, most of us will also feel the negative effects of Pitta in the warming atmosphere – irritability, frustration leading to increasing unreasonableness and outbursts of misdirected anger. And furthermore, such emotional responses can also create or reflect unwelcome physical reactions.

Pitta is the element that governs your metabolism and transformation in the body including digestion. Signs of Pitta overload include heartburn, excessive body heat and sweating, skin rashes, acne, excess stomach acidity and ulcers – not particularly pleasant ailments to endure when you want to be up early enjoying beautiful morning sunrises or perhaps relaxing outside in the long evenings.

Fortunately, from the balanced Ayurvedic perspective, an aggravated Pitta can be pacified with some small and simple adjustments to your lifestyle ...

Nutrition

- Work towards having more uncooked food in your diet and avoid hot and spicy food as well as limiting your intake of alcohol, coffee, tea, meat and eggs to more moderate levels. Pay particular attention to the amount of salt you may add when cooking or eating as in the summer heat, you may feel more dehydrated and this can lead to aggravated skin problems.

- When preparing your meals rather favour sweet, bitter and astringent tastes and include as many ripe fruits and green leafy vegetables as you can to cool you down and refresh your taste buds. Remember nature always provides the dietary antidote to the season's effects.

- Eat mindfully. Chew thoroughly. Be attentive to the colour, smell, texture and taste of the food you are enjoying.

“An important part of balancing an overactive Pitta is to eat your main meal in the middle of the day when your digestive ‘fire’ is at its strongest.”

- An important part of balancing an overactive Pitta is to eat your main meal in the middle of the day when your digestive ‘fire’ is at its strongest. And don't be tempted to skip meals either; that's a guaranteed way to increase your irritability factor.

Drink

- It is essential to keep replenishing lost fluids with water and nourishing beverages. Ayurveda

recommends using coconut or lime water (or consider squeezing date juice into water instead), as well as fresh fruit juices to assist with combating the effects of higher temperatures.

- Fennel tea is light and dry and will help to cool heat in the mind, ease any nausea that excess sun may have caused and gently increase your digestive strength.

- According to Ayurveda, ice cold drinks, especially with meals, overwhelm your body's digestive process which is dependent on heat to convert food so that it can be optimally absorbed. To state it simply, ice cold drinks should be avoided where possible.



Exercise

- It seems obvious but when looking to exercise, choose a time of day when nature is at its most cool – early mornings are particularly good for kick-starting your metabolism.

- It's also worth thinking about stepping away from high intensity work-outs for a few months and opting for something lighter such as walking, yoga, tai chi or best of all, swimming which is wonderfully calming and soothing for the inflamed Pitta dosha.

Chillax

Long working hours, frequent time pressures focussed around unrealistic deadline-orientated

activities, coupled with trying to look after the needs of your family and friends - whilst also having some semblance of a life of your own – all contribute to a stressed out Pitta – and we end up being more demanding on others and on ourselves.

So step back. Sit down. Breathe. Take time for you. Figure out a way to balance work with leisure in the months when you should be enjoying yourself the most. Build in some time for play. Sleep with your windows open. Ease back. Make time for fun. Chillax. Turn down the temperature of your mind. And remember – it's all about balance.

Prepare your skin for the long awaited warm season at Ayush Spa.

The Ayush Summer Spa Day offers a truly relaxing holistic experience that includes essential therapies to prepare your skin for summer, getting you back to balance, revitalised and energised for the hot season. The Summer Spa Day Package includes Ayush Body Exfoliation, Padabhyanga Foot Ritual, Refreshing Facial, Lunch in the Garden View Restaurant and full use of the luxurious spa pool complex – all for just £135.

More info: www.defrance.co.uk/summer-spa-day

Your Summer of Strength

WORDS: Nathalie Le Mottee
 Founder & Managing Director of Healthhaus

Summer can be a difficult time of year to motivate yourself to continue with strength training; with children nagging you to take them to the beach, colleagues coercing you into having a glass of Pimm's after work and friends inviting you for yet another barbecue!

Another reason that many people stop training in the summer is that they consider themselves to be more active. We are incredibly lucky to live in such a beautiful Island with access to stunning cliff path walks, quality golf courses and of course, the sea, where we can enjoy a multitude of water based activities. There are also many benefits to exercising outdoors, particularly on a psychological level.

Exercising outdoors is certainly no bad thing; that is unless you are sacrificing your strength training!

I'm neither a power lifter nor a body builder, so why am I so into strength training?

Not only do stronger muscles mean that you'll be able to carry out your activities of daily living, but in short, strength training improves your quality of life.



Here are my top 4 reasons to strength train:

1. You'll burn more calories

Muscle is a living tissue and requires energy to work. It has a higher energy requirement than fat. The rate at which we burn calories is called our metabolic rate. It follows then that people with a higher level of muscle mass have a higher resting metabolic rate. If we stop resistance training and lose muscle mass then we need to reduce our calorie intake to prevent fat gain – not easy with all those tempting ice creams out there!

2. Your risk of developing osteoporosis and fractures will decrease

As we grow older our bone density (the measurement of the mineral content inside our bones) decreases. This can lead bones to break more easily. The stresses placed on the bones during resistance training activates cells which are responsible for bone remodelling, therefore slowing down the loss and in some cases improving bone density. Individuals with a high bone mineral content tend to have a reduced risk of osteoporosis and injury.

3. Your risk of developing diabetes will decrease

Your insulin sensitivity level is one of the key factors determining your risk of diabetes. Resistance training makes your body more sensitive to insulin and can lower blood glucose. When you train your body burns glycogen, a form of glucose that is stored in your muscles. After exercise, your muscles replenish their glycogen stores with glucose from the bloodstream. The more glycogen that is burned, the longer your insulin sensitivity is improved.

4. You'll be mentally stronger

When you feel stronger physically, you usually feel stronger mentally (and less likely to succumb to the temptation of that extra sausage!). This is true for a number of reasons.

Firstly, when you exercise, your body releases chemicals which have a positive effect on your mood. The most well known of these are endorphins, which interact with the receptors in your brain to reduce your perception of pain. They also trigger a positive feeling in the body giving you that 'high' that is often experienced after exercising.

Secondly, resistance training teaches you the skill of perseverance; the ability to overcome discomfort and

arguing that we feel better after a good night's sleep.

My final thoughts

If you stop training over the summer then you will lose muscle mass and strength. That means, all the progress that you worked so hard to achieve will start to reverse. The exact amount of loss depends on many factors including your age, overall fitness level and how long you've been working out for, but taking a summer off training will certainly have a negative impact.

Even if you increase your outdoor cardio activity, it isn't a replacement for strength training.

Sessions don't need to be long, indeed just 35 minutes of a circuit style

“Not only do stronger muscles mean that you'll be able to carry out your activities of daily living, but in short, strength training improves your quality of life.”

challenge yourself. This is a skill that carries over to all areas of our lives.

Resistance training also improves our self esteem, not just by virtue of the fact that when we look better we feel better, but also through the sense of accomplishment we get when we complete a hard training session or see how we've improved over time.

Lastly, exercise improves our sleep, not purely because we are physically tired but because exercise is associated with decreased stress and there's no

resistance programme a couple of times a week is all that you need to reap the benefits, leaving you plenty of time to get outside and enjoy your summer activities.

When autumn arrives and you've continued to make progress whilst those around you are cursing the fact that they took a break for the summer, you will thank yourself for persevering.

Keep strong this summer!

