

# Mind Bath

## Wellbeing for over 55's



 Food for  
Thought

[www.bathmind.org.uk](http://www.bathmind.org.uk)

# The 5 Ways to Wellbeing

Try to incorporate these pillars of wellbeing to your daily routine.



You can complete your own '5 Ways to Wellbeing Plan' on our worksheet.

For more information and a wide range of resources to support mental health and wellbeing, please visit our website:

[www.bathmind.org.uk](http://www.bathmind.org.uk)

# The 5 Ways to Wellbeing Worksheet

Complete your wellbeing goals under each heading.



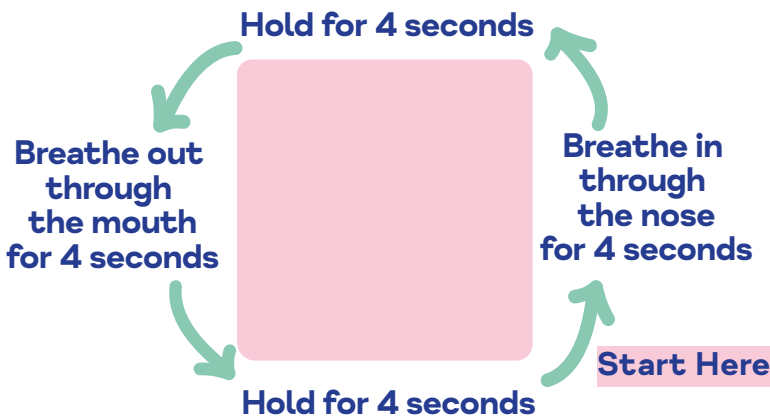
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# BOX BREATHING

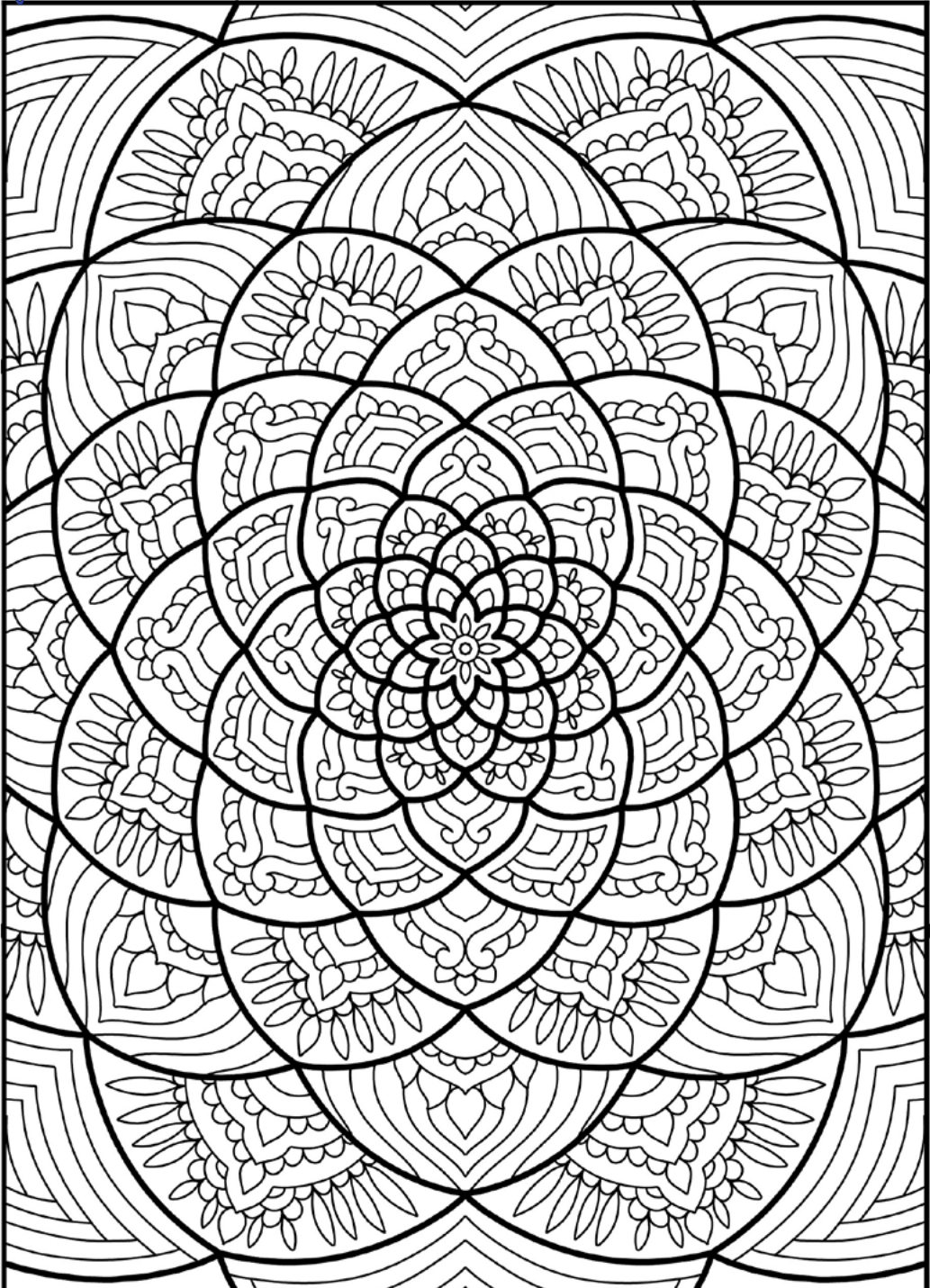
**Bring your mind to the present moment  
to help calm the mind.**

