

Health Triangle

The official e-mag of
UK Health Radio



Let's all talk about
Thyroid Health!

Pet Health
5 Lessons
your dog
can help your
child learn

Health Focus
5 STEPS TO
MENTAL
WELLBEING

FOOD
ADDICTION

by Janey Lee Grace



“Some people don't believe in Heroes, but they haven't met my Dad”

UK Health Radio's e-magazine
www.ukhealthradio.com

CEO UK Health Radio
Johann Ilgenfritz

Editor
Reg Starkey

Creative Director
Raphaella Reeb-Ilgenfritz



Health
Triangle

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Editor's Note:

This Month ▲

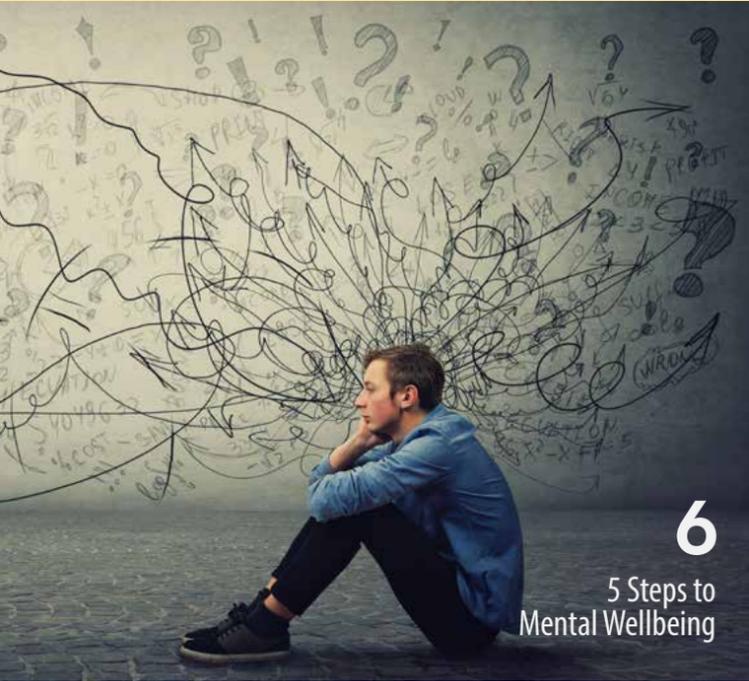
“FOOD FOR THOUGHT”

A long year of tiers and Lockdown has made COVID top of mind, putting the original big C in an unfamiliar degree of shade. Many of us have turned to comfort eating as emotional compensation for the loss of our freedoms. We are not responsible for our thoughts, we are responsible for our actions. Obesity is usually a self-inflicted wound and a contributor to many other conditions from diabetes to heart disease to cancer. This month's 'Yes to Life' section contains the claim that “the food you eat is the most important health intervention you will ever make.” Whether or not you agree with this completely, you should fight for the writer's right to express it. And this principle should apply to the diversity of sincere opinions expressed in this issue, in which we also announce our new Health Awards scheme. This is dedicated to the pursuit of excellence in every sector which we cover. If you see yourself as we see you - as a seeker of wisdom of wisdom and truth, we are counting on you to cast your vote for the best of the best, la creme de la creme -as we might say, if we were not so sensitive to fat and vegan issues! Savour the opinions. Make the most of the summer!

