

MISSION SELF RESET

ISSUE 1

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Profile

I profess to be an ordinary woman in most ways., being proud to be a wife, a mother and grandmother. I have a degree in Psychology and my earlier career consisted of running community therapy work in many ways. For the last 20 years my work has predominantly existed in the pharmaceutical industry, presently as Hospital Key Account Manager in Oncology. I also have a passion for writing being a published Author living from the inside out. So... aside from this, I create and edit a village magazine, raising the funds to publish and deliver it. The very little time I have left, I create journals and planners to help others de-clutter their minds and organise their lives. These are available to purchase on Amazon.

I don't meditate (maybe I should and will try), I try to eat healthy (need to try harder), I exercise a little (need to try harder). However, I am a great believer in mindfulness, as a way of appreciation and hijacking stress. Please don't be under the impression there is going to be any preaching going on here. One of the reasons for launching this publication is for me to research and try new things myself and create some new habits. If I succeed with any, you will be the first to know.

Due to my many life learning experiences, some good, some bad and some very traumatic (I will share at some point), I tend to be a live and appreciate the moment kind of person. Yes, of course I plan - I'm so organised I get on my own nerves, but I am a person who knows from experience we are only guaranteed this moment so enjoy and appreciate it.

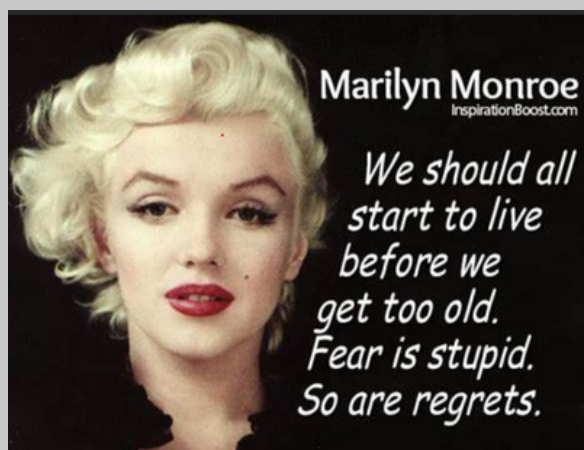
You will get to know more about me in this and subsequent publications of "Mission Self Reset"



"A BEAUTIFUL
LIFE IS ONE
WHERE YOU ARE
HAPPY WITH
YOURSELF NO
MATTER WHAT
OTHERS THINK"



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Be More Mindful Every Day

The founder of the meditation company and App, Headspace, offers 3 simple ways to practice mindfulness for just a few minutes everyday



You may have heard the word “mindfulness” quite a lot recently. It is fast becoming the buzz word on everyone's lips. A simple way to think about it is - rather than being distracted and lost in thought, mindfulness allows us to be present and aware. When we become aware of our own mind, it enables us to be aware for those around us., creating more harmonious relationships.

You would only really see the benefits of your practice on a regular basis. You don't necessarily have to sit cross legged on the floor, you can practice mindfulness at any time without anyone knowing about it. As we get older the days seem to go quicker, so I like to just slow it down and appreciate what I am doing, feeling, seeing.

Here are 3 simple tips for living more mindfully

Walk With Awareness

A short walk can change your entire outlook for the day, especially when it is done mindfully. So set aside 10 mins to refresh both your body and mind. As you set out, notice how your body feels. Is it heavy or light, stiff or relaxed? Have a look around you as you are walking and consciously pay attention to your surroundings. What can you see, hear, smell? By becoming more aware of your physical senses, your mind will naturally feel more grounded. If you find your mind wanders at all (which it will) then bring it back to the physical sensation of walking.

Reflect on your Day

A big part of trying to live more mindfully is appreciating what you have right now, rather than always chasing after something new. As part of this approach, each evening before you go to bed, think back over the day and find 3 things you feel grateful for. They can be small things but what is important is to acknowledge them. Each time you do, you train the mind to be softer, calmer, kinder and happier - in essence more mindful.