Imagine you are breathing around the 4 sides  
of a box, each side representing 4 seconds.



You can adapt how long you do this for to find what works for you - for example, change each stage to 2 or 3 seconds.

Build up gradually, aiming to continue the exercise for around 5 minutes.



How do you feel before trying this technique?



Use each of your five senses to focus on noting your surroundings.  
Try to look for small details, things which you may normally not take note of.

**5**  
things you can  
**see**



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**4**  
things you can  
**feel**



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**3**  
things you can  
**hear**



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**2**  
things you can  
**smell**



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**1**  
thing you can  
**taste**



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How do you feel after trying this technique?

Look at Bath Mind's other worksheets for different techniques you can try.



# Our Top 5 Anti-Ageing Exercises

As we grow older, many of us invest a lot of time, thought and money into attempting to avoid the natural process of ageing. If you are searching for an all-natural method that could protect your brain, bones and muscles from some of the effects of ageing, the answer could in fact be as simple as incorporating a balanced exercise programme into your life.

## 1. Cardiovascular exercise

This form of exercise is essential for heart health. Walking is a great form of this type of exercise. Trying to reach the often mentioned ideal of 10 000 steps a day may not be possible for everyone, but aiming for 30 minutes 5 days a week may be more achievable. Remember that this can be broken up into chunks, for example walking for 10 minutes three times per day. Swimming and cycling are also great examples of cardiovascular exercise.

## 2. Strength training

This type of exercise may help to prevent muscle wastage. Squats and lunges are examples of these and can be performed in your own home without any specific equipment. Always ensure you have the correct technique, and consult a professional if you are unsure. Two to three times per week and 10-15 reps for each exercise is a good guideline. HIIT or High Intensity Interval training is a great way to combine strength training and cardiovascular exercise.

## 3. Flexibility

Try to include stretching exercises at least twice a week and hold each stretch for 30-60 seconds. Yoga is a great way of building up and maintaining flexibility - try to find a beginners class near you.

## 4. Focus on core strength

Our core muscles form part of our inner musculature that helps to support our spine and keep us upright. This helps to ensure we maintain a good posture and can help to prevent back problems. Pilates classes can benefit core and back strength as well as exercises using stability balls.

