

# One-minute WELLNESS

Boost your health when you're short on time with these 60-second tips

## SWITCH OFF THE NEWS

Binge-reading bad news can spike anxiety levels, according to studies. Too much negative media can also cause headaches, tummy troubles, muscle tension and may mess up your sleep patterns. 'Limit your intake to a quick scan of the headlines, or spend

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just once a day catching up – and look out for positive news stories, too, because these will help lift your mood,' says psychologist Dr Meg Arroll.\*

## EAT AN APPLE

Apples are low in calories, packed with vitamin C, and encourage the growth of healthy bacteria in the bowel to keep the gut healthy. So, why not reach for one in that mid-afternoon slump? 'As a rich source of fibre, known as pectin, snacking on an apple offers a slow release of energy to keep us feeling fuller later into the day and avoids that spike in blood sugar levels from sugary alternatives,' says nutritionist Rhiannon Lambert.



## FILL UP YOUR WATER BOTTLE

Staying hydrated supports your body's ability to eliminate toxins and waste materials, which is vital for a strong immune system and a healthy body. Not drinking enough can cause headaches and tiredness, too. 'Aim for 1.5 to 2 litres of water every day and if you're craving something warm, reach for herbal teas', advises Jane Clarke, dietician and founder of Nourish. Avoid too many caffeinated drinks, as they can dehydrate you.



## THROW IN SOME GARLIC

Garlic has potent antiviral properties that can help boost your body's immunity – giving you a greater chance when it comes to fighting off bugs and illness. It's also known to reduce blood pressure. Aim for a clove or two a day in your meals or take a supplement, such as **Odourless Garlic** (**myprotein.com**).







EMBRACE  
ESSENTIAL OILS

Orange aromatherapy oil has been proven to be uplifting and tranquillising: it alters our mood and boosts motivation, relaxation and clarity, says certified health coach Suzy Glaskie of Peppermint Wellness. ‘Put a drop of orange essential oil on one palm, rub your hands together and inhale deeply for 60 seconds to get the benefits.’

HIIT  
HACK!

Doing just 60 seconds of intense exercise can increase your fitness and offer similar health benefits to 45 minutes of less energetic exercise, revealed a Canadian study.

FIND YOUR PRESSURE POINTS

Acupressure is an ancient alternative therapy that sends signals to the body to aid healing. Here, acupuncturist Renata Nunes\*\* reveals the points to press that can improve wellness. Apply pressure for 30-40 seconds at a time.

- + The Yin Tang acupoint is located between the eyebrows. This is one of the main points that will soothe and relieve anxiety when stimulated.
- + Gently press the CV17 acupoint to calm the heart and deepen the breath. You’ll find it in the centre of the chest, between the nipples.
- + On the forearm, the Pericardium 6 acupoint is roughly three fingers below the wrist, between the tendons. It’s a good point to press if you have nausea, also to calm the mind and reduce anxiety.
- + If you’re tired, apply some pressure to the Stomach 36 acupoint to increase energy. It’s a hand’s length below the kneecap, on the outside of the tibia bone.

HAVE A CHAT

Connecting with others has never been so important. In fact, studies show that friendships in midlife and beyond increase our happiness levels, maintain cognitive functioning and help physical health. Can’t get together with your friends right now? Hook up by video call to enjoy that face-to-face experience.





WASH YOUR HANDS

You know the drill, but doing it is so important to stay well. Wash hands regularly with soap and water, for at least 20 seconds. To moisturise them, slather on Green People's Manuka and Lemon Tea Tree hand cream ([greenpeople.co.uk](http://greenpeople.co.uk)).

RECOVER QUICKER

Feeling sore after a workout? Relieve your aching muscles with a minute or two of percussive therapy. Self-massage guns work by rapidly compressing soft tissue to stimulate blood flow, increasing oxygen to the muscle.



