

March/April 2021



ARE YOU SITTING COMFORTABLY?

Whether you're working from home, retired or furloughed, it's likely you've been spending more time sitting down this winter. But extended time sitting can cause all kinds of problems. From lower backache and neck pain to headaches and even migraines, if your posture is poor you're going to feel it.

The good news is there are ways to help prevent problems from occurring, keeping you comfortable throughout your day and keeping your back and neck in good health.

Don't Slump

Whether you're sitting on the sofa watching Netflix or working at your desk, be sure to pay attention to your posture. Slumping or slouching can increase the pressure on your neck and, in the long term, increase the risk of spinal discomfort.

Try to keep your back straight and your shoulders relaxed. Your neck should be directly over your body, not craning forwards or hunched. Use cushions to help your position on the sofa and avoid sitting with your legs crossed for prolonged periods of time.

Invest In A Good Chair

If you're working from home it can be tempting to set up office on the sofa or the kitchen table, but this is a big mistake. Dining chairs are not designed

for long term sitting. They don't support your back adequately and, as they are not adjustable, it's likely they're not quite the right height for you and your desk.

Choose a chair that's got proper back support and adjustable height. When you're working, you should be able to reach your computer comfortably without slouching or reaching upwards. Your back should be supported by the chair, your feet flat on the floor and your arms at a right angle to your body while typing.

Keep Moving

Try to include regular movement in your day. If you're working a full 8 hour shift at a desk then be sure to consciously move around. Get up and walk around the room while you make that phone call. Do some stretches in between emails. Add a little exercise into your lunch break - take a walk or do some yoga.

Just some small, simple changes will help you to keep your body healthy and your back comfortable. And if you're already feeling the strain of too much sitting then we can help get you back in alignment. Just get in touch and we'll book you in.

HOW TO TAKE CARE OF YOUR MENTAL HEALTH IN UNCERTAIN TIMES

Most people try to take care of their body, but not nearly as many actively take care of their minds too. This winter has been hard on mental health. The uncertainty, isolation and stress of the last 12 months have had an impact on everyone.

The end is in sight and a brighter future awaits us - but what can you do now to take care of your mental health during these last few uncertain months, so you come out of lockdown feeling calm, strong and positive?

PRACTICE MINDFULNESS

Mindfulness is a simple practise that can help you to feel calm and prevent you from getting caught in an anxiety spiral. When you're worrying, you're focused on the future. When you're feeling resentful, angry or fed up, you're often living in the past.

By focusing only on the present moment, you stop thinking about the future - and any uncertainties it has to bring. And you stop wallowing in the past - dredging up unforgiveness or unpleasant experiences.

The concept is simple. Bring your awareness to the present moment - focus in on what's happening right now. What you can see, hear, taste, smell or feel. The people around you. The tasks you're completing. Not only does it prevent the anxiety/resentment spiral but it also helps you to truly appreciate your life right now.

PURPOSE & PROGRESS

For many of us, this year has been a year of stagnation. Unable to move forward with our goals, unable to make plans. This can feel very frustrating.



Purpose and progress are what gives us that feeling of accomplishment.

If you're stuck in stagnation, maybe furloughed or forced to put your big plans on hold, then look for new ways to add some progress to your life.

Perhaps you could work on developing a new skill, completing a diploma or learning a new language? If you've got a hobby that you can do from home, like playing a musical instrument, you could use this time to push yourself to the next level.

EXERCISE, SUNLIGHT & FRESH AIR

Exercise, sunlight and fresh air aren't only good for your physical health, they're good for your mental health too.

When you exercise, even just raising your heart rate a little for 10-15 minutes, you set off a cascade of chemical reactions in your body - and in your mind. This includes the release of serotonin and dopamine (your happy hormones). These neurotransmitters boost your mood and make you feel more positive.

Any kind of exercise is better than none, but ideally, try to get out in the fresh air and sunlight each day. The fresh air helps increase your oxygen levels, improving your mood, energy and focus.

And the sunlight - if you allow it onto your skin - increases your vitamin D production which both improves your immune system and can help reduce the symptoms of depression in those with a deficiency.

CLEAN UP YOUR MENTAL DIET

Not only do we need to watch what we feed our bodies, but we also need to watch what we're feeding our minds. If you're watching the news, reading the newspapers and steeping yourself in negativity, your mindset is going to suffer.

Limit your negative news intake and surround yourself with positive people. Avoid getting dragged into debates, arguments or negative comment threads. And up the positivity. Find positive books or articles to read or pick up the phone and call a friend who's got something good to say.

While it might feel like the world is all doom and gloom, there's plenty of good going on out there - you just need to consciously choose to find it and focus on it.