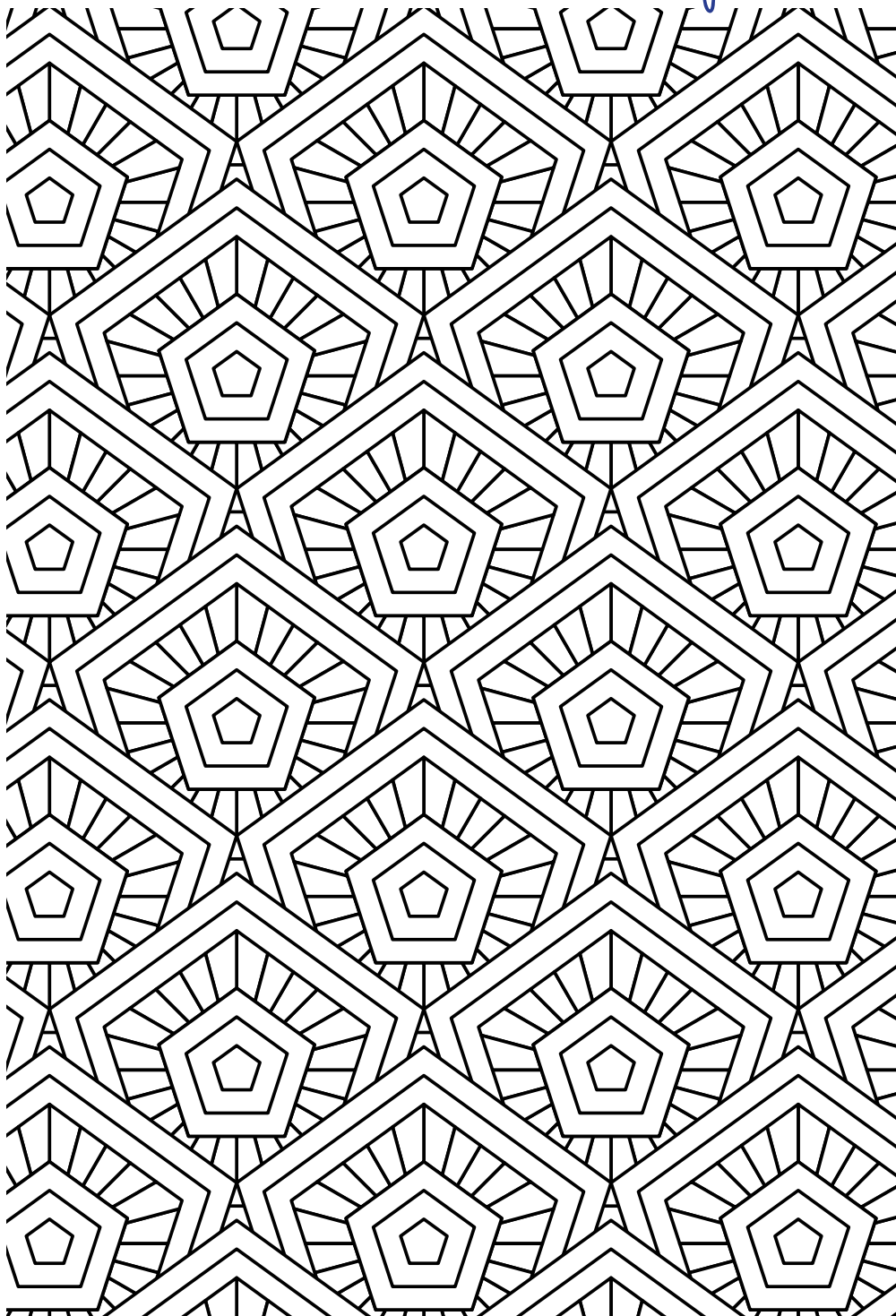
## 5. Balance

Falls can become more common as we grow older and become more unstable on our feet. It is therefore very important to work on maintaining our balance. This should ideally form part of any exercise programme. Simple movements like supporting yourself while trying to stand on one leg at a time may help to improve balance.



St Monica Trust

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# Take a Mindful Moment



Think of three things that you are grateful for. Try this every day, wherever you are! You can write them down or just think in the here and now.



Take a look at our **Wellbeing Activities** for lots more to keep you busy through the coming months!  
[www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)



Connect with your senses - one at a time:

- listen to a bird
- notice colours of leaves
- touch the bark of a tree
- smell the fresh air
- taste (take a picnic!)



Place your feet on the ground. Imagine you have roots like a tree, going deep into the earth, helping to keep you strong with a solid foundation.



Writing can be therapeutic and help you connect with others. Write a letter to someone you care out; compose a poem or verse.



Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.



Engage your senses and notice how sounds, smells, colours and textures change with the weather.



Take a notebook and pens, pencils/paints. Doodle, sketch, paint or draw! Try to focus on this alone, notice how you feel.