To find out more information about a time efficient resistance training programme to suit your summer lifestyle contact: nathalie@healthhaus.co.uk



Setting the Stage for Healing

WORDS: Lorna Jackson
Health Point Clinic

Within my acupuncture practice I treat many patients dealing with intense acute or long-term injuries and conditions. It can be incredibly daunting to suddenly realise that you do not trust your body, that it is not indestructible, or that you will just have to accept or deal with your back pain, arthritic knee, anxiety or heart burn. Patients who are suffering need to have hope, direction and more importantly the confidence that their body is programmed to heal.

Disaster and plaster management – but then what?

Our generation is used to having solutions to hand with a click of a button; long-term problems are either solved with taking a short-term pill, a plaster or smothered with a British stiff upper lip. In an acute emergency modern health care is essential, however for chronic disorders or for achieving true health, it can mask pain rather than uncover the root cause as to why it occurred. There is no quick fix to healing, you cannot negotiate with or deny pain and ultimately sometimes you have to slow down to go faster.

Having a body is a big responsibility. A lot of things can go wrong with it of the eighty or ninety years it is in our possession. This is where acupuncture can really help – it can help to strengthen your body, deal with problems before they become disasters, and it can help to rebuild the body after an emergency medical situation.

*“There is **no quick fix** to healing, ^{you} cannot negotiate with or **deny pain** and ultimately sometimes you have to **slow down** to go **faster.**”*



8 ways to help speed up the healing process:

1. Get out of pain - Whether you have a back spasm or recent surgery, it is difficult for your body to heal when you are ringing the pain bell. This is because pain is incredibly stressful and zaps your energy. It is important to do what it takes to get comfortable, whether that is acupuncture or analgesics – it is the first step to healing.

2. Get a grip on your stress - Being sick, incapacitated, or in pain is incredibly stressful, especially if it is a chronic condition. Remember that stress affects everything in your body, and high stress only aggravates any condition that you already have. In addition stress slows down digestion, immunity, and any other systems that are not needed for flight or fight response. Deep breathing, exercise (if you are able), acupuncture, massage, and even reading a favourite book are a few ways to help reduce stress. Trust that your body wants to heal – it is programmed to heal. Many patients become anxious because they perceive that they are not getting better and assume that they never will. Anxiety is stress's bigger brother, and being anxious only gets in the way of the healing process.

3. Rest - Your body needs energy to heal. If you are using your energy trying to maintain normalcy, you are not giving your body the energy it needs. Understand that your body rejuvenates and heals while you are resting - that is why we go to sleep every night. You are healing, so you just need a little more.

4. Your energy and nutrients come from the food you eat and water you drink - If you are trying to recover and heal, this is not the time to eat from a chocolate box or take-away, go on a diet, or skimp on the good stuff. This is plaster management with short-term satisfaction. Think lean proteins, whole grains, and lots of deeply colored plant-based foods.

5. Ask for help - If it is going to completely wipe you out to get the food shop ask a friend or family member to go for you. Many people think that by asking for help they are imposing on others or admitting to being weak. The reality is that most of your friends and family members are looking for ways to help you get better.

6. Resist the urge to test yourself - I have seen several patients completely negate any healing by pushing it to test their progress. It is human nature to want to see if you can still do a back flip, “gentle stretch”, or unload the dishwasher, but resist until you are completely healed.

7. Understand that it takes time to heal - We tend to lose sight of this when we can relieve our symptoms in hours with a prescription medication. Masking your symptoms is not the same thing as healing, for many illnesses and injuries, healing just takes time.

8. Enlist professional help - in the form of acupuncture, massage, physical therapy, or other healing modalities. Depending on the nature of your illness or injury, any one of these practitioners can help you through treatment, education, and instructions for home care.

More info: www.healthpointclinic.co.uk



Chronic Back Pain

Can mindfulness help ease the strain?

WORDS: Lucy Sanderson

Having suffered from chronic back pain since my teens; with no obvious cause for doctors, specialists and back surgeons to refer to, it's been a case of some trial and error and a long, long journey to find out what works in easing the constant sciatica, spasms and general pain and disruption to my day to day life. Anyone who has had to live with chronic pain (for whatever reason), will relate to the grinding down of all manner of things, not just vertebrae, as in my case. Pain pushes buttons that go way beyond the physical symptoms and those are sometimes the worst effects of all. Feeling unable to run around the park with my daughter, unable to sit and write, stand and cook, go to the cinema, travel ... all of these things which bring me joy or are necessary for me to be basically live, take a hit from chronic pain.

After a year or so of crippling back pain at aged 17, it was discovered that I had two herniated discs in the base of my spine. I went on to have a disectomy. Prior to that there were epidurals, which I felt the benefit from – enabling me to travel in my early twenties. The operation in 2001 worked a treat, for about two years or so. Then there was my pregnancy, which was expected to make matters worse for my back and related pain – the funny thing is, my pregnancy is one of the few times, that I can remember having NO pain. Birth (now that was so painful, who knows if my back played a part!) left me with no difference in terms of better or worse, and thereafter, lifting and putting down my little one (changing bums, bathing, cuddling, holding and all the other mummy duties one has with a new baby), had little or no detrimental effect either. All mums have a few twinges as their bouncing baby becomes a little chubby-faced, pink cheeked milk filled, nappy-wearing little lump, so I have nothing to complain about there.

Intermittently, whenever the pain did manifest, pain killers were always an option, and in desperation I would take them – the problem was, when taking these strong pain killers, a little part of me would numb too. I'd also concern myself with the fact that I wondered if the painkillers might be masking a problem that needed to be felt in order to be fixed. After my daughter turned 3, my back pain came back with vengeance. I did feel grateful that it had let up for a duration that was so very important, allowing me to be a mum wholeheartedly, for the first few years. It wasn't so much the pain that was the actual problem; it's the distraction and the hindrance that the pain causes – that's what starts to beat you down, it's such a hopeless feeling.

So, with chronic pain being like a literal pain in the a** (I broke my coccyx too, which probably didn't help), I have been looking for something that I can do. That something is mindfulness. Mindfulness is not something that is done to you or for you by anyone else, it is something you do for yourself and in your own time. And of course, can be done alongside medical treatment.

When we feel pain (especially chronic pain), we want it to go away. We try and forget about it, forge on with what we're doing and/or take pain killers and wait for the pain to dissipate, or we stiffen up, and generally just have it nagging at us. The last thing you might consider doing, is focusing on the pain, but with mindfulness you do just that. Stopping resisting, calming your body and mind,

tuning into every part of your body – including the pain free areas and pain riddled ones.

There are five pretty simple steps, which I found really easy to follow. Trust me, if I can set aside the time and do this, anyone can. One thing I'd suggest before starting on this journey of mindfulness is the notion that resisting, avoiding, or judging and measuring the pain as awful, terrible, debilitating etc, will only encourage further stress, and in turn, pain. So, start your mindfulness moment with an open mind. The steps I find useful are:

1. Prepare – find a quiet and comfortable place that you can relax in and be undisturbed. Ensure you're warm enough, but not too hot – if outside noise distracts you, you can add some soft music (I'd avoid lyrics), and set the lighting just as you like it.

2. Grounding – notice the position you're in, is it comfortable? Soon as it is, turn your attention to the parts of your body that are in contact with the surface on which you're sitting or laying – mentally check yourself for any tension; shoulders are a typical one, and so is the jaw – if they feel tense, let go and relax them.

