



November/December 2020



TIS THE SEASON TO BE GRATEFUL

A positive mindset can have a hugely positive impact on your life. Focusing on negative circumstances, wallowing in bad feelings or allowing negative thoughts to dominate your day not only affects your mental health but your physical health too. Research has shown that negative attitudes can create chronic stress, which upsets your body's hormone balance, depletes the brain chemicals required for happiness and damages the immune system.

But what can you do about it? What can you do when life gives you lemons and you're stuck in a negative cycle?

Your friends and family might try to help, sending you positive quotes on Facebook and telling you to just "stay positive". But does it really help? There is a simple solution. Gratitude. Now, I know it might sound a little too new-age and airy-fairy for some of you, but there's actually a science behind how gratitude works.

Studies have indicated that simply expressing gratitude may have lasting effects on the brain.

While not conclusive, the findings suggest that practising gratitude may help train the brain to be more sensitive to the experience of gratitude in the future, and this could contribute to improved mental health over time. So how can you make gratitude work for you? Keep a gratitude journal.

It's really simple to do. Keep a notebook by your bed and every evening, just before you go to sleep, write down all the things you're grateful for that day. It could be big things or small things like the cup of coffee your partner brought you this morning.

As we come to the end of a tough year, it's the perfect time to take a little control over your mindset and put some healthy habits into practice for the year to come. So grab a notebook and start making gratitude work for you too.



Winter Warmer VEGETABLE CASSEROLE

INGREDIENTS

- > 1 tbsp olive or rapeseed oil
- > 1 onion, finely chopped
- > 3 garlic cloves, sliced
- > 1 tsp smoked paprika
- > 1/2 tsp ground cumin
- > 1 tbsp dried thyme
- > 3 medium carrots, sliced (about 200g)
- > 2 medium sticks celery, finely sliced (about 120g)
- > 1 red pepper, chopped
- > 1 yellow pepper, chopped
- > 2 x 400g cans tomatoes or peeled cherry tomatoes
- > 1 vegetable stock cube made up to 250ml
- > 2 courgettes, sliced thickly (about 300g)
- > 2 sprigs fresh thyme
- > 250g cooked lentils

INSTRUCTIONS

STEP 1

Heat the oil in a large pan. Add the onion and cook gently for 5 - 10 mins until soft.

STEP 2

Add the garlic cloves, smoked paprika, ground cumin, dried thyme, carrots, celery sticks, red pepper and yellow pepper - then cook for 5 minutes.

STEP 3

Add the tinned tomatoes, vegetable stock, courgettes and fresh thyme. Cook for 20 - 25 minutes.

STEP 4

Take out the thyme sprigs. Stir in the cooked lentils and bring back to a simmer. Serve with wild and white basmati rice, mash or quinoa.

Enjoy!

GUNPOWDER, TREASON & PAIN?

This is the season of bonfires, jack o' lanterns and frosty mornings. While the cold winter weather can put a strain on your immune system, it's not the only thing this season that can be tough on your body. I never realised how very British.

Bonfire Night was until I mentioned it in conversation to my Austrian friend and she responded with just a very confused look. She'd never heard of it - so I tried to explain. "It's a national holiday that celebrates the day that a man named Guy Fawkes tried to blow up the houses of Parliament and failed.

We have reworked displays to symbolise the gunpowder explosions and we get the children to build life-sized replicas of "Guy" out of old clothes and straw - then we build a huge bonfire and burn him." She looked fairly horrified - and after listening to myself explaining it - so was I! But as if this cheerful winter holiday isn't dark enough, Bonfire Night has another dark side

...Standing in a field for hours on end, with kids on your shoulders and your head tilted up to enjoy the displays can wreak havoc on your neck.

You see, your head is incredibly heavy - around 5kg believe it or not. Your neck is designed to support its weight - but not when you hold it off balance for hours. Neck ache, back pain and headaches can all be a sign that your holiday fun has caused you a mischief - but there are some simple stretches you can do to help. Just a few minutes a day keeping your neck flexible could save you the pain and prevent problems from worsening.

SIDE TILT

Do this while standing, with your feet hip-width apart and arms down by your sides.

Gently tilt your head toward your right shoulder and try to touch it with your ear. Stop when you feel the stretch. Don't raise your shoulder.

Hold the stretch for 5-10 seconds, then return to the start position.

Repeat on your left side. You can do several sets and work your way up to 10 repetitions. For extra stretch, put the hand on the same side of your tilted head on top of your head, and press lightly with your fingertips.