Reg Starkey

Reg Starkey
Editor





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VOTE NOW

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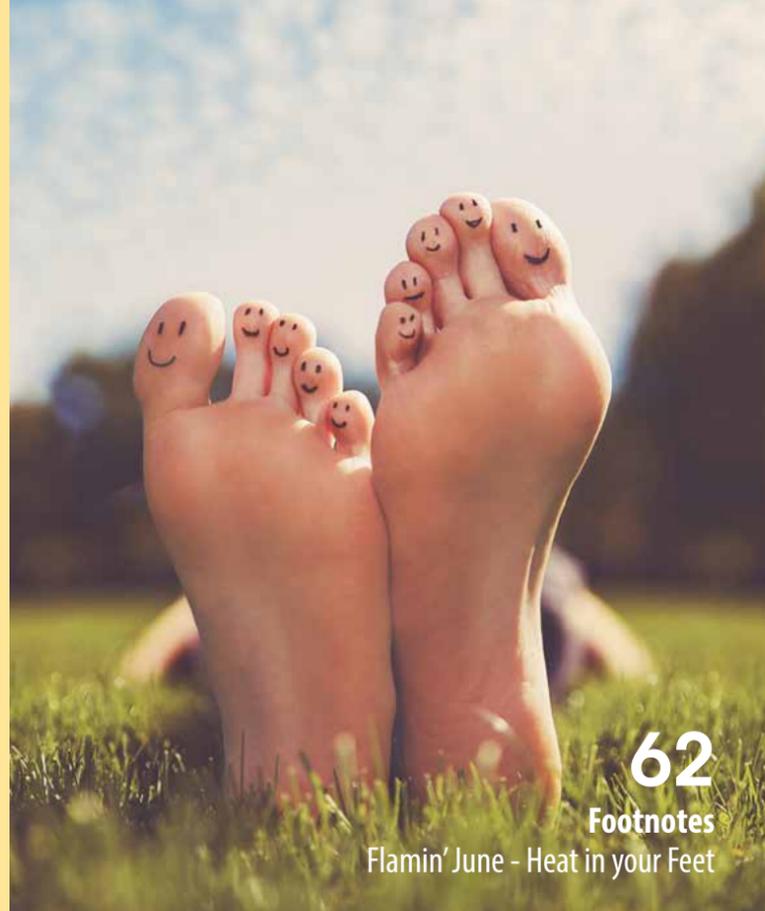
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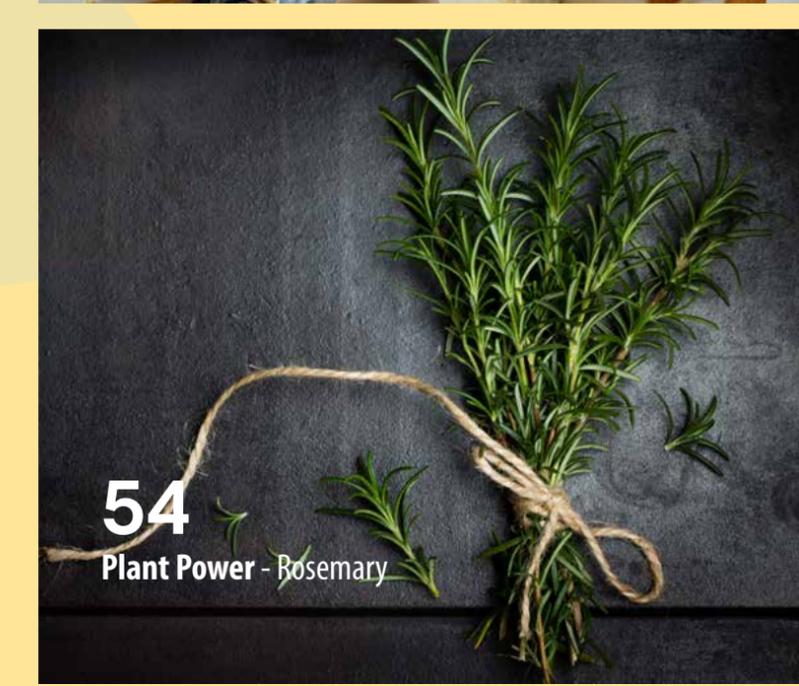
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5 STEPS TO MENTAL WELLBEING

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. CONNECT WITH OTHER PEOPLE

Good relationships are important for your mental wellbeing.

They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

DO

- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- arrange a day out with friends you have not seen for a while
- try switching off the TV to talk or play a game with your children, friends or family
- have lunch with a colleague
- visit a friend or family member who needs support or company
- volunteer at a local school, hospital or community group. Find out how to volunteer on the GOV.UK website
- make the most of technology to stay in touch with

friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart

- search and download online community apps on the NHS apps library

DON'T

do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people

2. BE PHYSICALLY ACTIVE

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

DO

- find free activities to help you get fit
- if you have a disability or long-term health condition, find out about getting active with a disability
- start running with our couch to 5k podcasts
- find out how to start swimming, cycling or dancing
- find out about getting started with exercise

DON'T

do not feel that you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life



3. LEARN NEW SKILLS

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others
- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

DO

- try learning to cook something new. Find out about healthy eating and cooking tips
- try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

DON'T

do not feel you have to learn new qualifications or sit exams if this does not interest you. It's best to find activities you enjoy and make them a part of your life

4. GIVE TO OTHERS

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward

- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home

5. PAY ATTENTION TO THE PRESENT MOMENT (MINDFULNESS)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Read more about mindfulness, including steps you can take to be more mindful in your everyday life.