3. Let go of thoughts and breathe – this is the part I used to really struggle with (ever read my article on over thinking?). Focus on the present. I found it useful to focus on a word with my breathing; mine is 'peace' and I inhale on 'pea' and exhale on 'eace'. 'Relax' is a good one too; inhale on 're' and exhale on 'lax'. Tune in to the moment.

4. Scan your body – mentally move through your body, feeling each part bit by bit. I start with my foot, realising any sensations or clothing; then move up to your calf, and your knee, your thigh, and so on. Feel the texture of clothing, the temperature, any breeze – but do not think too much. Just sense and move on.

5. Whole body awareness – this is the good bit. After sensing each part of your body, feel your whole body as one. It's an unusual feeling at first. But after a while you feel the ownership of your entire self; deeper feelings and understanding, and most of all calmness.

Chronic pain is a noisy and intrusive companion. Calming and focussing your mind can certainly ease pain (to a degree), but what it does mentally is incredible; it quietsens the noise.

"It wasn't so much the pain that was the actual problem; it's the distraction and the hindrance that the pain causes – that's what starts to beat you down, it's such a hopeless feeling."



Add More Life to Your Years! Personal Training with Katarina Casserlov

Taking things easier as we get older is not on everyone's to do list: slowing, or winding down doesn't have to be the course of action when in fact, exercising (even if never done before) can help longevity and a more fulfilling life, no matter what age you start. Registered fitness instructor and personal trainer, Katarina Casserlov, has an ethos that anyone can exercise, at any age. Her new business is in the business of getting people in to shape and helping them achieve their fitness goals, no matter their age. You see, Katarina believes that it's not just about adding more years on to your life, but in fact, about adding more life to your years!

Katarina is based in Jersey and has a list of clients that vary in age, but mostly her clients are a little older and with that Katarina knows the sort of environment, kind of exercise and most of all, the type of goals that each of her client's aspire to. Offering a slightly different approach, Katarina offers all manner of training schedules and venues for exercise ... Whether you want to meet in the gym, work out at home, get sweaty outdoors, or exercise via Skype, Katarina is the can-do trainer who accommodates her clients' wishes – and she gets results.

Katarina's motto is to 'Become your best – stay that way!'; this combined with her passion for encouraging others to get into shape, and her understanding of the unique needs of each of her clients makes her an ideal one-on-one coach. If you are looking to manage and/or lose weight; enhance balance, flexibility and importantly, mobility; to

increase strength and endurance; or simply to look and feel better, and to step into a healthier lifestyle, it would certainly be worth giving her a call.

Katarina truly believes that, especially for older people, working out exercises not just the body, but the mind as well. Making fitness fun as well as effective; something to look forward to and gain an array of positive results encompassing both the mind and body make her sessions something perfectly designed for older adults.

It's never too late to reach your full potential and with Katarina Casserlov, a lot of support and a bit of sweat will take you on that journey to becoming your best, and staying that way.

*“Whether you want to meet
in the gym, work out
at home, get sweaty
outdoors, or exercise
via Skype,
Katarina is the **can-do**
trainer
who accommodates
her clients’ wishes
– and she gets results.”*



Katarina strongly believes in giving which is why she donates part of her earnings to charity; so whilst you work towards your fitness goals, you will also contribute to someone else's benefit.

For more information, go to:
www.ptjersey.com and read her clients'
testimonials, or call Katarina directly on: +
44 (0) 7797 937 468 ... you can also email
her at: katarina.casserlov@gmail.com



Your Pace or Mine? **What Running Taught Me About Life, Laughter and Coming Last**

By Lisa Jackson

(Published by Summersdale – March 2016)

A nod to slow runners everywhere ...

From the co-author of the best-selling, 'Running Made Easy,' with a foreword by running legend Kathrine Switzer; Lisa Jackson is a surprising cheerleader for the joys of running. Formerly a committed fitness-phobe, Lisa became a marathon runner at 31, and ran her first 56-mile ultramarathon aged 41. And unlike many runners, Lisa's not afraid to finish last – in fact, she's done so in 20 of the 90-plus marathons she's completed so far.

But this isn't just Lisa's story, it's also that of the extraordinary people she's met along the way – tutu-clad fun-runners, octogenarians, 250-mile ultrarunners – whose tales of loss and laughter are sure to inspire you just as much as they've inspired her.

This book is for anyone who longs to experience the sense of connection and achievement that running has to offer, whether you're a nervous novice or a seasoned marathoner dreaming of doing an ultra. An account of the triumph of tenacity over a lack of talent, *Your Pace or Mine?* is proof that running really isn't about the time you do, but the time you have.

So, pull on your trainers, get your jog on and don't be afraid to be back of the pack (it's often where friends are made and fun is had) ...

Slow Running

A slower pace of fitness...

Slow running almost sounds difficult; a juxtaposition of movement; when you think 'run' you think, 'ready, set ... GO'. But it's something that people are turning to in order to keep fit and it really works. Turning down the tempo of your run doesn't turn down the value of your running efforts; in fact, slowing down your pace can enable longer runs and reduce your risk of things such as muscle fibre micro tears, aching and fatigue in the legs and other soreness that can be the result of a tough run. Taking away the urgency and exertion of a run in terms of your speed, also enables you to take in your surroundings, regulate your breath and enjoy the experience of running – it's also easier to find your running rhythm with your favourite running mate, which makes a jaunt or a jog sometimes a lot more pleasing.

In order to measure the benefits of slow running, it's necessary to look at what happens to your body when you run hard and fast regularly. For a lot of people, hardcore running can take its toll and leave the body feeling way too sore for a run (or any other exercise) the following day; and a run the day after can be pushing it if the muscles are still tender. Exercise is better when done at regular intervals, fitness and rest balanced on purpose, not because your body is aching from over doing it. Regular running can be impactful on the knees and back – and even with the ideal running shoes to absorb a lot of the impact, after a while, knees can creak and feel the knock. Running is great cardio, but there is such a thing as pushing it too far and pushing yourself to the nth degree whilst running flat out for ten miles, isn't likely to get you any

fitter, any quicker than if you took a little more time to get where you want to be.

With our day to day business being a lot about busyness – turning down the running speedometer brings a peaceful pace to running that isn't there when you hammer and tongs it in your trainers. You can break a sweat without your forehead, chest, back and under arms exploding with perspiration and you can soak up the sun on your back for longer, sip your water without getting a stitch and generally enjoy the slower beat of your feet on the surface of the

pavement, beach or track when you just reduce your pace.

Slow running burns fat in just as good a way as fast paced running. Lower intensity exercise leads to a loss of body fat as well as having cardiovascular benefits such as reduced blood pressure and thus in turn, less risk of a heart attack. Lower intensity running also comes with the benefit of increasing your oxygen uptake levels in your lungs – you take in deeper breaths from the air around you. All of your muscles and organs will take great reward from deeper, fuller breathing whilst exercising, and

“Lower intensity exercise leads to a loss of body fat as well as having cardiovascular benefits such as reduced blood pressure and thus in turn, less risk of a heart attack.”

the tightness of the lungs which can occur in the fast and furious, nimble-footed running regimes can be pretty much avoided altogether. Phew...

Enjoying your exercise begets more endorphins, so the bit about taking in the scenery is vital. 'Completing, not competing' is one slow runner's description of her newer, leisurely running vibe and that seems more fulfilling than smashing the sound barrier in a pair of Nikes and feeling the burn thereafter. (Unless of course, you are one of those masochistic folk who thrive from the 'burn' – if so, this article probably isn't for you). Speaking of speaking; chatting to your running mate when aiming for a slow run is a good way of determining if you're running right for a 'slow pace'. If you can understand each other and not feel like keeling over due to chatting whilst on the move, then you're probably doing it right.

