

U3A Mindfulness (Plus)

Mindfulness and 'Health'

July 2018

‘I have had many worries in my life most of which never happened’.

Mark Twain.

Very broad continuum between;

- Being quite anxious about things have not happened
- Being anxious about things that have happened
- Being laissez-faire about things that might happen
- Being laissez-faire about things that happened.

What does it mean to be healthy health aware

Quotes from medical people I work with;

- For men (forgive me) the first sign of anything amiss with the heart is DEATH!
- Women go to the doctor's, men die!

'Latest' health advice

(Advice is the worst kind of vice! LOL)

- Sun exposure is 'bad' for us V sit naked in your garden for 20 minutes a day ALL YEAR!
- 5 a day. 5 vegetables and 5 fruits V (opps), make that 9 vegetables and 1 fruit V just eat kale LOL.
- Sucrose is bad but fructose is fine V (all) 'Sugar is the new cigarettes'.
- Drink 2 Ltrs of water every day (if you have a cup of tea/coffee or glass of wine add an additional glass of water to make up for that)
- Avoid caffeine V 6-8 cups of coffee a day can help avoid dementia V the police say if you are tired while driving, stop and have a coffee!

- Weight – BMI. Oops, that is too blunt an instrument
- Breakfast is the most important meal of the day
V do not eat between 20.00 – 15.00.
- Dementia, nothing can be done V intellectual stimulation, exercise and eating well can prevent...
- Avoid fat (F Plan Diet..) V Fat (certain kinds) are not just good but are essential for you.
- Heat V air conditioner.

Mindfulness and health.

- Notice the 'information' available and your response.
- Check the 'information' and how it / it may impact you.
- Only you know your body and what you want/are prepared to do to achieve.....?