The mental health charity **Mind** also offer information about the 5 ways to wellbeing.

www.nhs.uk



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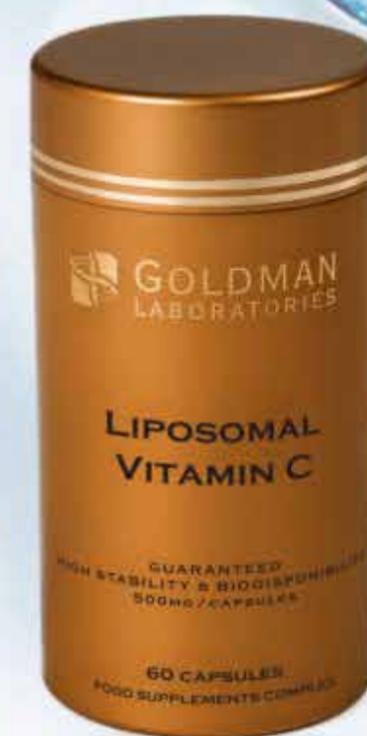


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Introducing UK Health Radio's HEALTH AWARDS 2021



The new Health Awards 2021 go far beyond anything that UKHR has ever done before!

For a start, the candidate individuals, companies and brands have been chosen or recommended by a broader range of presenters than ever before, as well as by the editorial, production and marketing people involved in the radio station and the monthly magazine.

The breadth of choices reflects UK Health Radio's core commitment to excellence in every aspect relating to health and well-being, on a worldwide basis.

Specialists in every field have been recommended by the broadcast experts who know each specific area best. In addition, the back office teams have added their own suggestions in other areas.

Now it is your turn to have your say. You can vote in every single category. Every vote will count!

No other Awards system has ever shared this unique focus and its global reach!

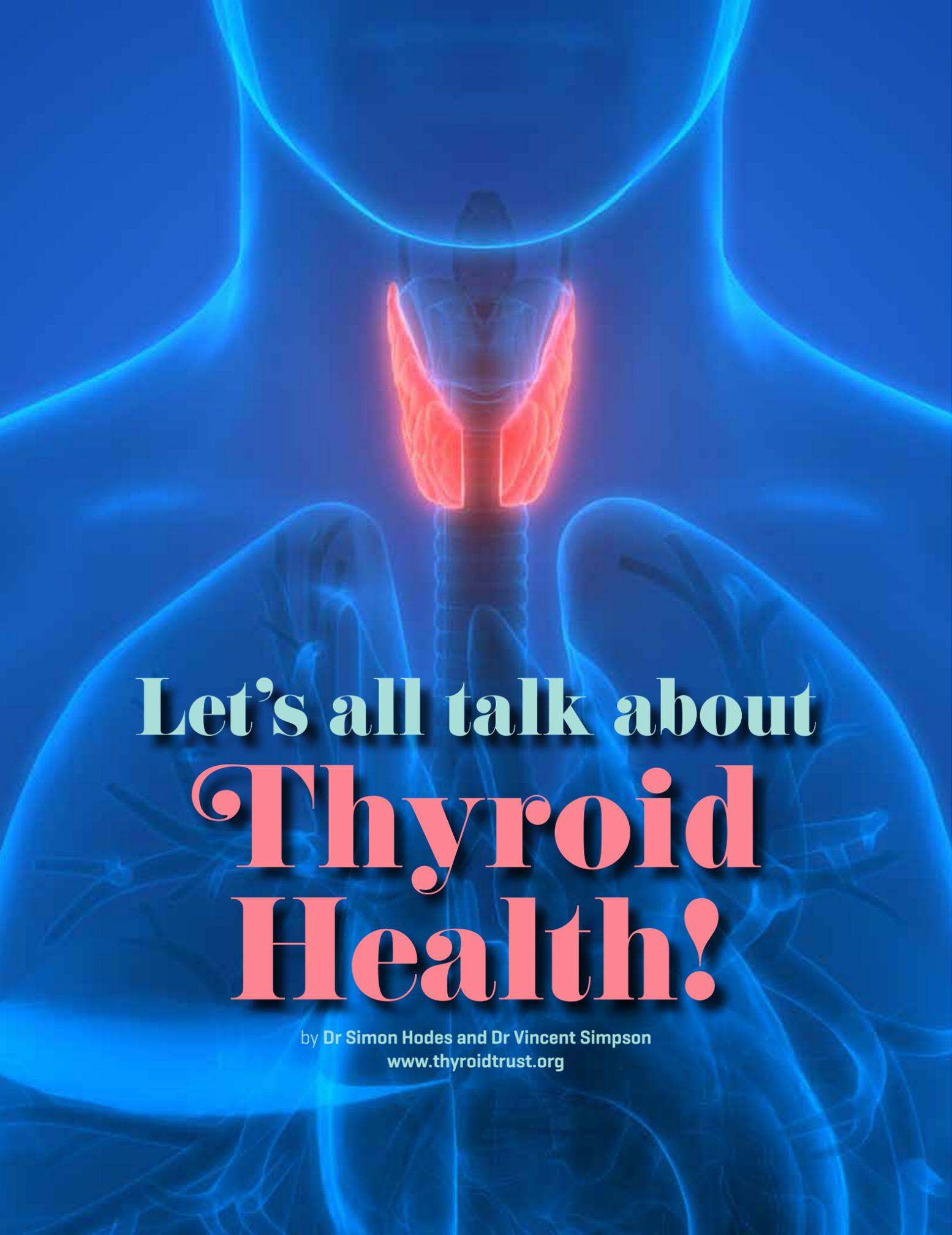
And while it is good to be the biggest, it's even better to be the best.