That being said, slow running still requires some form, the correct sort of training shoes and a bit of mindfulness not to impact knees and the likes is still important. 40-50% of runners say that they experience running related injuries every year, so running is something that should be done with thought and care, no matter the speed; much like any other exercise.

Slow running is a good place (or pace) to start for someone who has never run before too. Whether it's an intended new form of physical activity, or training for an event (charity walk or marathon, for example), slow running lends itself to the people who might have never bothered with running at all. It's a fun pursuit, with no need to 'beat' anyone or do anything other than get fit, enjoy the space around you and a catch up whilst you bounce along to the beat with a mate.

Quoting Nike again, just do it. Or should we say... just ... do ... it ...





Buteyko-a-go-go

Breath of life.

Asthma, COPD (chronic obstructive pulmonary disease), sleep apnea, anxiety and many other breathlessness issues can all be helped by a simple yet super effective and inexpensive (if not free) breathing technique. The Buteyko Method (or Buteyko Breathing Technique – BBT), takes its name from Ukrainian born doctor Konstantin Pavlovich Buteyko, who first formulated its principles during the 1950s.

Dr Buteyko studied and worked in Russia, first as an engineer but, as he put it, “When the War ended, I decided to start researching the most complex machine, the Man. I thought if I learnt him, I’d be able to diagnose his diseases as easily as I had diagnosed machine disorders.” During his medical studies, he was given a project of making observations on patients’ breathing rates in relation to the severity and prognosis of their illness. He soon came to the conclusion that there was an association between these two factors, such that as a patient’s condition became more severe, so their breathing rate increased.

Buteyko reasoned that if there really was a connection between hyperventilation and illness, it should be possible to reverse this by deliberate breath control. Having already made a study of several texts on yoga, Buteyko was aware of exercises in breath restriction ... So he began to experiment both on himself and his patients. These early trials became known as the Buteyko Method and it is taught and practiced now the world over, treating breathing disorders that range from snoring and hay-fever, to chronic asthma and other more serious respiratory diseases.

The first thing to note about the Buteyko Method, is that all breathing is done through the nose. The reasoning being that the nose provides important filtering functions and it naturally limits the volume of air exchange with every breath. So anyone beginning Buteyko who is in the habit of breathing through the mouth, is first encouraged to breathe only through the nose.

The principle behind Buteyko's method, is to regulate the amount of carbon dioxide we retain. Contrary to popular belief, carbon dioxide (CO₂) is not merely a waste gas. Although you breathe to get rid of excess CO₂, it's very important that your breathing volume is normal, in order to maintain a certain amount of CO₂ in your lungs. The foundation of the Buteyko method is a diagnostic exercise called the Control Pause (CP). The CP is a holding of the breath after an ordinary exhalation of air, until you experience the first desire to breathe in; herein lies the answer to determining the measurement of CO₂ levels in the body.

Doctor Buteyko suggested a simple way to measure carbon dioxide levels in the body using just a stop watch. He found that the level of carbon dioxide in our lungs correlates to our ability to hold breath after normal exhalation.

Take Buteyko's test:

Sit straight without crossing your legs, relax and breathe comfortably and steady. After an exhalation pinch your nose (optional).

Hold your breath and start stopwatch. When you feel a slight discomfort, resume your breathing and note the time.

The interval of time in seconds that you measured is the CP. It reflects your body's tolerance to carbon dioxide. Healthy individuals with normal breathing pattern are generally able to hold their breath after exhalation for 40-60 seconds without any discomfort (40-60 CP). 20 CP indicates

poor health and less than 10 is often very severe. 20-30 CP usually indicates some minor health problems and 30-40 tends to indicate a pretty healthy CP, but with a suggestion of susceptibility to allergens and the likes.

“CO₂ is the main source of nutrition for any living matter on Earth. Plants obtain CO₂ from the air and provide the main source of nourishment for animals, while both plants and animals are nourishment for us.” ~

Konstantin Pavlovich Buteyko

Following the CP, the Buteyko Method requires you to wait three minutes and do the same thing again and hold your breath after the exhale for as long as you possibly can; this is called your Maximum Pause. The Buteyko method aims to get you up to a Control Pause of around 60 seconds and a Maximum Pause of around two minutes. This practice is known to improve more than just breathing problems; better sleeping, better energy levels and an all round fuller quality of life are things that are discussed as being enhanced by this method of breathing and quantifying oxygen and carbon dioxide. Carbon dioxide (CO₂) plays a vital part in releasing oxygen from the blood to cells and tissue - the Bohr effect - often when people hyperventilate, it isn't a lack of oxygen, rather it is a deficiency in CO₂.

The Buteyko Method may sound somewhat like a martial art, in fact it is one of the leading natural remedies to the world's most common breathing problem, asthma. In order to learn it, mostly people take classes which can be undertaken online and via Skype.

For more information go to www.learnbuteyko.co.uk and have a go at checking your own CP. And if in any doubt, always talk with your GP, too.



Carpe Diem, Ladies. Women doing it for themselves!

WORDS: Lucy Sanderson

We all have moments when we stop, take stock and more often than not, focus on the things we've not managed to achieve yet. It's the all too common human error of looking at the glass half empty – the thing is, we'd be much better looking at it this way; the glass is neither half full, or half empty. The glass is actually refillable. Changes, developments, improvements and achievements can all be made at any time, any age, for anyone. Look, if JK Rowling was struggling at her age, then there is hope for us all to succeed with a dream and the motivation to match.

In terms of success, some of the examples of late-bloomers are mind-blowing. Oprah Winfrey was fired from her first reporting job and told she'd never make it on TV. One of the few women in all of the world that needs no introduction, in fact, she doesn't even need a last name. Everyone knows who Oprah is, and it's for what? Her reporting and presenting on television – she is the single most successful television personality since TV talk shows were invented and is worth an estimated 3 billion dollars.

What's the person who fired her doing? Who knows. Who cares. The people who miss a trick when it comes to our dreams are just not the right people to have in your tribe.

The most famous wedding dress designer in the world, Vera Wang, failed to make the Olympic figure skating team, didn't get the Editor-in-Chief position at Vogue, and designed her first dress at age 40. Her dreams didn't even seem to include designing wedding dresses, she



found her path to success via a whole course of other directions first; meeting her version of failure at many a turn. Ms Wang did find another way back into skating, designing dresses for skating champion, Nancy Kerrigan. You see, how you get there isn't important; it's the fact that you keep going that counts. Dedication to succeed is success in itself.

Although rejection can feel genuinely devastating, it's important to take stock with a positive perspective. If you believe in something, shout about it; live it and breathe it and don't take no for an answer when you ask yourself whether you want to keep going. Knock backs and failures can lead us to wish we'd be swallowed up in our tear-stained scruffs and enveloped into a large, fluffy nothingness ... Do not admit defeat – there is no shame in failure, no matter how colossal it may seem at the time.

The wide-eyed, flame-haired comedienne and actress, Lucille Ball only found her success when she landed her role in 'I Love Lucy'. She was almost 40 and had been treading the boards and acting all of her life, without success. She'd become known in the industry as 'The Queen of B Movies' and her acting career had practically ground to a halt. Today, Lucille Ball is looked back on as an icon. Ta dah.