5 EASY SUPERFOODS TO ADD TO YOUR SPRING SMOOTHIES

1: HEMP SEEDS

Hemp seeds are an affordable superfood ideal for smoothies. High in omega-3 fatty acids, fibre, calcium and iron, they're one of the most nutritious seeds available. They're anti-inflammatory and high in antioxidants - helping your body fight disease, recover from injury and reduce premature ageing. As a complete source of protein, they're also an excellent smoothie addition for vegans and vegetarians.

2: RAW CACAO

Love chocolate? Raw cacao is your new best friend. Cacao is chocolate in its purest form - unprocessed and unrefined. It's thought to be the highest source of antioxidants of any food - and it makes your smoothie taste like chocolate! It's also high in magnesium, a mineral most westerners are deficient in, as well as iron, phosphorus, zinc, manganese and copper.

3: MATCHA

Matcha is a type of green tea made by taking young tea leaves and grinding them into a bright green powder. When added to smoothies this powder is a great source of Vitamin A - a nutrient important for immune function and skin health. As well as minerals such as potassium, magnesium, calcium, zinc, phosphorus and iron. Matcha also contains a catechin called EGCG (epigallocatechin gallate), which is believed to have cancer-fighting effects on the body.

4: WALNUTS

Walnuts are a true superfood in every sense of the word. Packed full of healthy fats, vitamins and minerals, this superfood not only gives your nutrients a boost - but it also helps ensure healthy hormones and skin. If that's not enough, walnuts also have anti-inflammatory properties, which have been shown to help slow the ageing process and aid weight control.

5: FLAXSEED OIL

Flax is high in omega-3 fatty acids and an excellent source of lignans, powerful polyphenol antioxidants that help prevent premature ageing and promote good hormone balancing. While it's a bit of an acquired taste, fairly bitter and strong flavoured, it's still a popular choice for people looking to add some healthy fats to their diet. If the oil is not for you, you can also buy ground flaxseeds to mix into your smoothies, porridge or flapjacks.

“LOVE CHOCOLATE? RAW CACAO IS YOUR NEW BEST FRIEND. CACAO IS CHOCOLATE IN ITS PUREST FORM - UNPROCESSED AND UNREFINED.”



SPRING VEGETABLE SHAKSHUKA

INGREDIENTS

- > 2 tsp cumin seeds
- > 1 large pinch cayenne pepper
- > 4 ripe tomatoes, diced
- > 1 small pack parsley, chopped
- > 50g shelled peas
- > 1 bunch asparagus spears
- > 200g tenderstem broccoli
- > 2 tbsp olive oil
- > 2 spring onions, sliced
- > 50g podded broad beans
- > 4 large eggs
- > 50g pea shoots
- > Greek yoghurt and flatbreads, to serve

INSTRUCTIONS

Trim the ends of the asparagus and finely slice the spears, leaving the tips and about 2cm at the top intact.

Finely slice the broccoli in the same way, leaving the heads and about 2cm of stalk intact.

Heat the olive oil in a frying pan and add the spring onions, thin slices of asparagus and broccoli (not the heads or spears). Fry on a low heat until the veg softens, then add the cumin seeds, cayenne, tomatoes, parsley and stir.

Add seasoning. Cover with a lid and cook for 5 mins to make a base sauce, then add the asparagus spears, broccoli heads, peas and broad beans. Cover again and cook for 2 mins.

Keeping the mix in the pan, make 4 dips in the mixture. Break an egg into each dip.

Arrange half the pea shoots around the eggs and season well. Cover with a lid and cook until the egg whites are just set.

Serve with the rest of the pea shoots, a spoonful of yoghurt and some flatbreads.

WHERE TO FIND US:

SPINEWORKS

236 Kennington Park Road, London, SE11 4DA

0207 7937454

Mon: 8:00 – 13:00 | 15:00 – 20:00

Tue: 15:00 – 20:00

Wed: Closed

Thu: 8:00 – 13:00 | 15:00 – 20:00

Fri: 8:00 – 13:00

WORDSEARCH CHALLENGE

MINDFULNESS	EXERCISE	PURPOSE	HEALTH
SUNLIGHT	POSITIVITY	MINDSET	
FRESH AIR	PROGRESS	MENTAL	

H	C	I	E	U	T	E	S	P	P	I	F	O	N
M	L	R	M	M	V	N	S	M	U	P	I	X	L
H	R	A	E	D	R	S	E	G	R	E	R	S	E
S	I	H	N	U	L	U	N	I	P	X	H	E	X
E	T	E	T	G	N	N	L	N	O	E	N	H	P
R	O	M	A	D	I	L	U	H	S	R	S	I	O
F	V	H	L	I	A	I	F	I	E	C	L	M	S
H	R	U	E	S	R	G	D	E	T	I	E	O	I
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M	I	N	D	S	E	T	S	E	N	P	I	S	T
E	I	S	H	P	R	O	G	R	E	S	S	S	Y