



STAY CONNECTED ART TO HEART

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Top 5 Tips!

Nourishment for Body and Soul

“Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well” - Michael Pollan

1. Eat Your 10 a Day

We all know the mantra to ‘eat 5 a day’ but to maintain a healthy diet we suggest eating 10 colourful fruit and veg a day is the best way to keep your body healthy. Why not grow your own veggies to cut the cost. There is nothing better than picking your own strawberries! Also, you can scatter seeds for lettuce and other vegetables all through summer to get a continuous crop.

<https://www.nhs.uk/news/food-and-diet/five-a-day-of-fruit-and-veg-is-good-but-10-is-better/>

2. Get Adequate Sleep

We all love a late night watching the latest addictive Netflix series, but why not reserve it for a treat rather than a daily occurrence. Sleep not only re-energizes a tired body, it’s vital for the body’s natural detoxing process. If you struggle sleeping you could take a warm bath before, drink something milk based and listen to some ambient music. We love a cottage in the wood guided meditation or sounds of the rainforest. YouTube is packed with different ones. Check out this link:

<https://www.youtube.com/channel/UC4jWo5kiyOCt4PnvF4jbaLg>





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3. Boost Your Immune System

Keeping your immune system functioning at its best is crucial at this time. Get the right vitamins. Vitamin C is in fruit and veg and vitamin D is in sunlight. Research states that you need to be in direct sunlight for at least 20 minutes a day to get your daily intake. For a complete list check out:

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

4. Well-being Mantras to Focus Your Mind

We've all heard the saying 'mind over matter'. We know that stress can cause physical symptoms but the opposite is also true. There is power in positive thinking. Here are six of our favourite mantras. Take time to speak them out several times each day.

- "Everything happens right on schedule."
- "Things are not being done to me, they are just happening."
- "Remember who you are."
- "Love the life you have."
- "Happiness is a choice, not a condition. I choose to be happy."
- "Tomorrow is a new day."

5. Clean Living

Over lockdown there's been a saying that we'll come out of the other side 'A hunk, a chunk or a drunk'. It's easy to turn to food and alcohol as a comfort over this time but this can have a negative impact on our health. Take time to consciously set yourself small achievable targets to reach each day. From just eating a few chocolates rather than that whole box of Maltesers (yes we've been there!) To measuring out your gin measure rather than pouring it freehand. These small changes will have a positive impact on our health.

