

March Newsletter



By Ka Hang Leoungk



Hello...

A few of you have mentioned that it's quite hard to stay healthy during the winter months, and it isn't helped by the fact that your hectic schedule means it can be quite hard to even *remember* to stay healthy. Here are some easy tips you can try:

1. Have a brain clearing session. Otherwise known as the "take a break" moment, this means getting up and move away from your work area. If you are tied to a desk during much of the day, go put the kettle on and move about while you wait. If you're on your feet all day, go to a quiet place (a park if it's a nice day) and stretch your legs and loosen up your shoulders. Dedicate half of your lunch break to getting some air outside. Just a little walk around the block can do wonders for your mind and senses.
2. Be the master of willpower. Research has shown that our amount of willpower is not limitless. Like petrol, it is something we can all run out of so it's important to remember to play offense rather than defense.

*Which scenario is easier:
to not have cheesecake
in the fridge or to not
have a slice of that
cheesecake that's
already in the fridge?*

If you find your willpower waning remember what my friend says: "I don't want to work to lose the weight, so I try not to gain the weight in the first place."

3. Have water (or herbal teas) at hand. Many people have trouble differentiating thirst from hunger so

have a full bottle (not plastic) or glass of water nearby.

4. Plan and organise If you're a workaholic, chances are you plan and organise a lot of things already to help manage your workload.

*Are you planning time
for yourself though?
One of the main reasons
people don't exercise is
because they pencil it in
their brain but time is
never actually set aside.*

Put it down as an appointment in your diary and stick to it. Do the same with your acupuncture or massage appointments. If you don't actually book and commit, there will always be endless tasks that creep into its place instead.

5. Eat with mindfulness. You should be aware of every bite that you put into your body. It's easy to snack away on sweets and savouries so start surrounding yourself with nuts, fruit and vegetables instead.

There will be times when only that packet of crisps will do and that's fine too. The important thing is to stay mindful so savour every bite of it and let the taste linger. This should help with your cravings and also stop you from munching through another five more bags.

6. Breathe. Take the time to breathe, even if it's only for 30 seconds. It can do wonders when you're feeling stressed. Breathe in deeply through your nose and out your mouth and do it when the annoying colleague is nearby, when you've had an intense meeting, during your lunch break.

Give your eyes a break

If you spend a lot of time staring at a computer screen (or an ipad or a smartphone or a kindle or just plain reading) it's important that you take breaks to help relax your eyes. Like

the rest of your body, you can exercise your eyes. Read more: <http://bit.ly/eyerest>

The top 10 relationship words that aren't translatable into English

Retrouvailles (French): The happiness of meeting again after a long time. Here are ten words to describe love, desire and relationships that have no real English translation. Read the article: <http://bit.ly/foreignwords>

Referrals

If you have been kind enough to refer someone to me – I want to say a big THANK YOU. That is the highest compliment and it's warmly appreciated every time.

Other news

Celebrate Acupuncture Awareness Week (27 Feb to 2 March) with 20% off a session of facial acupuncture or traditional acupuncture booked this week and taken by 24 March 2012. <http://pointspace.co.uk/news.php>

...And finally

In 1933, author F. Scott Fitzgerald ended a letter to his 11-year-old daughter, Scottie, with a list of things to worry about, not worry about, and simply think about. It is absolutely sublime. See if you can follow his advice for a week. <http://bit.ly/worrythis>

That's all for this month

I hope you've enjoyed reading this. You can email me at hello@pointspace.co.uk about anything you've read here.

Have a wonderful March!

Coming Next Month
Get ready for spring