Learn to meditate

In this fast world, It is a lot to ask of our monkey minds to suddenly quiet down and pay attention. They are so used to leaping around all the time. Like any new skill it is going to take some training and for one needs to start. Meditation is a great way to give your mind a rest and re start for the next episode of chaos. Believe it or not - there is scientific evidence to show that meditation can help lower stress, blood pressure, anxiety and depression. It can even boost your immune system AND give you a better night sleep. They say just start with 10mins a day watching your thoughts come and go without judgement. Apparently doing this in a morning will help start the day with a calmer clearer mind.



Food for Thought

Is there any science behind food cravings?



Lets be honest here - I am sure I am not the only one, or am I? On more than one occasion in the last month, I have found myself with my head in the fridge searching for dregs of that bar of chocolate I finished the week before. Hoping and praying that just one piece got lodged behind the butter (on a few occasions I have been lucky and what a feeling that is!!!). My body was telling me in no uncertain terms that it is imperative I find it. To me, food cravings feel real, but are they legit? There is a study of more than 1,000 students - 97% of the women surveyed reported experiencing food cravings.

2 minutes consulting Dr Google and it's easy to convince yourself that your craving is your body crying out for a nutrient you are deficient in and I am sure this is the case. However, there are other factors to consider. For example hormones, boredom, anxiety, depression and probably a number of other reasons. So if you find yourself in the chocolate isle more times than you would like, it is more likely psychological factors are at play. There is research to suggest that cravers are more likely to be bored or anxious with low mood. The low mood often occurring before a food craving and with highly palatable foods triggering the release of dopamine in the brain, it is no wonder the whiff of freshly baked bread can spark a response.

Studies have found that cravings, particularly for sweet food peak during premenstrual phase (well duh!) One explanation is the increase in oestrogen and progesterone which decreases your level of serotonin.

LOOK

FOOD CRAVINGS <small>stepintomygreenworld.com</small>		
YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE	MAGNESIUM	Nuts, seeds, veggies & fruits
SUGARY FOODS	CHROMIUM	Broccoli, grapes, cheese, chicken
	CARBON	Fresh fruits
	PHOSPHORUS	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS	NITROGEN	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS	CALCIUM	Organic milk, cheese, green leafy vegetables
SALTY FOODS	CHLORIDE	Fatty fish, goat milk
	SILICON	Cashews, nuts, seeds

The upshot is - don't beat yourself up over the odd craving for a bar of chocolate etc I won't !! Just know it is more likely to be boredom, stress or a sod-it attitude rather than anything to do with a deficiency. Try eating more mindfully - being aware of the taste and texture. A protein rich breakfast and a morning workout can help keep your cravings at bay.



Within my psychology experience, I set up and facilitated many therapy groups around eating disorders. Look out in future issues of MISSION SELF RESET for articles around this topic. Plus I will share some insights on what it is really like to have an eating disorder.

Relating

The people around you offer a valuable pool of support so it's important to put time into strengthening those connections.

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day

Exercising

Regular activity will provide an endorphin boost and increase confidence.

Give it a go:

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work



Awareness

Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.

Give it a go:

- Pay attention to your senses — what can you see, hear or feel around you?
- Choose a regular point in the day to reflect

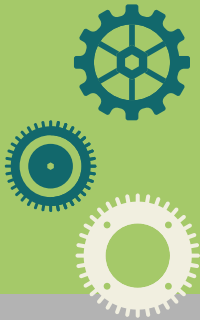


Giving

Holding out a helping hand makes other people happy and will make you feel happier too.

Give it a go:

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement



10 KEYS TO HAPPIER LIVING

ACTION FOR HAPPINESS

Find out more about the 10 Keys to Happier Living at actionforhappiness.org



MHFA England

Visit mhfaengland.org to learn about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health

Trying out

Learning new things is stimulating and can help to lift your mood.

Give it a go:

- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you



Direction

Working towards positive, realistic goals can provide motivation and structure.

Give it a go:

- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way



Meaning

People who have meaning in their lives experience less stress, anxiety and depression.

Give it a go:

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others



Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens.

Give it a go:

- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills



Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Give it a go:

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

Acceptance

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

Give it a go:

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do