

# Mind and Body

Dear Parents and Students, I have put together some ideas and links to support you through these unusual times. There's something for everyone and it can give you an opportunity to try something new.

## **Body**

Boosting your Immune System- there are lots of simple things that you can do, here are some ideas.

1/ **Get plenty of sunshine and fresh air**, which is perfect at the present moment.

2/ **Sleeping well and rest**, which can be challenging at times, I've included some ideas below to help with this.

3/ **Exercise**, which can include walking, workouts or yoga. There are some great experts and videos on the internet, including Joe Wicks PE sessions at 9am every weekday for parents and children. Good fun, I've tried it!

4/ **Eat Superfoods**, again this can be challenging at present, fruit and vegetables, nuts, chicken soup and seeds etc.

5/ **Cold Showers!** There is evidence that taking regular cold showers can boost the immune system, about 20 seconds under the coldest setting if you can bear it.

6/ **Reducing Stress**. Staying relaxed is difficult at the best of times, but at the moment it's particularly challenging, but it can help your immune system. Below are some ideas that may help.

If you would like to read more about the Immune System, I found articles by Dr Jenna Macciochi very interesting.

## Mind

### Staying Calm and Sleeping well

**Mindfulness** This word has become very popular recently, but mindfulness has been around for many years. I have been lucky enough to have trained with Ed Haliwell who is a renowned practitioner from Sussex. I've also trained in London with Mindfulness in Schools Project which I teach to students in school.

Here are links to these that are available to everyone -

<https://zoom.us/j/252987232> These are 20-minute mindfulness sessions Mon-Fri at 11am. They are for any age, but children need an adult to be with them during the sessions.

[mindfulnesssussex.co.uk](http://mindfulnesssussex.co.uk) is the website for Ed Haliwell who is offering a free session a week online. Really worth giving it a go.

<https://www.youtube.com/watch?v=15q-N-kkrU>

<https://www.livingwell.org.au/mindfulness-exercises-3/6-body-scan/>

These two links are for Body Scans which can quieten the mind, help you relax and can encourage sleep. I use Body Scans regularly and with practice are extremely effective. I also used them with my son when he had trouble sleeping and he really enjoyed hearing my voice and would soothe him back to sleep.

Mindfulness can also help with pain relief; you can read more about this but looking up Jon Kabat Zinn who developed Mindfulness in hospitals in America. 'Healing from Within: Jon Kabat Zinn' on YouTube is fascinating.

A useful app is called Headspace.

**Breathing Exercises** can break the cycle of stress -

1/ Practise breathing into the stomach to ensure deep breathing. This can be done at any time but can be useful when you wake; breath in for 4 counts, hold for 4 counts and breath out for 4 counts, 4 times, every day.

2/ Breath in for 6 counts and out for 9. Any count can be used as long as it is more counts on the 'out breath'.

I hope some of the ideas above help, please feel free to email me if you would like any advice or guidance. Ms Charlotte Christensen Seahaven Academy