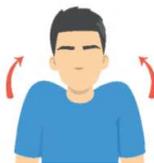


SHOULDER ROLL

This is best done standing up.

Raise your shoulders straight up and move them in a circle going forward. Do it 6 times.

Return to the start position, and make another 6 circles, this time going backward.



SIDE ROTATION

You can do this while seated or standing.

Keep your head squarely over your shoulders and your back straight.

Slowly turn your head to the right until you feel a stretch in the side of your neck and shoulder.

Hold the stretch for 15-30 seconds, and then slowly turn your head forward again.

Repeat on your left side. Do up to 10 sets.



Word Search Challenge



Winter

Casserole

Sleep



Cold

Bonfire

Fawkes



Fireworks

Neck

Immune

Warmer

N	T	C	C	E	W	S	N	W	I	C	S	E	O
D	R	C	A	K	B	C	W	D	E	I	E	M	A
E	O	R	R	T	O	O	F	M	O	O	T	W	W
D	U	O	F	N	A	O	L	N	N	M	R	A	W
E	N	R	E	T	N	I	W	E	E	T	N	E	F
A	E	E	U	W	N	N	A	E	N	U	M	M	I
F	E	K	L	S	E	E	I	L	U	M	B	R	R
B	A	F	T	E	M	C	O	K	O	A	F	A	L
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N	S	I	K	R	K	C	E	N	O	R	M	R	W
F	L	E	C	E	F	A	F	E	W	A	E	E	C
I	E	C	S	L	S	E	A	D	W	M	S	R	O
R	E	F	E	C	A	S	S	A	R	O	L	E	L
E	P	R	F	I	R	E	W	O	R	K	S	R	D

WHERE TO FIND US:

Chiro Family Practice

2A Cleveland Avenue,
Derby, DE21 6SA

01332 987642

Monday: 9:40am – 2:00pm,
3:30pm – 7:30pm

Tuesday: 4:00pm – 7:30pm

Wednesday: 11:00am – 12:00pm,
3:30pm – 7:30pm

Thursday: CLOSED

Friday: 4:00pm – 8:00pm

Fun Facts

Impress your family & friends over Christmas Dinner with these winter facts!

1. Earth is closest to the Sun in winter.
2. Stonehenge was set up to frame the sunset of the winter solstice.
3. Snowflakes almost always have six sides.
4. The winter solstice is the "shortest day" of the year.
5. The first Winter Olympics were held in Chamonix, France, in 1924.

Your posture your health

With more of us working from home there has never been a more important time to pay attention to your posture. Posture can be a complex topic so for now we just want to focus on the Neck region. Forward Head Posture (FHP) and Neck related aches/tension and pains tend to have a strong correlation because as our head moves forward relative to its ideal position, its relative weight can increase significantly.

What can you do to slow it down?

The suggestions below will not correct FHP but may help slowing it down!

1. Sleeping position

Avoid sleeping on your stomach and avoid sleeping with more than 1 pillows.

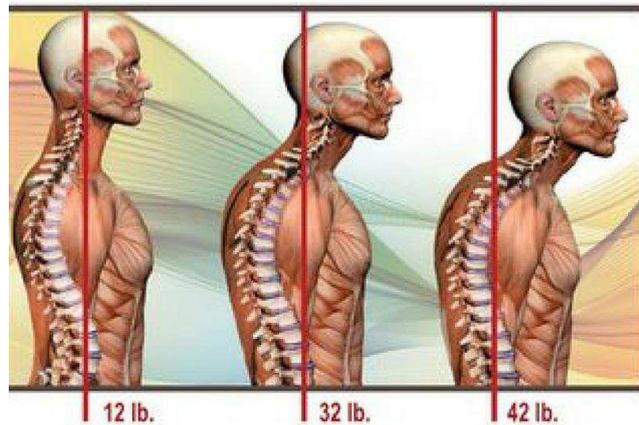
2. Seating position

When seating always ensure feet are flat on the ground and in front of your knees. Avoid propping yourself up with pillows in bed for reading.