Stefani Germanotta is a modern-day icon. Better known as Lady Gaga, this megastar singer songwriter and Grammy winner was originally dropped by her

record label, Island Def Jam, after three months. Upon receiving the news, Gaga says she, "Cried so hard she couldn't talk." Her success today is insurmountable, having won a string of awards, performed the world over and amassed a following of fans so dedicated that she's on another stratosphere entirely – bringing her very own brand of HER to everything she does. Lady Gaga personifies the notion of being your true self. Although she wears an array of costumes and seemingly has a whole host of 'personas', she is her true, creative self – unashamedly. All we hear is ... Radio GAGA.

"So go ahead. Fall down. The world looks different from the ground." ~ Oprah

So, taking stock, seizing the day, making the most of what you've got, focussing on the positives; what you CAN do and what you strive to do can sync and success is something that we create for ourselves. As Oprah said, "So go ahead. Fall down. The world looks different from the ground."

Failing brings us one fantastic opportunity – to try again. Carpe Diem, seize the day!



Man Mags, Gadgets and more ... *With one thing in common – wellness.*

We're not normally in the habit of reading a lot of men's magazines, or at least we weren't until we saw that GQ recently published a Special Issue: Mind, Body and Masculinity.

With a prevalent focus on men's wellbeing in the mainstream media, magazines like GQ, Esquire, Attitude and Maxim are mixing up the content; interweaving information on the latest health and wellness trends with articles on exercise, optimum nutrition and gadgets to enhance wellbeing. There are of course, still the features expressing thoughts on how to find the best dating app, or articles on which trainer qualifies in the top ten trainers of the 21st Century etc, but with a stronger tip of the hat to keeping men well, men's mags are pretty impressive.

Information packed content, inspiring rhetoric and sleek design and presentation makes for a digestible read indeed – present-day men's mags rock. We loved GQ's examples of some phenomenal wellness gadgets for guys. Ranging from sleep aids to posture improvement gadgets, meditation mechanisms and other interesting tech ... So, we thought we'd share ...

We were particularly impressed by the meditation tech – we want one!

Pictured above: Withings Aura Total Sleep System ▲



Pictured above: Spire ▲



Pictured above: InteraXon Muse ▲

Men and meditation in a men's magazine might not be something you'd expect. Wrap it up in a slick, neat headphone designed piece of tech though and, om shanti ... you have it in a product called, 'Muse'. For the mindful man, the InteraXon (whose mission statement states, "Enable people to live happier, healthier and more connected lives with leading brain-sensing technologies and experiences.") takes EEG (electroencephalogram) snapshots of brain wave activity before and after meditation to give accurate feedback. When Muse is connected to its related app, it provides motivational challenges and rewards, which encourage better meditation technique. Just brilliant. Check out www.choosemuse.com for more information.

Our other favourite gadget is called, 'Spire,' a 'mind/body tracker' designed to monitor breathing patterns in order to detect stress levels. Strapping Spire to your belt and using the related app provides guidance through short exercises (a bit like mini meditations) which help increase focus, calm and energy levels. Find out more about Spire at: www.spire.io

From meditation and activity to sleep and posture, the other two fantastic gadgets we thought were worth shouting about come in the form of what looks a bit like a super cool speaker and another which looks like something of a naughty girl's toy! 'Aura Total Sleep System' by Withings, is a trendy looking speaker shaped product which is designed to sync with Spotify so that

actually become a stress inducer – so that one's up to the user, we suppose.

“Aside from gadgets and gizmos to promote better health and wellness, men's lifestyle magazines contain a wealth of information about better nutrition – and not just to 'beef up' or slim down.”

you can match your music to your mood. It also aids restful sleep with appropriate sounds and colours that apparently help secrete the right hormones. Now, that sounds pretty space age! The product which, at first glance, looked like a bit of a cheeky lady's toy, is called, 'The Pip'. The pip is a stress detector that is held between the thumb and index finger. Sending the information through to your mobile, giving you the heads up when you need to wind down. Although, the notifications could

Aside from gadgets and gizmos to promote better health and wellness, men's lifestyle magazines contain a wealth of information about better nutrition – and not just to 'beef up' or slim down. Actual nutrition, from actual nutrition experts provide insight into everything, from '5 simple satisfying one tub lunches' to information on whether or not 'No Carbs Before Marbs' is actually a wise move – providing the lowdown on fats, carbs and generally demystifying some of our love/hate food group relationships.

Inspiration and motivation in men's mags come in the form of interviews with cool people and articles on people who have dreamt big and gone far. Just like women's magazines, men's mags can pack an awful lot of useful info, tips and treats into one publication. Not as much as WellBeing World, obviously, but we're pleased to see the wellbeing revolution gaining momentum in the midst of the man mag arena, too ...

Yoga for the Special Child

WORDS: Emma Lapidus, Kula-Yoga



Through my practice and teaching I have learnt that yoga can be for anyone willing to let their mind be led by their heart. This means really letting go of any preconception about what you or anyone else tells you yoga is, or should be. It is simply coming to your mat and being with yourself.

What is Yoga for the Special Child?

Yoga for the Special Child takes each child on a journey into their body, allowing them to experience feelings and sensations that they may have never come across before. Enabling a child to connect with their body by using Yoga in a therapeutic way helps their inner light shine a little brighter.

I believe that each child is special and unique and comes with his or her own set of abilities and needs. Yoga for the Special Child supports babies, infants, children and young adults with conditions including Autism, Cerebral Palsy, Down's Syndrome, Epilepsy, ADHD, as well as other physical and development difficulties.

“Yoga as a therapeutic treatment provides a holistic approach to a child’s wellbeing that may not be easily accessible otherwise.”

What are the Benefits of Practising Yoga?

The benefits of regular yoga practice for babies and children with special needs can be countless and profound. Letting a child explore movement and understand their body can help improve strength and flexibility, postural alignment, balance and coordination, breathing and body function, cognition and self-regulation of emotions, communication skills, behaviour, emotional wellbeing, reduced hyperactivity, improved attention and concentration, improved sleep, and a sense of calm and inner peace. All these factors contribute to a happier, healthier child.

How does each Yoga session work?

Each session will vary depending on how the child is feeling that day. Starting a session with an open mind and open heart works best – working to the child's agenda. The session involves teaching the child how to use their full breath, while connecting with their body through movement, gentle massage within a calm relaxed space and a peaceful environment. Whilst full poses may not be accessible to all, working closely and hands-on with the child, ensures they can benefit from the experience, reaching their full potential with support and coaching.

Why choose Special Yoga?

Yoga as a therapeutic treatment, provides a holistic approach to a child's wellbeing that may not be easily accessible otherwise. It can bring a little light into the world of any child within the special needs community. I'd encourage anyone to visit or watch the testimonials available for the Special Yoga Foundation to see this work in action. This is the place where I undertook my training and it is inspirational. The difference in the children was spectacular to watch, and of immeasurable benefit to both themselves and their families.

Grateful every day

Whilst training at the Special Yoga Foundation in London, my eyes were

opened to the possibilities that Yoga brought to the children and their families. My greatest observation of how profound this work is, was seeing the children connect with their bodies and discover a practice that empowered them to lead their own development and on-going wellbeing and reach their fullest potential.



About Emma:

Emma's yoga teaching career has spanned over 10 years. She specialises in Hatha Vinyasa Flow as a dynamic expression of the truth of one's body and deeper journey into oneself. A passionate facilitator of pregnancy yoga, she understands the gentle nature of holding space for mums-to-be as well as specialising in Yoga for the Special Child.