HEALTH AWARDS 2021 SUMMARY:

- * Unique to UK Health Radio and Health Triangle Magazine
- * Global reach and health/well-being focus makes it the biggest of its kind in the world
- * 36 different categories. You have one vote in each category.
- * Your vote counts! Let's acknowledge excellence wherever we can find it.
- * When our listeners speak, we listen.
- * This is where it starts, goodness knows where it will end!

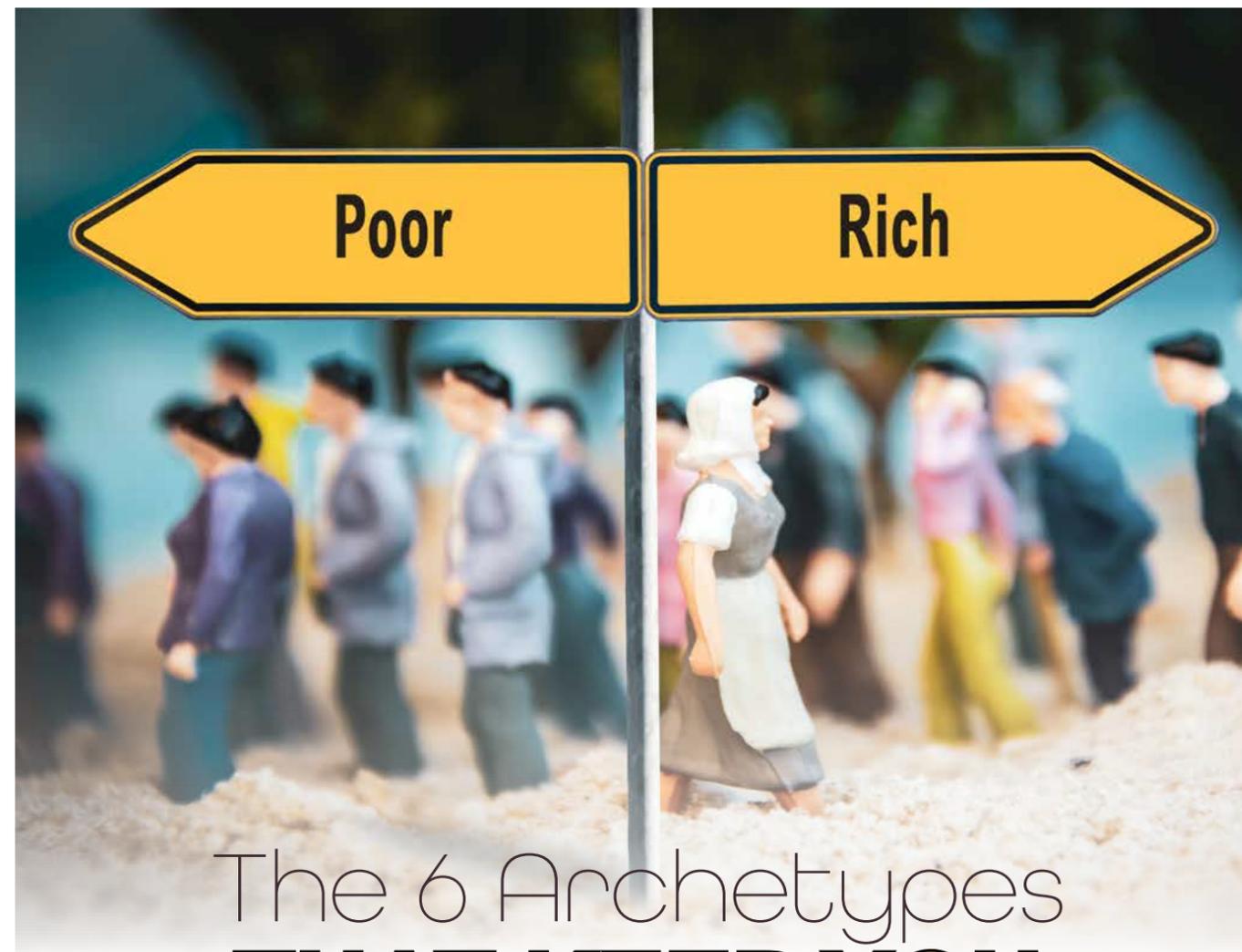
Please click the link below to vote
<https://bit.ly/2QYXRsw>





