

# Newsletter 3/2021



Date: 7<sup>th</sup> March 2021

Contents of this newsletter:

Section 1: Update weekly sessions

Section 2: Update registers and changes to weekly community sessions

Section 4: Good news

Section 5: Quick read – Nitric Oxide

## Section 1:

### Update weekly sessions:

**The 6.30pm sessions on Monday and Thursday evenings this week, will run between 5.15pm – 6.15pm. Sorry if this causes an inconvenience, it is due to fostering commitments.**

**The usual codes for the 6.30pm sessions can still be used.**

**Due to lack of attendance Tuesday 12.45pm session is now withdrawn until further notice.**

For info the weekly Zoom Mindful meditation sessions are:

Monday 8<sup>th</sup> March - 9am, 5.15pm 8.30pm

Wednesday 10<sup>th</sup> March - 9am

Thursday 11<sup>th</sup> March – 5.15pm 8.30pm

Friday 12<sup>th</sup> March - 9am and 11.30am

Saturday 13<sup>th</sup> March - 11am - specifically for pain management.

# Newsletter 3/2021

The Zoom codes and links for each session are below:

**For Monday, Wednesday and Friday 9am sessions:**

Meeting ID: 851 1533 4373 Passcode: 908001

<https://us02web.zoom.us/j/85115334373?pwd=Yk1DZS9tMnEvlA4bkozT2N3a1lGQT09>

**Monday 5.15 pm**

Meeting ID 151-459-729 Password - 667945

<https://us02web.zoom.us/j/151459729?pwd=eHdhNGw2YXBrVEt3SW1ic3NiUk5BU T09>

**Monday 8.30pm**

Meeting ID 626-646-512 password: 815083

<https://us02web.zoom.us/j/626646512?pwd=OFA1SmlGb1dETTFzZUtnNDRYSW5Td09>

**Thursday 5.15pm**

Meeting ID 967-413-776 password: 795425

<https://us02web.zoom.us/j/967413776?pwd=TTNUWkRaeXFGamJXRG03SDc0MG 95QT09>

**Thursday 8.30pm**

Meeting ID 352-579-466 Password: 686133

<https://us02web.zoom.us/meeting/register/vpEvcu6hqj0sboQMarCWV7gOQNqbc-cNWg>

**Friday 11.30am**

Meeting ID 624-619-877 password: 629836

<https://us02web.zoom.us/j/624619877?pwd=ZE04NThTdjdpEVZ2SmQ5WE9WYjJLd z09>

If you would like to attend this Saturday's session please let me know.

**Section 2:**

Update registers and changes to weekly community sessions

**Important changes in red**

From the week of the **March 15<sup>th</sup>, Tuesday's 12.45pm** session will no longer run due to lack of attendance.

**From Monday 15<sup>th</sup> March the changes to the Monday and Thursday evening sessions will be:**

**On Mondays:**

**No 6.30pm session**

**the 8.30pm sessions will continue**

**On Thursdays**

**the 6.30pm sessions will continue**

**No 8.30pm session**

# Newsletter 3/2021

**Sorry for any inconvenience this may cause but the numbers attending does not justify the funding.**

The Friday session will continue as usual. As an attendee said 'this session is a window into the weekend'!

## **Section 3: Update on registers and survey results**

As mentioned above some sessions are being merged due to falling numbers attending the live sessions.

From the survey, under the question 'which time would you prefer', Saturday and Sunday mornings were very popular. So towards the end of the month I will start a Zoom session for Sunday mornings too. This will be a trial to see if there are regular attendees to keep the Sunday morning sessions going.

## **Section 4: Good news**

I start my contract with UEL staff, during the week of 22<sup>nd</sup> March, taking the MBSR course, which I'm looking forward too, and they are too! Yay!!

I had my first meeting with the CEO of Mindfulness In Schools Project, over my work with a foster child and how my work helped him to cope better with his behaviour and his temper, so that he was able to go back to all of his 30 lessons, after being removed from 26 of them. This took a long time of work, building trust and determination from both us. The CEO, had not heard of any similar intervention anywhere in the country, and I'm really proud to be trusted with this work. I worked closely with CAHMs, I was funded by Social Services of the borough the boy was in, and worked closely with the School. In fact the boy started to teach his teachers some meditation techniques!! The work, however, was expensive but the impact it has had on the boys schooling, as well as his social and personal life has been life changing and for that, the work is priceless!! The CEO, would like me to speak at the conference in June on this subject, but needs to talk to rest of the team for their thoughts.