Her approach is compassionate, joyful, encouraging, empowering and gentle. It's about the experience of each individual, encouraging them to listen to their bodies. Emma makes it her focus to immerse her students into a feeling of immense love, joy and self-acceptance, taking them on a journey of the body, breath and an opening of the mind's eye to feel connected.

More info: www.kula-yoga.co.uk



Adolescent Mental Health

Not just teen angst...

With puberty, new experiences and the pressure of school, friends and other influences at their most heightened during teenage years, teen mental health is at the forefront of mental health discussions. Adolescent mental health issues are at the highest they've ever been; with staggering statistics concerning young people and the problems they face.

The strong focus on removing the taboo status and stigma associated with mental health means that a new generation of adolescents are being urged to discuss their concerns or thoughts, from eating disorders to self-harm, OCD to ADHD. Like adults, adolescents can suffer from a whole host of mental health disorders, but there are some which tend to be more likely during those

formative teenage years and with an ever-changing society in regard to the next generation, there are new challenges ahead.

The teenage brain goes through significant growth and development between the ages of around 12-19, which can sometimes extend up to the age of 30. But the kickstart is in puberty, where changes to the body

and hormone levels are at their most prolific. Add stress from exams, sexuality, peers (particularly bullying), social media and the wider media influence, deeper interest in the world around them on a larger scale – what you end up with is a hotbed of thought in a young and easily influenced mind; sometimes someone with insufficient tools to deal with all the mind noise. Issues such as self-

“Rates of depression and anxiety among teenagers have increased by 70 per cent in the past 25 years.”

harm can breed and flourish in a het-up, stressed-out, mentally precarious teen. Self-image plays a huge role in a teenage mind and the notion of what other people think is just about volcanic in terms of what's important to many adolescents.

Rates of depression and anxiety among teenagers have increased by 70 per cent in the past 25 years. The number of children and young people turning up in A&E with a psychiatric condition has more than doubled since 2009 and, in the past three years, hospital admissions for teenagers with eating disorders have also almost doubled. In a 2016 survey for an online parent information hub, ParentZone, 93 per cent of teachers reported seeing increased rates of mental illness among children and teenagers and 90 per cent thought the issues were getting more severe, with 62 per cent dealing with a pupil's mental-health problem at least once a month and an additional 20 per cent doing so on a weekly or even daily basis. These days, it's as if, rather than acting out, young people are turning on themselves.

With the rise in adolescent mental health disorders, the question is, how can we tell when a young person is

struggling? What is the difference between what some might call, 'normal' teenage behaviour, and signs of depression, anxiety or other mental health issues?

Teenagers can typically moody with parents and teachers and people they might not feel they can relate to. There are certain signs which might be indicative of mental health problems; things that you can look out for ...

- ***Loss of self-confidence.*** Teens who had previously seemed confident and sure of themselves may suddenly make disparaging comments about their skills, appearance or talents.

- ***Sudden changes in academic performance.*** Mental illness can keep teens from focusing on their studies, and they may be too distracted to complete homework. Dramatic, across-the board grade changes could result.

- ***Lack of interest in activities a teen previously enjoyed.*** A teen who enjoyed football may refuse to attend practices or may scorn watching the sport on television.

- ***Sleep changes.*** Most teens need extra sleep, but teens with mental illness may sleep for incredibly long periods of time yet still seem tired. Conversely, some mental illnesses cause teens to stop sleeping, and they may be awake for much of the night and seem tired throughout the day.

- ***Dramatic weight loss or gain.*** Teens often struggle with body image issues, and they may turn to anorexia or bulimia to ease their pain. Some other forms of mental illness may cause teens to overeat and stop exercising, and this can lead to weight gains.

- ***Personality shifts.*** Placid teens with no history of aggression may suddenly become volatile.

There are lots of online resources for parents or teachers who are concerned; as well as community and medical help that can be found through your GP. At home, maintaining communication with young people in the house will at least keep the door open in the hope that you can talk directly. Communication is key when it comes to understanding and treating mental health; especially so with teenagers and young people.

More info: www.mindjersey.org



The Benefits of Meaningful Activity for People Living with Dementia

WORDS: Mark Blamey
Manager, Jersey Alzheimer's Association

What is Dementia?

'Dementia' is an umbrella term which is used to describe the symptoms that occur when the brain is affected by specific diseases and conditions. Symptoms of dementia include loss of memory, confusion, and problems with speech and understanding.

Dementia is not a mental illness; it is a physical brain disease that damages brain cells. It cannot presently be cured, although there are anti-dementia drugs in the form of pills or patches that may delay memory deterioration for a while.

There are many different types of dementia, the most common of which are Alzheimer's Disease and Vascular Dementia; sometimes people will have a combination of more than one.

The most noticeable early symptoms are short-term memory loss, repetitive behaviour, general confusion, lack of understanding and an increasing inability to perform everyday tasks. A person might show feelings of insecurity and need constant reassurance.

Jersey Alzheimer's Association is an independent charity which provides help, advice and support to anyone affected by dementia, including the friends and families of individuals living with dementia and those who provide care.

We cannot make a diagnosis of dementia, but we can signpost anyone who approaches us to the help that is available from GPs, the Memory Clinic run by Health and Social Services, and other agencies in Jersey.

Dementia causes problems with recognition, memory, reasoning and communication, but it does not strip people of the ability to connect, at a deeper level, with others.

Person-centred care

Individuals who have a form of dementia do not lose their capacity to experience and demonstrate love, affection and empathy. Therefore, we need to pay particular attention to how we can help the person living with dementia to feel special, valuable, loved and cherished.

"Individuals who have a form of dementia do not lose their capacity to experience and demonstrate love, affection and empathy. Therefore, we need to pay particular attention to how we can help the person living with dementia to feel special, valuable, loved and cherished."

Our charity champions care that is 'person-centred' which means seeing the person first rather than their diagnosis of dementia. But this is not to deny the reality of dementia as a progressive terminal illness.

Jersey Alzheimer's Association (JAA) works hard to ensure that anyone who has received a diagnosis of dementia is able to access the very best quality of care, in whatever setting.

It is especially important to know about a person's life before they develop dementia. If we do, we can provide meaningful activities based on that person's wishes, ability and potential and, in time, see that their behaviour is a form of communication.

Our charity works alongside, and in formal partnership with, Health and Social Services and other voluntary and community organisations.

Dementia Worldwide

44
MILLION

Dementia is a global health issue affecting 44 million people worldwide. (Alzheimer's Research UK)

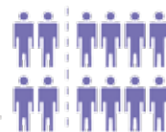
Dementia is a condition that can affect anyone regardless of background, education, lifestyle and status. (Alzheimer's Research UK)



Today in Jersey approximately 1,400 people are living with a form of dementia, but probably less than half will have received a diagnosis.

1,400

The number of people with dementia in Jersey is likely to double in the next twenty years.



Statistics from 2015

The support and activities we provide

We provide all of our activities free of charge with the exception of Saturday Club, for which we charge £6 per day to cover transport and catering costs.

Activities that are provided by Jersey Alzheimer's Association include:-

Saturday Club: day care is available every Saturday from 9am to 3.30pm, based at Sandybrook Day Centre, St Lawrence.

Friendship Group: a monthly carers' support group on the second Saturday of each month from 10am to 12noon providing an opportunity for people to share experiences informally or speak in confidence to our trained members of staff.

Arts Exploration: a weekly 'art as therapy' group on Wednesdays from 11am to 1pm.