Let's all talk about
**Thyroid
Health!**

by Dr Simon Hodes and Dr Vincent Simpson
www.thyroidtrust.org



The 6 Archetypes
**THAT KEEP YOU
FROM BEING WEALTHY**

by Catherine Carrigan
www.catherinecarrigan.com

- Victim
- Beggar
- Slave
- Monk
- Amateur
- Glutton

Recently I received an email from someone I have never met wanting me to give her money so she could give a Ted talk to promote her work. She told me she was a long-term sufferer of a chronic illness. She had read an article I had written about a mudra for abundance from my book *The Little Book of Breathwork* and decided that since I had been writing about money I must be someone who hands it out for free. I wrote her back declining.

Although I am a big fan of supporting the Atlanta Community Food Bank, which has experienced a 300 percent increase in demand during the pandemic ...

Environment & Conservation Show

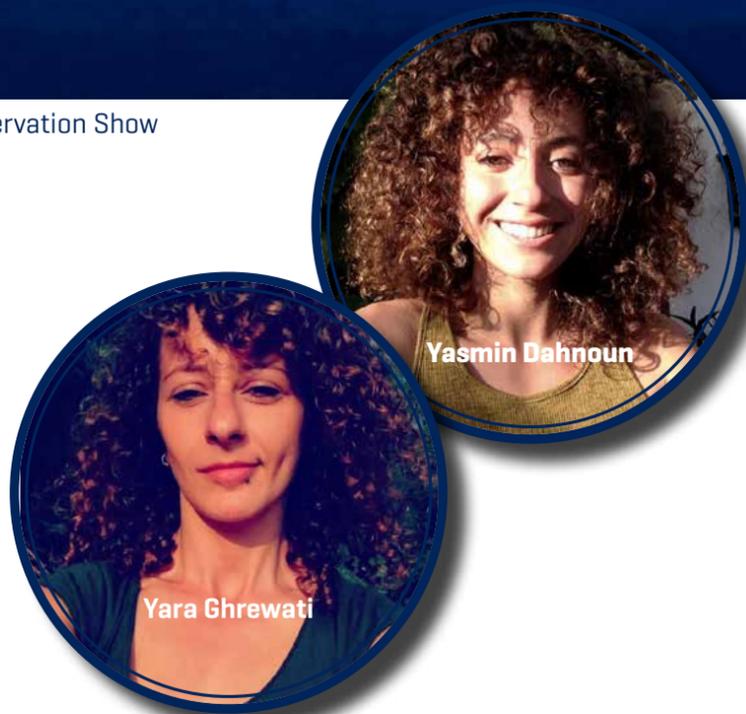
The effects on the environment and overall health:
Joining the dots with the Environment & Conservation Show on **UK Health Radio**

by **Yasmin Dahnoun**, presenter of the Environment & Conservation Show

Introducing the Environment and Conservation Show on UK Health Radio. Presented by **Yasmin Dahnoun**, founder of **Earth Witness News** and **Yara Ghrewati**, Survival Instructor and Founder of **Wildeye Adventures**. Both are excited to

share this platform with a whole host of voices, to create a community of conservationists, experts and the general public.