Appreciation for others can help you feel more positive about the people around you. Spend a moment thinking about someone who has been kind to you.



Sit quietly and notice your breath. Breathing in through your nose, and out through your mouth. Try to make the 'out' breath longer than the 'in' breath.



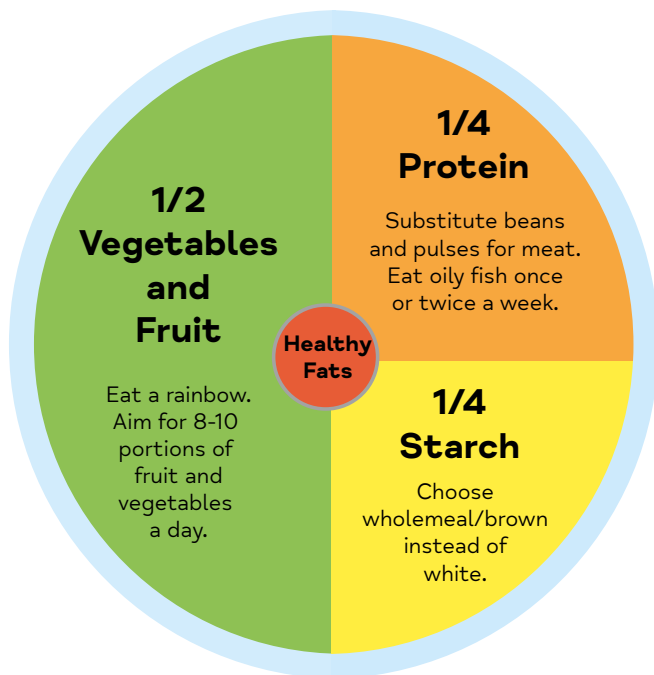
Stay in the moment - if you are walking, think about how your body feels, notice the sound of your footsteps, look around and appreciate what you see.



Find a quiet place to sit. As thoughts drift into your mind, acknowledge them and let them pass, do not dwell on them. Focus on your breath for a few minutes of calm.

You can find lots more resources, tips and activities on our website  
[www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)

# A Healthy Plate



## Vegetables and Fruit

Try to eat 8-10 portions of fruit and vegetables a day. These can be fresh or frozen. Eat raw, cook gently or steam to maximise the nutrients.

## Protein

Meat and poultry. Fish and seafood. Dairy products - milk, cheese. Eggs. Beans, lentils, pulses. Soya products. Nuts and seeds.

## Starch

(Carbohydrates)  
Bread  
Rice  
Pasta  
Potatoes  
Grains - quinoa, spelt.  
Wheat products.  
Try to swap white for brown/wholemeal.

## Healthy Fats

Olive oil.  
Coconut oil.  
Flax seed oil.  
Rapeseed oil.  
Black seed oil.



## Water

Water is essential to hydrate us. It helps transport nutrients. Try to drink 8 glasses of water a day. A typical glass size would be around 250ml.

# Immune System Support

Maintaining a healthy diet, to support our immune system, can be a challenge at this time of year. Whilst we all may indulge in less healthy choices, it's important to ensure we maintain balanced nutrition.

Zinc is a mineral that has been found to be essential for immune function as well as its role in repairing body tissues and wound healing. The cells of our immune system depend on it to function correctly, it helps to keep our skin healthy and reduces inflammation.

It is found in the highest concentration in oysters and other seafood as well as red meat; but nuts like almonds and cashews; seeds and legumes also contain high amounts of zinc. Our bodies aren't able to make their own zinc which is why it is so important that we get enough zinc from our food. As zinc isn't stored in the body we need to make sure that we get enough from our diets to fulfil our zinc requirements.

This can usually be quite easily achieved by eating a balanced diet and including a variety of fruit and vegetables, some protein rich foods like eggs, meat or legumes, wholegrains, nuts and seeds. Snacking on a small handful of almonds or including some seeds when baking are a good way to increase our intake of this very important nutrient.

## The Importance of Nutrition

Good nutrition has been recognised as essential before, during and after any infection. Taking steps to support our immune systems through maintaining a healthy diet is very important. Try focussing on the following areas:

### **Eat a rainbow diet**

Eating a variety of fruit and vegetables every day to ensure you are taking in adequate levels of nutrients to support immunity.