I received my certificate from 'Breakworks', not to be confused with 'Breathwork', on completing the requirements on the 'introduction course to teach Pain Management'. I may take the full course in the future. This was a really interesting course and I have already brought some of the techniques into the Saturday morning sessions.

Some feedback news:

JW – mentioned that after a day of moving home her mind was so active that she couldn't get to sleep, so she remembered a few techniques she has learnt. She took a breath and then concentrated on her feet, to check in what they felt like and she noticed they were throbbing, JW then took changed her focus to her hands and they felt sore. The next thing she remembers is waking up in the morning. So, by interrupting the signals in our brain and focusing on the body, the brain gets

# Newsletter 3/2021

distracted from all the churning and bubbling of our thoughts and it gives the mind a pause, and in this pause, JW was able to get to sleep. Yay!!

Another message, from a while ago, from JW, not the same person, mentioned, that with the gentle movements we do in the sessions and the meditation practices she noticed the arthritic pain in her neck had reduced significantly and she was feeling much more calmer, and she said, 'that she's never felt better in her life'!! Double Yay!!

If you have anything to share in this section please contact me.

## Section 5:

### Quick read – The benefits of nasal breathing – and Nitric Oxide (NO)

**CNN reports on the science of mouth breathing and how it can ruin a good night's sleep.**

Breathing through your mouth at night puts you at higher risk for sleep disorders including snoring, sleep apnea and hypopnea, the partial blockage of air, scientists have found. Each of those, in turn, can lead to daytime fatigue. That doesn't mean you're doomed to wake up in a daze because you're prone to mouth breathing when you sleep. Experts have a long list of strategies designed to turn you into a nasal breather — including a low-cost breathing hack you can pick up at the corner store.

Tens of thousands of people are taping their mouths closed each night before bed. But before you start thinking this has to be some sort of fad from the pages of a kinky novel... It's for a better night's sleep—and better health. Nose breathing, it turns out, is almost as important as the air you breathe. Wondering why?

#### **Nose Breathing Can Reduce Your Risk of Colds**

Your nose, though beautiful, is no ornament. It's your first defence against viruses and bacteria—but only when you breathe through it. The microscopic hairs located inside your nose, called cilia work with mucous to trap pathogens.

#### **Nose Breathing Improves Your Stamina**

There's a reason why ultramarathon legend [Scott Jurek](#) encourages breathing through your nostrils: it enhances endurance. [One study](#) shows nose breathing reduces breathing rates by over 50 percent, and decreases perceived exertion by 60 percent—which means you might be able to workout harder and longer if you simply close your mouth when you walk or run.

#### **Nose Breathing Boosts Cardiovascular & Sexual Health, Too!**

In 1995, [scientists discovered](#) that the nose produces nitric oxide—an important compound for cardiovascular, immune, and sexual health. Swedish researchers from the [Karolinska Institute](#) described the process: "Nitric oxide (NO) is released from the nasal airways in humans. During inspiration through the nose, this NO will follow the airstream to the lower airways and the lungs"

# Newsletter 3/2021

After NO reaches the lungs, it gets circulated through the bloodstream where it “plays an important role in vasoregulation (the opening and closing of blood vessels), homeostasis, neurotransmission, immune defense, and respiration,” says [Patrick McKeown](#), author of *The Oxygen Advantage*.

## Benefits of Nitric Oxide

- Tells arteries to relax so they open wider and blood flows freely — promoting healthy blood pressure.
- Fuels your body with a long-lasting energy surge, boosting your stamina and performance!
- Wakes up your brain to send and receive signals more quickly, so you can think faster on your feet and feel more alert!
- Boosts the formation of bone while slowing down bone breakdown, so your bones can stay strong and healthy!
- Promotes healthy cholesterol levels to keep your arteries clear and support heart health!
- Signals your immune system to kill dangerous invaders!
- Lifts your mood and sense of well-being.
- Allows your muscles and joints to recover faster, so you can keep active and move freely!
- Enhances blood flow to your sexual organs — so you can maintain a firm erection if you're a man, or enjoy greater arousal and pleasure if you're a woman!

Yay!!!

In the next edition I will include a guide on how to become a better nose breather!

Take care everyone.

With kindness

Pete