Each show runs weekly and will be aired every Monday, Wednesday & Friday at 6pm and on Sundays at 12pm [noon]. Covering an array of topics from nature ...



Yasmin Dahnoun

Yara Ghrewati

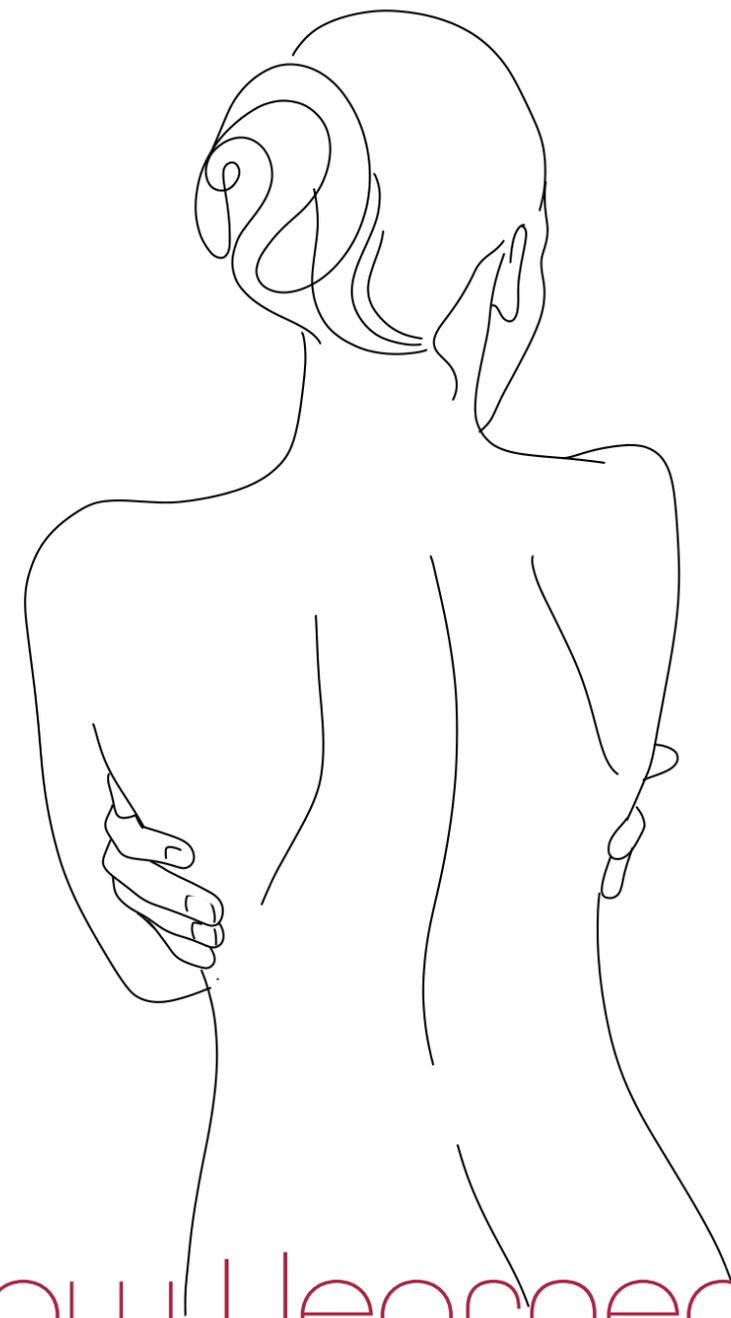
How I learned to appreciate my body

by **Natalia Kotowska**

In July 2020, The Women and Equalities Committee conducted a body image survey* which was publicised on Twitter, Instagram and via influencers and their stakeholders on their social media platforms. The survey which received almost 8000 responses found that 61% of adults and 66% of children

feel negative or very negative about their body image most of the time.

That survey, like many other surveys that have been carried out over the years, show that a negative body image can affect men, women and children in such negative ways, with outcomes that can be ...





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