

WELLBEING ADVICE



January 2019

Well-being message from our Well-Being Mentor, Emma Williams:

There is so much research that analyses and records screen time or time spent on mobile devices. Although there is some variation in the recorded figures.

According to eMarketer, 22% of mobile phone time is taken up by texting, 22% by phone calls, and 10% by email. This would mean we spend, on average, about 55 minutes a day texting, 55 minutes a day on phone calls, and 25 minutes a day on mobile email. What the research also seems to show is the exponential rise in usage over the last few years, with figures almost doubling between 2012 and 2018.

So looking through the research and gathering evidence into why not to spend time on these devices, I came across these common themes:



Increased productivity

Everybody procrastinates from time to time, and believe it or not, in small doses, procrastination is healthy. Nowadays though it is being reported more and more as a problem for people. It does seem that smartphones are largely to blame. Numerous studies showing the negative effect of smartphones on our productivity.

More free time

It goes without saying that if we are spending so much time on our phone, wouldn't it also go without saying that this time could be used to do other things, or even do nothing. I hear so many time girls say I have no time to myself, no time to relax. I would like to put it to you that if the benefits here are seen for not using your phones then the argument that 'I use my phone to relax' doesn't seem to hold water.



Better sleep

It is now widely recognised that for many reasons any sort of screen time before bed can negatively impact your sleep, and it seems that phones are particularly bad for this.



Less comparison

Social media encourages a culture of 'compare and comparison'. When I was growing up I remember doing everything I could to not be like everyone else, there was something special about celebrating uniqueness. Nowadays everyone seems to want to look the same and have all the same things. Compare and comparison is the thief of joy.



More Social

Smart phones propose a great social life, actually what they deliver is something very different. Cyber or virtual chat actually encourages isolation and encourages inauthentic communication, which leads to false relationships and feelings of loneliness.

Talking to someone face to face, meeting up with them and having 'real' time together encourages authenticity and 'true' relationships.

"People are lonely because they build walls instead of bridges." Joseph F Newton

The advantages of putting down your phone described here also lead to decreased levels of anxiety, encourage and enhances levels of awareness, which in turn promote personal growth. What better reason to put down you device and engage with the world around you.

Build yourself some bridges.

Homemade cold remedy:

With all this cold weather and more on the way, here is a natural way to fight off a cold or flu.

Lemons: Are high in vitamin C, which helps to keeps the immune system strong and also neutralizes the free radicals in your body.

Ginger: Helps you sweat out the toxins that have built up in your body whilst the cold or flu virus has taken hold. Ginger is also helpful for settling upset stomachs, for reducing dizziness, nausea, and cold sweats.

Honey: Is very soothing, especially for a sore throat, which is why often medicines contain honey as it is an effective and natural cough suppressant. Honey also improves the body's ability to fight infection and decreases the risk of fevers. Honey is obviously naturally very sweet and also balances the sharpness/acidity. These flavours are also complimentary, making this remedy very palatable.

Cloves: act as an antiseptic, anti-fungal, antibacterial, antioxidant, analgesic, anti-inflammatory, and they can also help heal and are used to treat coughs,

Ingredients

- 2 lemons (washed and dried)
- 2 piece of fresh ginger (about 3 inches of root - per piece)
- 250g of runny honey (preferably raw honey)
- 12oz jar or container
- 30g jar of cloves

Directions

1. Slice the lemons and the ginger into thin slices.
2. Place into a/or container jar, alternating the layers of lemon and ginger.
3. Now pour honey over the lemon and ginger. Make sure the honey coats the lemon and ginger slices, and fills the jar to the top. Then seal tightly.
4. Store in the refrigerator overnight - the mixture will start to form into a soft jelly.
5. Scoop 2-3 tablespoons of the mixture into a mug full of freshly boiled water – try to get some of the pieces of ginger and lemon too.
6. Add a couple of cloves to each cup of remedy.
7. Let this brew for a few minutes, maybe 3-4, and then sip until gone.

You can make this immune boosting, remedy at any time and it should store successfully in the fridge for at least a month.

