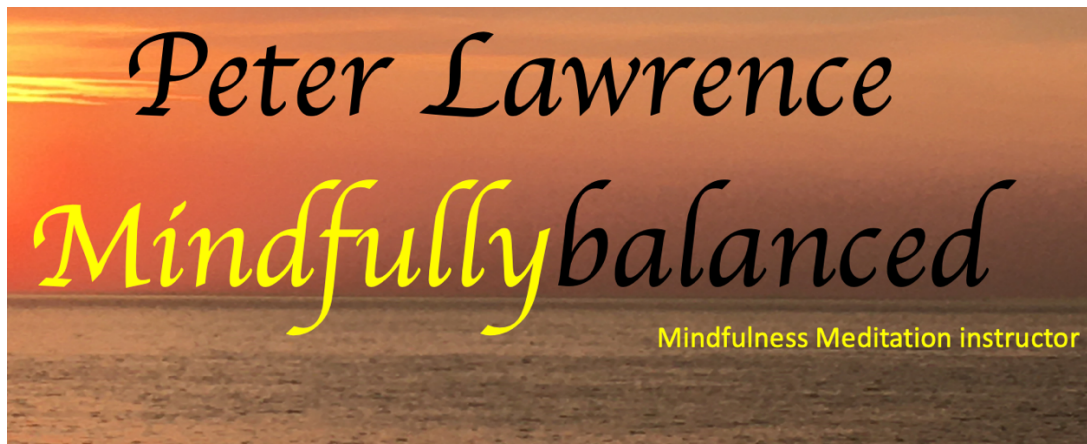


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Mindfullybalanced.co.uk

Date: 19th September 2021

Contents of this newsletter:

Section 1: **Update weekly sessions:**

Monday 20th September – Sunday 26th September

And advance notice.

The MBSR course

Holiday period – please note the dates.

Section 2: **Some ideas for a healthy brain** – *From the website
restless.co.uk*

Section 1:

Monday 20th September – 9am **and 7.30pm**
(please note change of time for the Monday evening.

Wednesday 22nd September - 9am

Thursday 23rd September – 6.30pm

Friday 24th September – 9am and 11.30am

Weekend times:

Saturday 25th September

Sunday 26th September – There will not be a lesson

I did think the regular Sunday sessions would start on the 12th September, but I have to put the sessions back to October. More info will follow.



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Advance notice:

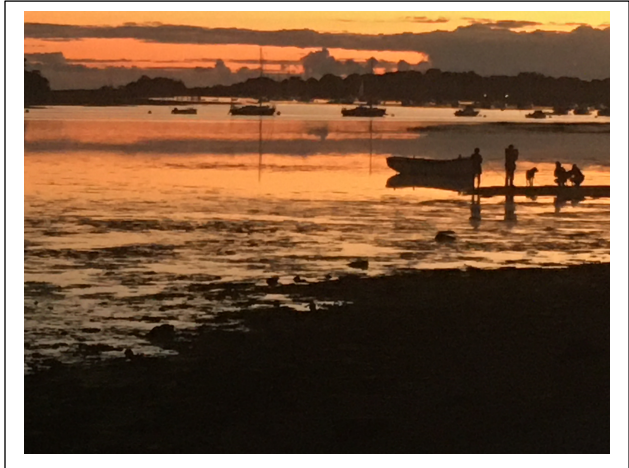
The 8 week Mindfully Based Stressed Reduction (MBSR) course started on Monday 13th September at 7.30pm. Monday 20th will be the 2nd session, and if you wish to get as much as you can from the course this will be the best chance to join.

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'.

I will be in Spain for a wedding all things going to plan, and travel restrictions are okay.

I travel on the 30th September. And there will be no sessions from: Thursday 30th September until Sunday 10th October.

I will run the Saturday 9th October session on the Sunday 10th October at 11am.



Section 2: Some ideas for a healthy brain – *From the website restless.co.uk*

Exercising the mind is just as important as exercising the body if you want to get the most from life. The mind is often thought of as a muscle, meaning that the more you challenge it, the stronger it will become. Over the years scientists have frequently explored the 'Use it or lose it approach', which suggests that if we want our brains to stay in peak condition then we need to use them. Research also shows that people who do more mentally stimulating activities have better critical thinking skills later in life.

Whilst every brain will change with age, cognitive impairment doesn't have to be an inevitable part of getting older. Below are a few ideas that may help to keep a healthy brain.

Solve puzzles or play brain games

Sudoku, crosswords, word searches, jigsaw puzzles, memory games...there's a puzzle or a brain game out there to suit everyone! There are a whole host of mental benefits that come with puzzle-solving including enhancing your memory function, increasing your IQ score and improving your visual and spatial reasoning skills (the skills that we need to be able to perceive, analyse and understand visual information in the world around us).

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Use your non-dominant hand to perform tasks

If you're right-handed then consider challenging yourself to perform tasks like eating or writing using your left hand, and vice versa. Using your non-dominant hand is a chance for you to confuse your brain and encourage it to engage in a whole new way.

By using your left hand, when your dominant hand is your right, you are forcing your brain out of auto-pilot mode by making it think more about your movements. Using your non-dominant hand can feel incredibly awkward and tiring to start with, but this is actually a positive thing. Our brains will be working hard to develop new learning pathways to allow us to become more efficient at using our non-dominant hand to perform tasks.

Mix up your diet

It's easy for us to fall into a comfort zone with our food. Perhaps you have the same chicken wrap everyday for lunch, or you find yourself choosing from the same three dinner options every night out of convenience. Whilst



there's nothing wrong with sticking to foods that you know, every now and then it can be good to mix up your diet and try something new.

If you're in need of some inspiration, then consider investing in some cookery books, or browsing recipes online. It can be fun to have themed cooking nights to help you explore different cuisines. For example

Tuesday could be Mexican cooking night, Friday could be your chance to cook Thai food, and on Sunday afternoons you could try different baking recipes. Increasing the variety in your diet will be a real treat for your taste buds, and will also keep your mind active while you enjoy and appreciate new flavours and try out new recipes.

Often when we start exploring and experimenting with different foods, we also learn more about food in general (nutritional breakdown, calories etc), and we may start making healthier choices as a result.

Change up your daily routine

Our brains are always working, but they have to do far less when we simply repeat the same actions that we do all the time. For this reason, it's a good

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idea to change up your routine from time to time to keep your brain on it's toes. This is also the perfect opportunity to try something new.

For example, if you usually walk, run or cycle the same route, then try a completely different way next time. Or consider slotting an entirely new activity into your daily routine – like 10 minutes of meditation first thing in the morning. It's these changes in activity that take our minds off cruise control and put them back into gear, because they increase brain activity in several different areas.



Practice mindfulness

Many people don't initially think of mindfulness as a way to keep your mind sharp, because it involves quieting your mind. But in reality it's all about focus, and being able to train your mind. The ability to filter out negative thoughts and focus only on the present moment is a skill that has to be learnt and takes practise. Mindfulness also encourages you to engage more fully with your surroundings, and explore your senses. These heightened sensory experiences are great for stimulating your brain in all the right ways.

Yay!!!

Take care everyone.

With kindness

Pete