Forget-Me-Not Café: this activity is open every Wednesday between 2pm and 4pm. The café is for patients on Beech Ward who have been admitted for assessment or respite, and residents of Rosewood House, the permanent Health & Social Services residence for people with dementia.

Splashchat: a social swimming group jointly run with occupational therapists and the Memory Clinic, based at AquaSplash on Thursdays, and followed by coffee together.

Musical Memories: weekly music therapy sessions on Fridays from 2pm to 3.30pm, with singing, seated exercises and playing instruments.

Office/Drop-in Centre: at de Carteret House in Hilgrove Street, St Helier - open from 10am to 1pm, Monday to Thursday inclusive; Tel: 01534 723 519

Other than a small grant from Health and Social Services, which helps to cover some of the costs of providing the helpline service and the Saturday day care facility, the Association is entirely self-funding and needs to raise around £250,000 a year to cover its running costs.

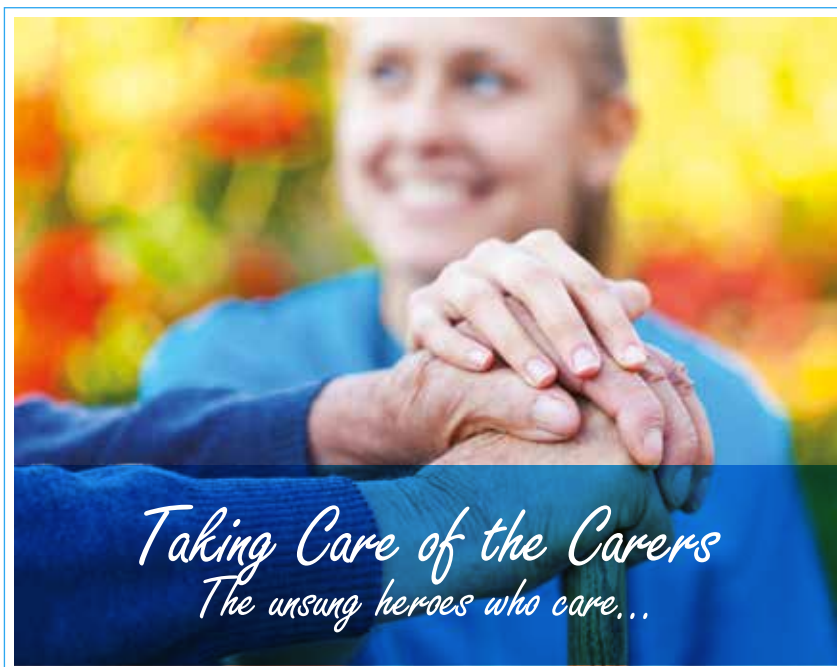
We would not be able to do what we do without the continuing generosity of businesses and individuals in Jersey for which we are extremely grateful.

More info: www.jerseyalzheimers.com and www.facebook.com/JerseyAlzheimersAssociation
24 Hour Answerphone Helpline:
tel: 01534 443 075

Local thrill-seekers are being encouraged to 'Be a Daredevil for Dementia' this summer to help raise funds to support the work of Jersey Alzheimer's Association.

There is the opportunity to take part in a tandem skydive over Jersey on Sunday, 4th September or, alternatively, you can sign up for a sponsored abseil down Mont Orgueil Castle over the weekend of Saturday/Sunday, 20th/21st August.

Anyone looking to 'Be a Daredevil for Dementia' or who wishes to take part in either of these two activities, please contact Mark Blamey at mark@jerseyalzheimers.com or on tel: 07700 336 627.



Carers make up a great proportion of the extended health service. Without carers within the family, or amongst friends and in charitable organisations, many people would find themselves without a lifeline; without the right support – unable to live much of a life at all. But who cares for the carers?

With such devotion and responsibility in caring for others, comes an array of possible issues and concerns, especially when it comes to young carers or people who may be somewhat out of reach, living in isolation both physically and mentally. According to Carers UK, there are more than 5.3million carers across the UK and more who look after relatives or loved ones; their role is one that cannot be understated.

It is vital that communities are carer friendly; that they receive the financial backing that they need and that they get a chance for respite from 'work' as a carer to make sure that they too are cared for; able to have a balanced and fulfilling life outside of the remit of caring for another person. Some carers are full-time, which means that they don't

get the same interactions or benefits as someone might in another role. Some carers are part-time, yet hold down full or part time jobs alongside. And some carers are still at school; working as carers around lessons, revising and exams. One can't help but think, the young carers need a little extra help and support – all young people ought to have the same chances and opportunities to fulfil their potential.

Whether a carer is man, a woman, a parent of a child, child of a parent or anything else, carers are at risk of detriment to their own health and wellbeing if they aren't taken care of, or mindful about taking care of themselves. With carers plugging many of the gaps in health care and providing invaluable support, it is imperative that they maintain their

health and wellbeing to be able to continue to provide care. Not that this is the foremost concern of most carers though, as their second nature is to put others first.

Research carried out by Circle, (the Centre for International Research on Care, Labour and Equalities) at the University of Leeds provided interesting and innovative insights and new ideas a couple of years ago. Studying the impact and effectiveness of 25 multi-agency projects funded by the Department of Health, with almost 19,000 carers taking part, the study explored ways by which carers could be better supported. The programme employed an innovative strategy aimed at improving how local agencies work together by involving partners in the voluntary sector, NHS and local authorities. The

projects offered carers three main types of extra help: a break from caring, made accessible in a new and much more flexible way; a health and wellbeing check specially designed with carers' needs in mind; and timely support just when and where they really needed it, accessed through GPs and hospitals. Solutions and improvements such as, for carers struggling to make ends meet, small investments in gym memberships, laptops or short holidays made a real difference, yet cost only a fraction of what would need to be spent if their ability to care broke down or could not be sustained – the notion that carers need a break before they are 'broken' is one to bear in mind.

With a wider health service and the focus on prevention over cure being the order of the day in most wellbeing and medical manifestos, it is imperative that carers remember to take extra special care of themselves too. As we are urged to eat healthily, take time for exercise, leisure and our 'inner-self' (our spirituality and mind), so too must carers; carers of any kind. Whether you're a parent or guardian caring for little ones, a charitable volunteer who takes time to look after others, a paid care worker or family member – everyone needs a break – or they'll end up a bit broken.

It's so easy to be caught up with the needs of your charge, so we would say: remember to take time out and practice self-care. Treat yourself as you treat others; the old adage works both ways. Check at least once a day, perhaps at night before bed, to tick off the things you should be doing for your own wellbeing. Did you eat well?

“With carers plugging many of the gaps in health care and providing invaluable support, it is imperative that they maintain their health and wellbeing to be able to continue to provide care.”

Did you drink enough water? Were you well rested after last night's sleep and are you ready to switch off and sleep tonight? If not, you're possibly feeling bloated, or hungry; you might have a headache from being dehydrated; you might be exhausted and feel like your day has past you by without much in the way of thought. Make a change for tomorrow and be sure to take care of yourself; people are depending on you.





Fit as a Butcher's Dog! *Fitness for Doggies.*

Dog is man's best friend ... and girls' and grown women, kids and anyone else who has ever had a furry, four-legged family member make their home complete. Dogs are undoubtedly a human's favourite household animal and in the UK alone, some twelve million families make up the pet population in regard to dogs. We are indeed a nation of dog lovers.

