



Anger - creative rather destructive

Anger is a very powerful emotion and has a physical effect on our bodies raising heart rate, dilating pupils and releasing adrenaline into our blood. All of us will experience anger but for some people this emotion is all too commonplace.

Dealing with anger can take many forms

From 'bottling it up' to 'flying off the handle' but there are more positive ways to channel this emotion and use the power it brings. Using anger as a driver to make a change in your life is a really good way to focus the

energy onto something else rather than the cause of the anger, for example:

- ▶ Being overlooked for a new job role at work, channel the emotions power and use it to produce better quality work, or to retrain or to spend the time finding a better job.
- ▶ Another way to use anger well is to harness its physical aspects and use them to power your workout or run or housework allowing you to get it out of your system in a controlled and positive way.

Turn anger into motivation.

Over working our nervous system with high levels of stress hormones from being angry, even if we manage the anger well, can lead to longer term issues such as weight gain, elevated blood pressure and relationship strain. If you find anger hard to deal with then professional help is available through your GP.



Save
the date

3rd Dec international persons with disability day

The United Nations day aims to promote empowerment of and create real opportunities for people with disabilities. This is a great opportunity for workplaces to champion their inclusivity and assess how they can enhance it going forward.



International
Day of
Persons with
Disabilities
3 DECEMBER

Fit for December

Exercise - Midwinter dark afternoons and cold nights can make that jog round the block or trip to the gym a little less inviting, but this time of year is when we need that immune system boost from regular exercise the most. Ensuring that you can stay active might mean swapping to an indoor activity for a few weeks.

- ▶ Classes available at your local leisure centre.
- ▶ Self-defence or martial arts course.
- ▶ Invest in a good old skipping rope and get moving in your own home.
- ▶ Book a badminton court.

Food - Another impact on our health from this time of year is a lowering of Vitamin D levels due to a smaller amount of sunlight hitting a smaller amount of skin. Vitamin D is important in bone, teeth, muscle health and supports the immune system so getting enough all year round is vital, foods rich in Vitamin D include; oily fish, red meat, egg yolk, fortified fruit juice, fat spreads and some breakfast cereals. You could also use a dietary supplement.

Wellbeing - Party season is upon us and we all want to enjoy ourselves with friends and family. Making sure we are sensible with the calorie intake through food and alcohol will help to limit any potential weight gain over the coming weeks. Also excessive alcohol reduces our immune systems effectiveness at a time when we might need it the most, so drink responsibly and stay hydrated.

Speedy Vitamin D rich recipe

Ingredients

- 1 slice whole-grain bread, toasted
- 1/2 sliced roasted red peppers
- 1 lemon-olive oil sardine
- 1 teaspoon chopped fresh chives

Method

- Lightly toast the whole-grain bread
- Once toasted layer on the peppers and sardines and the sprinkle on the chopped fresh chives
- Enjoy!



Quote of the month...

“ For every minute you are angry you lose sixty seconds of happiness ”
Ralph Waldo Emerson