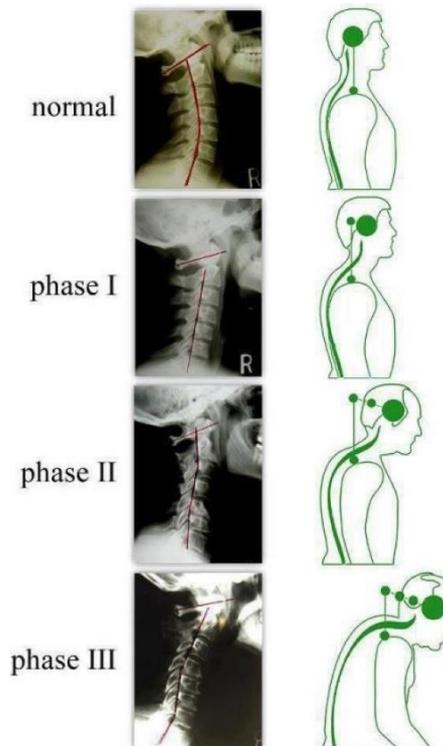
3. Mobile devices/Games

When using mobile devices, reading, or playing computer games always ensure eye level is maintained with the activity.

How Heavy is Your Head?



Examples of changes in Cervical spine



Home office set up

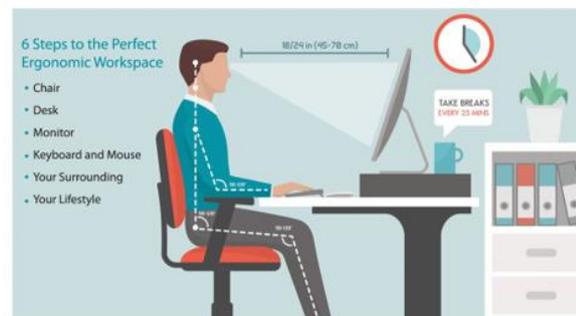
- ★ Dedicate a space of your home to your “home office”. Consider storage requirements and accessories such as printers and paper shredders.
- ★ Ensure you have natural light in your office set-up. A SAD Lamp is a great way of boosting the equivalent of natural light into your working space. Declutter your desk/working area.
- ★ Get a few home plants to help create a better working environment



- ★ Take frequent breaks and drink enough water
- ★ Do you need to be seated to do your work? If not, why not stand up while taking a conference call? standing desks are a great compromise.



- ★ Ensure monitor is at eye level. As most businesses issue laptops, it may be worth investing in a separate monitor and keyboard as it will help your ideal set up.
- ★ While seating ensure your feet are flat on the ground and in front of your knees
- ★ Office chairs: if you plan to work from home for some time ensure your chair has a level of adjustability or consider a “back friend”
- ★ Desk: ensure your desk is high enough so your legs can fit under it
- ★ Ensure your monitor is roughly arm’s length away from your seated position
- ★ If your work requires frequent phone calls while using the laptop/PC perhaps invest in a set of headphones



★ Make a child smile this Christmas

Here is our collection so far for the Derby Salvation Army children Christmas presents. 🤗🤗 Thank you to everyone who has donated 🙏. If you would like to contribute and have not yet, there's still time. We will be collecting **new toys** until the **15th of December!** Let's make a child smile this Christmas! ❤️🎄



🎄 Win a Hamper



★ Be in for a chance to 🌟 WIN 🌟 this ChiroFamilyPractice 🎄 Christmas Hamper by entering the competition and completing each of the following...

- ★ COMMENT on the post
- ★ LIKE the post
- ★ SHARE the post
- ★ LIKE the page ****importantly**** don't forget this one!! 🤗
- ★ See what is in the hamper on our [Facebook Page](#) ❤️❤️

Community Support



Inspirative Arts is a Derby-based social enterprise that offers arts therapies and creative wellbeing sessions to adults and young people across the East Midlands. We have supported them by making £60 towards the purchase of their Christmas cards. Those cards were hand made by adults with learning difficulties and were professionally printed by Inspirative Arts.

Click [here](#) for more information

Helping Children with Loss Course

- ★ Do you want to be able to help your child to open-up about their feelings?
- ★ Do you want to be able to dispel the myths you were taught about loss?
- ★ Do you want to help ensure as they grow, your children are able to protect and speak openly about their mental health?

On average children suffer about 15 losses before they become adults. These can range from death, divorce, moving to a new house, loss of safety through bullying, or even loss of schedule.

A precursor to the **Helping Children With Loss Course**

By completing this course you can help improve a child's life. You will be given tools for helping children of any age and ability level with a personal loss. This course is suitable for teachers, parents, carers and guardians or anyone who has children in their life either professionally or personally.

Leni Robson is a Certified Advanced Grief Recovery Specialist, funeral and life celebrant who has been working closely with grieverers since 2017.

More information and registration to course you will find [here](#).

