

U3A Mindfulness (Plus)

The Psychology/Mindfulness Of
Human Body Maintenance

New Year's Resolutions ;0(

- I must get fit
- I must loose weight
- I must be more organised
- I must read 1 book a month
- I should be using my car less
- I should not use plastic straws/bags
- I should wash bottles/tins before putting them in the recycling

(New Year's) Resolutions ;0)

- I want to.....

Mindstore, Jack Black

- Alarms!
- <https://youtu.be/dTnyBhdNhYk>
(Please forgive the language)

What is 'right'

- You are just like everybody else,
UNIQUE!
- There are no (very few) right answers to the question of 'body maintenance'. There are just 'answers' that work for you/appeal to you.
- Question; What do you want to have happen?

Facts?

- BMI management = health
- Sugar is the new cigarettes....
- We should all have 5 fruits and veg a day (????)
- Everyone should do 20 minutes of exercise a day.
- You should drink 8 cups of coffee a day to keep dementia at bay
- You should not drink coffee after 16.00
- Drinking decaf coffee is a good idea.
- The decaffeination process uses poisons that can be very bad for you

Back to the question; What do you want to have happen?

- Enjoy your life.
- ???????
- Utilize Mindfulness
 - Exercise
 - Eating
 - Movement
 - Drinking