Keeping our dogs fit and healthy, with plenty of exercise, good food (sometimes the odd steak or treat) and keeping up-to-date with veterinary appointments and annual check-ups is all part and parcel of being a dog's human. Taking care of the dog you love means time, energy and doing what's best for Rover.

In Jersey, there is a new way to keep your doggy fit, even in the house.

(We are not about to advocate crazy games in the house as all that puppy mess from displaced sofa cushions and rampant running through the kitchen is not something anyone wants to go through too many times!). Nope, we're talking about an innovative way of maintaining your dog's health by using some specially designed equipment ... especially made for dogs!

Dogs need to be kept active; they need interaction and training in order to stay well, inside and out. Many a household has gone through the worrying times of their dog needing an operation, for one reason or another – following any sort of intrusive medical treatment, dogs need to exercise to get well, just like us. Doggy physio, so to speak.

All of the issues we've mentioned are a job for, FitPAWS© Canine Conditioning Equipment. FitPAWS is designed to give your dog a complete body workout whilst giving you and Mutley the chance to bond. Training with positive reinforcement, your dog will love you for it. Exercising with Master

Pictured here: FitPAWS Balance Disc & Fit Bone



Trainer, Emma Ross, your dog's training will include a variety of specifically designed canine fitness equipment. This can include cavaletti poles, balance discs, fit bones, donuts, a range of shaped and sized balance balls, paw pods, wobble boards and many, many more.

Adding as little as 5-10 minutes 3-4 times per week provides lots of benefits for your dog. Alongside the standard benefits of exercise, such as weight loss, lowered risk of disease and increased muscle mass, correct and safe use of the equipment can help to increase balance and body awareness, increase core and limb strength, increase range of motion in joints and elongation of the muscles, stabilise weak areas, improve reaction and control and help maintain and enhance brain health – fit as a butcher's dog, type of thing!

For show dogs and dogs that participate in sports competitions – core conditioning is an essential part of any athlete's training programme; canine athletes are no different. For

example, agility dogs need extra hind end musculature to propel them over jumps, strong abdominals to weave through poles, a strong sense of balance, body awareness and muscle memory to hit every contact and clear

families take their dogs on long hikes, jogs and swims or involve them in fun yet strenuous play activities like fetch. Our senior dogs will also need extra attention as many tend to lose muscle mass in their hind end.

Incorporating low impact repetition exercises such as sit-to-stand on a FitPAWS® Balance Disc helps build hind limb strength while doggie push-ups with rear feet on a FitPAWS® Fit Bone and front feet on the ground can help improve shoulder strength by shifting their weight forward.

Dogs with inherent conditions, such as hip dysplasia, need a tailored strengthening programme to help build muscle mass and protect and preserve their joints.

It is therefore particularly important that prior to any fitness assessment your dog is cleared by his/her Vet so that any relevant medical history can be taken into account when designing a programme.

“Dogs need to be kept active; they need interaction and training in order to stay well, inside and out.”

the jump poles. If your dog competes in conformation showing you'll want to make sure they have a great topline and are in shape. A strong core is the foundation for all movement, including showing in the ring. Even if your dog doesn't compete in sporting competitions many active

For more information on how you can help to keep your dog fit, healthy and having fun, please contact Emma Ross, Animal Chiropractor and FitPAWS® Master Trainer, at the Jersey Chiropractic Centre on: +44 (0) 1534 633 060.

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E: barbara.corbett@bcrlawjersey.com

T: +44 (0) 1534 760 860



COGNITIVE HEALTH

Cognitive Health is a cognitive stimulation and rehabilitation clinic led by Dr Juan Melendez and Diane Saralis, both who have specialist knowledge and experience in the field of dementia care. They provide screening and guidance for people who are worried about their memory and therapies for people who have been diagnosed with dementia. Services include cognitive training, nutrition guidance, physical activity, and social engagement. Mindfulness courses are also available. Patients can self-refer or be referred by their GP.

28 Clarendon Road, St Helier, Jersey

W: www.cognitivehealthjersey.com

E: info@cognitivehealthjersey.com

T: +44 (0) 7797 925 484



DYNAMIC HEALTH

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28 Clarendon Road, St Helier
W: www.dynamichealth.je
E: reception@dynamichealth.je
T: +44 (0) 1534 733 162

Eileen Holland Aura-Soma.

Consultant & Teacher



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Flavour is based conveniently in St Helier, directly opposite the Central Bus Station at 9 Esplanade.

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W: www.healthpointclinic.co.uk

E: lornajackson@healthpointclinic.co.uk

T: +44 (0) 1534 852 039 (Greycliff Chiropractic)

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JERSEY ALZHEIMER'S ASSOCIATION

Jersey Alzheimer's Association is a local charity for local people whose lives have been touched by dementia. We are here to help and support people with dementia, their families, friends and carers. Our aim is to ensure that all those who are directly affected by dementia are treated with dignity and respect, receive the best possible care and support in our community and enjoy the quality of life that every human being would hope for. For help and support please get in touch. Drop in for a cuppa. Hilgrove St, St Helier, Jersey. Mon - Thur 10am - 1pm.

W: www.jerseyalzheimers.com
T: +44 (0)1534 723 519



KC FITNESS & COACHING

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W: www.ptjersey.com
E: katarina.casserlov@gmail.com
T: +44 (0) 7797 937 468



KULA-YOGA

Teaching varying levels of yoga to children and adults, Emma believes yoga really is for all. The aim of her classes is to immerse her students into a feeling of love, joy and self-acceptance. Each class will lead you on a journey that will better prepare your body and mind for everyday living. Emma's classes are predominately held at Les Ormes. She offers Hatha Vinyasa Flow, Pregnancy Yoga, Yoga for the Special Child and Sports Rehabilitation Yoga. Paddleboard Yoga and Beach Yoga class details will be posted on Facebook. Follow Kula Yoga Jersey for more information.

W: www.kula-yoga.co.uk
E: emma@kula-yoga.co.uk
T: +44 (0) 7797 724 334

Jersey Sports Medical Centre, Les Ormes, St Brelades



LIDO WELLNESS CENTRE

A diverse and experienced range of health therapists have come together to provide the island with a premium centre for wellbeing. The Lido Wellness Centre is based on the 2nd floor at the Lido Medical Centre in St Helier.

With six individual treatment rooms, the Centre provides a base for a wide range of therapies, offering a vast array of knowledge and experience to support people back to wellness. The centre is open 8am to 8pm, Monday to Friday, and 9am to 5pm on Saturdays.

W: www.thelidowellnesscentre.co.uk
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W: www.pippacampbellhealth.com

E: pippa@pippacampbellhealth.com

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SILKWORTH LODGE

Silkworth Lodge is the only residential rehabilitation treatment centre in the Channel Islands. It is a non-profit organisation, owned and administered by The Families in Recovery Trust, to support those with drug and alcohol dependency, together with their families.

If you would like to find out more about the programmes we offer or even enquire about some of our fundraising events, please get in touch.

W: www.silkworthlodge.co.uk
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W: www.the-wellness-centre.com
E: the-wellness-centre@hotmail.com
T: +44 (0) 1534 633 060

Millais House (Castle Quay), Rue De L'Eteau, St. Helier



THERAPYBREAKS

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A person is captured mid-jump, entering a body of water. The scene is set against a bright, golden sunset, with the sun low on the horizon, creating a strong silhouette effect on the person and a shimmering reflection on the water's surface. The person's arms are outstretched, and their hair is flying, conveying a sense of freedom and joy. In the background, a distant shoreline with some structures and a small umbrella is visible under the warm glow of the sun.

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