### **Cook from scratch**

Use recipe books and resources to inspire and guide you to include more nutrient-rich and immune-boosting foods. This includes vegetables, wholegrains, nuts and healthy fats (like olive oil).

### **Make healthier choices**

Reduce sugar, salt and unhealthy fats. These are found in cakes, biscuits, fast food and many ready meals.

### **Limit alcohol consumption**

Alcohol compromises the immune system, so reducing it is particularly helpful in maintaining a strong immune system.

### **Drink plenty of water**

Water helps to transport nutrients around the body to different cells and organs, which helps strengthen our immune systems. 6-8 glasses (of around 250ml) of water a day is seen as a general guideline.

## **We should aim to eat at least 5 portions of fruit and vegetables every day.**

This can include canned, frozen, dried as well as fresh

Try to include as much variety as possible as they all contain different amounts of vitamins and minerals

### **Why do we need these?**

-Contain a large amount of our daily fibre requirement.

-Fruits and vegetables contain many of the nutrients that we need to stay healthy – for immunity, energy and physical and mental health.

-Certain B vitamins for example, found in green leafy vegetables like spinach and kale are important for their role in producing brain chemicals which may have an impact on mood.

-These nutrients work together and depend on one another which is why a variety is important.

### **How big is a portion?**

1 piece of fresh fruit, e.g. a small banana, an apple, a satsuma or a pear.

Dried fruit – a small handful (maximum 1 per day)

A generous handful of vegetables or salad

Dried, canned and frozen varieties are great options too – just be careful to look at the ingredients as sometimes these can be high in sugar or salt and have other ingredients added.

Juices or smoothies – a small glass (maximum 1 per day)

### **How can we include these?**

Can you think of practical ways of including more fruit and vegetables in your daily diet?

One idea is to try to include 1 portion of vegetables or fruit with each main meal and 1 portion for a mid-morning and mid-afternoon snack.

# Recipe

## Butternut Squash Soup

Try this delicious soup for a nutrient-dense meal. Other vegetables and herbs can be used, depending on what you have available. Sweet potato works well, as does cauliflower. Add a handful of fresh or frozen spinach.



### Ingredients

Recipe for 2 servings

- 1 cup (3-4 medium-sized) carrots, chopped
- 1 cup (approximately 200g) butternut squash, peeled and chopped
- Half an onion, peeled and chopped
- 1 tablespoon olive oil or coconut oil
- 1-inch piece fresh ginger root, peeled and grated
- 500ml chicken or vegetable stock
- Sea salt and black pepper to taste
- 1 teaspoon chopped parsley, to serve.

### Method

- Add the oil to a large pan.
- On a low heat, add the vegetables, onion and ginger.
- Cook until softened.
- Add the stock.
- Simmer until the vegetables are all soft.
- Use a blender to blend all of the ingredients until smooth.
- Season with salt and pepper, to your taste.
- Sprinkle parsley on top to serve.

Food for Thought brings people together to cook and share healthy, nutritious food. To find out more visit:  
[www.bathmind.org.uk/what-we-do/share/food-for-thought/](http://www.bathmind.org.uk/what-we-do/share/food-for-thought/)



# RECIPE

This is a perfect winter warmer, which takes just a few minutes to make and is more economical than buying soup. Portions can be frozen and reheated directly from frozen. You can swap the cauliflower for broccoli if that's what you have.



## Cauliflower Soup

### Ingredients (Serves 2-3)

1 small cauliflower (chopped into small florets)

1 onion, chopped

1 tsp olive oil

1 pint Vegetable stock (made with a stock cube or granules)

Salt, pepper, nutmeg (to taste). 1 lemon

Optional: 2 tablespoons of cream or natural yoghurt.

### Method:

Add the olive oil to a medium saucepan, on a low heat.

Add the chopped onion, and a pinch of salt. Soften gently.

Add the cauliflower to the pan. Add the vegetable stock

Bring to the boil. Simmer until the cauliflower is very tender.

Remove from heat.

Blend to a puree. If you don't have a blender you can mash with a potato masher.

Add a little more water if necessary (a little at a time), and/or add cream or natural yoghurt.

Check seasoning, add a touch of nutmeg and lemon juice to taste.

