



## Reverend Lesley's top tips to stay healthy in mind, body and spirit



We are all recommended to take 30 minutes exercise daily, preferably a walk out in the fresh air in our local neighbourhood. However, this is not possible for some of us - those who are housebound, self-isolating, live in an apartment or flat.

Maybe the following will help?

### Staying healthy in mind

Try not to watch the news more than twice a day. Constant viewing of updates and discussion about the Coronavirus can be unsettling and lead to unnecessary anxiety

If you are able, occupy your thoughts in other ways, such as with a book or magazine; why not try a jigsaw or a puzzle book?

If your eyesight is poor, listen to the radio. Again, avoid the news. There are lots of interesting broadcasts, stories, plays, and music to choose from

Stay in touch with the outside world if you can. Why not sit next to a window for a while and watch the world go by or contact someone and have a chat? Using the good old telephone is better than text or email....to hear a voice can be a real tonic! If you can use Facetime or Skype, then that's even better as you will not only hear a voice but see a person.

Try to set up a weekly and daily routine e.g. call a friend every Monday, listen to a radio programme each week at a set time, an hour of reading or puzzles after lunch etc. Routines help us punctuate our time and they make us feel secure.

### Staying healthy in body

A daily walk, at a good pace, for 30 minutes is the ideal. This is not possible for some so I have included a sheet of daily exercises that will be beneficial. God created us to move. He gave us a system of muscles that connect to our bones and cross over our joints, creating a system of levers. If our muscles are not moved, they shorten and become tight and our joints can become stiff. We have a great fluid inside our joint capsules called Synovial fluid, and this lubricates our joints. It is secreted when we move the joint, so that's another good reason to try to stay mobile and keep our joints working as best we can.

If we are sedentary for long periods, we need to break up our sitting time. Get out of the chair and walk to the kitchen and make a cuppa. If this is not possible, simply stand up from the chair and 'walk' your feet on the spot to get the circulation going

Try to eat a healthy, balanced diet. Its easy to comfort eat or to not eat when we feel anxious. There is plenty of advice around about eating healthy. Include fresh veg and fruit where you can, cut down on refined foods and avoid take-aways. Maybe now is a good time to try out a new recipe?

## **Staying healthy in spirit**

As a Christian, your relationship with God is key to your staying healthy in spirit. Just as you can chat to a friend, now at this time know that Jesus is a friend who longs to chat with you. Now is the time to 'chat' (pray) to Him. Tell Him how you feel, ask Him to strengthen you, to comfort you and to care for your loved ones. Then, most importantly, be still and sit quiet, with your heart and mind open and listen to God speak to you. Your thoughts at this time will be prompted by Him. Don't rush this time. Enjoy it. Soak in the peace and love of God the Father who made you and loves you.

Why not create a quiet space in your home? It could be indoors or out in your garden or back yard. Choose a place where you feel calm. Light a candle and sit here to be still. Be aware of your surroundings...what do you see? What can you hear? Breathe in the calm air and breathe out your worries or concerns. Take your time. Let your mind wander. Talk to God. Experience His peace.

Spend some time each day reading your Bible. Here are some texts you might find helpful:

### **Well known events**

*Creation* Genesis 1-3

*Noah's Ark* Genesis 7-8

*Joseph and his brothers* Genesis 37

*Plagues* Exodus 5-12

*Ten Commandments* Exodus 20

*David and Goliath* 1 Samuel 17

*Daniel and the Lion's Den* Daniel 6

*Birth of Jesus* Matthew 1-2; Luke 1-2

*Baptism of Jesus* Matthew 3: 13-17; Mark 1: 9-11; Luke 3: 21,22

*Last Supper* Matthew 26: 17-35; Mark 14: 12-31; Luke 22: 7-38; John 13-17

*Crucifixion of Jesus* Matthew 27: 27-61; Mark 15: 16-46; Luke 23: 26-56; John 19