## Naan Bread

### Ingredients (makes 6)

2 cups (250g) all purpose flour (plain flour)

1 1/4 cups (250g) natural yogurt (or dairy free vegan yogurt)

2 teaspoons baking powder

1/4 teaspoon salt

### Method:

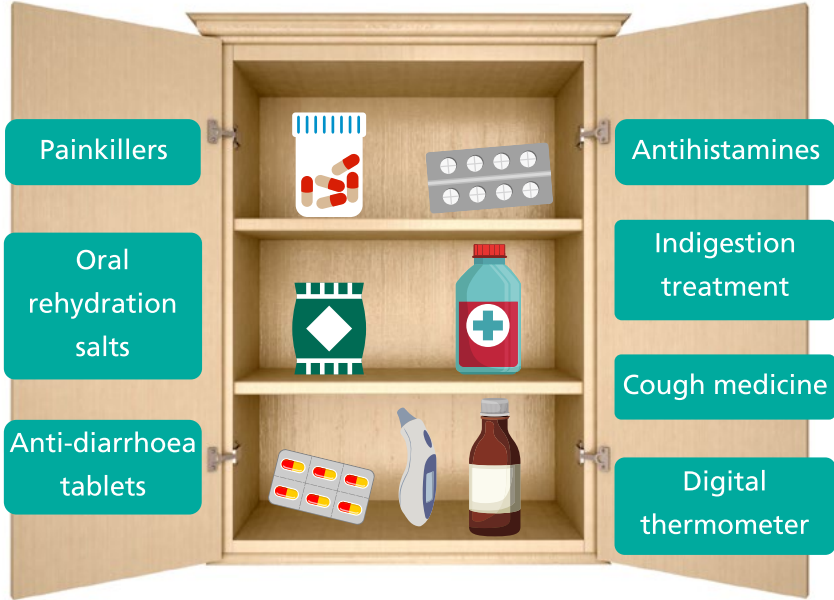
Mix all ingredients together in a large bowl. Knead it for a minute or so in the bowl until it comes together in a fairly sticky ball. If necessary, add a little more flour to make it manageable.

Divide it into six equal pieces. Using a rolling pin dusted with flour, roll each one out onto a floured surface to about 6" (15cm) diameter.

Heat a frying pan (without oil) until hot. Cook each flatbread for a few minutes on each side until lightly golden spots appear and it puffs up.

Best eaten on the same day. Warm them up in the oven before serving.

# Is your medicine cabinet stocked up?



- ✔ **Painkillers** like paracetamol, ibuprofen and aspirin can help with colds and flu by reducing aches, pain and high temperatures.
- ✔ **Oral rehydration salts** help restore your body's natural balance of fluid and minerals after diarrhoea or being sick.
- ✔ Diarrhoea can be caused by things like food poisoning or a stomach virus. It's a good idea to keep an **anti-diarrhoea medicine** at home.
- ✔ **Antihistamines** are useful for dealing with allergies and insect bites.
- ✔ If you have stomach ache or heartburn, medicine called **antacid** will reduce stomach acidity and bring relief.
- ✔ **Cough medicines** can ease discomfort by helping you to cough less.
- ✔ **Digital thermometers** help you check for fevers.
- ➔ **Grab these items over the counter.**

# Mental Health & Wellbeing Support



## **Breathing Space - Evening Support**

Telephone: 0808 175 1369

Email: [breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk)

This is a free service. Every day 5.30pm-11pm.



## **Access Community Mental Health**

Telephone: 0808 175 1369

[access@bathmind.org.uk](mailto:access@bathmind.org.uk)

Self refer by phone or email.

This is a free service. Monday to Sunday 9am to 5.30pm



## **Befriending**

Telephone: 0300 247 0050

[befriending@bathmind.org.uk](mailto:befriending@bathmind.org.uk)

Self refer by phone or email.

This is a free service.



## **Wellbeing Support Groups**

Groups and activities

Self refer by phone or email.

[wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk) / 07538 113890

Suggested donation of £4 per session.



## **Safe Space Youth Group (age 16-25)**

Telephone/Text: 07538 113890

email: [wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)

Self refer by phone, text or email.

This is a free service.



For more information and opening hours  
visit our website:

[www.bathmind.org.uk/our-services/](http://www.bathmind.org.uk/our-services/)