*Resurrection of Jesus* Matthew 28; Mark 16; Luke 24; John 20-21

*Coming of the Holy Spirit* Acts 1-42

*Conversion of Saul* Acts 9: 1-19

### **Where to find help**

*Fear* Psalm 27; Psalm 34:4; Psalm 46; Matthew 8: 23-27

*Loneliness* Psalm 23; Psalm 73: 23,24; Isaiah 49: 14-16; John 14: 15-21

*Anger* Matthew 5: 22-25; James 1: 19-21

*Illness* Psalm 103: 1-4; Romans 8: 18-25; 2 Corinthians 4: 16-18

*Doubt* Isaiah 40: 27,28; Matthew 11: 1-6; Mark 9: 24; James 1: 12-18

### **Where to find passages about**

*Peace* Isaiah 26: 3; John 14: 27; Romans 5: 1-5

*Love* 1 Corinthians 13: 1-3; 1 John 4: 7-12

*Courage* Psalm 11; Psalm 42

*Protection* Psalms 3; 4; 7; 16; 17; 18; 23; 27; 31; 91; 121; 125

*Salvation* Romans 10: 9-11; Ephesians 2: 4-9; Titus 2: 11-14

I hope these tips help you get by and stay strong in the days ahead

Love Lesley x

# Staying healthy in body

Use this sheet of exercises and ideas to help you to be more active.

Here are some of the benefits:

- ☺ relax and sleep well
- ☺ combat anxiety and depression
- ☺ lift, push and pull more easily
- ☺ control weight
- ☺ maintain independence and the ability to move easily

## Mobility – keep the joints moving

Moving your joints promotes the secretion of Synovial fluid, which lubricates the joints.

### Shoulder circles:

Sit tall in the chair.

Circle both shoulders backwards and forwards.

\* You can do full arm circles if you prefer.

Repeat 4 times in each direction.

Keep the movement smooth and controlled.



### Trunk twist:

Stand or sit tall in the chair.

Slowly turn to the right, back to centre and then turn to the left.

Repeat 8 times.



Side bends:

Stand or sit tall in the chair.

Slowly slide your hand down to the left, back to centre and then the right.

Repeat 8 times.



Elbow (bicep) curls:

Stand or sit tall in the chair.

Place your hands by the side of your thighs.

Bring your hands up towards your shoulders.

Hold a tin of beans or a small weight to increase your strength. Slowly lower under control.

Repeat both arms 8 times.



Finger tapping (dexterity):

Sit tall in the chair. Spread your fingers as wide as you can, then slowly, using fingers on the same hand as your thumb; reach the forefinger to tap the thumb, the middle finger to tap the thumb etc.

These exercises will help you to do buttons, zips etc.



### Neck mobility:

Stand or sit tall in the chair.

Slowly turn your head to the right, back to centre and then to the left.

Be careful to turn just as far as feels comfortable.

Repeat 8 times.



### **Cardiovascular exercises - keep your heart and lungs healthy**

These exercises will make you feel a little sweaty and out of breath.

They will also strengthen the leg and postural muscles.

Be sure to rest when you need to. Please have sips of water as you do them.

Do as many as you can.

### Sit and Stand:

Sit tall away from back of chair.

Lean slightly forwards and stand up tall.

Use support if needed. Slowly lower yourself back into the chair

Try to build up to 15-20



### Marching:

Stand behind a chair.

Hold on keeping your balance.

Slowly march for 10-30 seconds.

Count 10 seconds and then repeat.

Build up to 4 sequences



### 'Stretch and relax'

Sit tall in the chair.

Put left hand on right shoulder, support arm. Hold for a count of 8

Repeat with your other arm



Reach arm over head to side. Don't hold your breath. Hold for a count of 8

Repeat with your other arm



Tilt head towards right shoulder- hold for count of 5-8.

Repeat to other side



Turn head slowly to right side, and left side.



**Well Done! 😊**