**Liv Essential Theragun,**  
[theragun.com](http://theragun.com).

STEP AWAY FROM YOUR SCREEN

Computer vision syndrome (CVC), caused by staring at digital screens for too long, is a condition becoming increasingly common in the UK. Eye strain can be reduced by following the simple 20-20-20 rule: take a screen break every 20 minutes and focus on something 20 feet away for 20 seconds. 'Visual fatigue can also be helped by using special lenses, designed to stop the eyes from working so hard in order to reduce and prevent eye strain,' says eye-health expert Dr. Andy Hepworth.\*\*\*

CORRECT BAD POSTURE

Reverse the effects with this daily programme of 60-second stretches by PT Kira Mahal, founder of the workplace wellness provider Reset LDN.

+ Cat & Cow Stretch (20 reps of 3 seconds)

Get on all fours with your hands under your shoulders and your knees in line with your hips. Exhale, gently arch your spine and raise your crown. Hold for 3 seconds. Then inhale, rounding your back while squeezing your abdominals. When reaching the original position, hold for one second and repeat.

+ Hip Raises (20 reps of 3 seconds)

Lie on your back with your knees bent and put your arms out to the side. Tighten your abdominals, squeeze your glutes and raise your hips upwards. Hold for three seconds, lower back down and repeat.

+ Half Cobra (15 reps of increasing time)

This releases tension in the lower back and

can help reverse a slouched posture. Lie flat on your stomach with forearms touching the ground and palms facing down. Slowly lift the chest and prop yourself onto elbows. Hold for 15 seconds and gently lie back down. Every two or three reps, increase the time held by five seconds – until you're holding the pose for a total of 30 seconds.

POP ON A PATCH

If you often forget to take a supplement, then a health patch may be for you. Here are two to try...

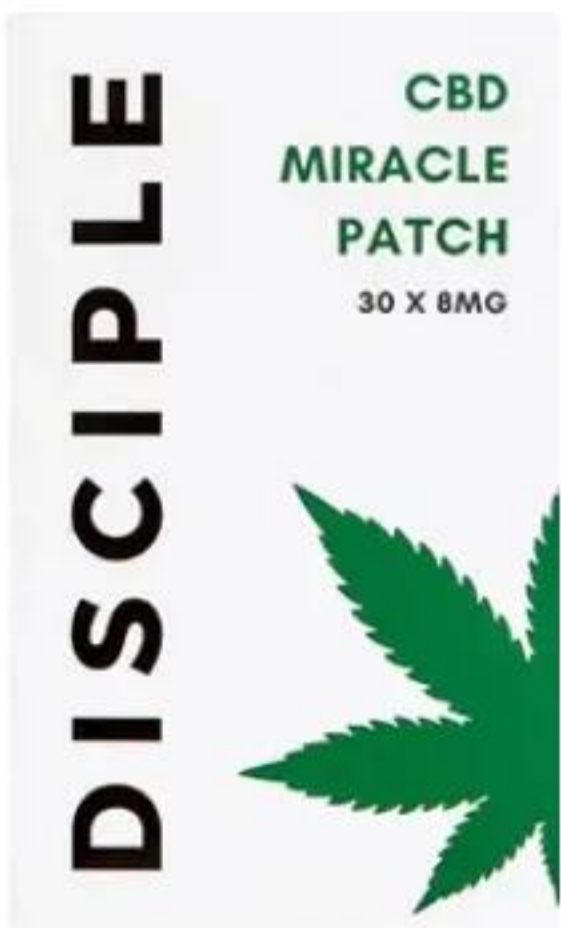


+ Vitamin D3 patches, [villwellness.com](http://villwellness.com)

With lots of us spending much more time indoors, it's crucial we still get adequate amounts of vitamin D. These deliver the vitamins through the skin and into the bloodstream to ensure high absorption.

+ CBD Miracle Patch, [disciplelondon.com](http://disciplelondon.com)

The chemical compound CBD can help with stress, anxiety and aid sleep. This patch releases 8mg of full-spectrum CBD over 24 hours.



TWEAK YOUR SLEEP

Four million menopausal women in the UK are affected by poor sleep, and a recent survey revealed that women with sleep problems experienced almost twice the number of menopause symptoms compared to those who sleep well – proving the importance of quality shut-eye. 'Sleeplessness tends to magnify the negative effects of hormonal changes, which can worsen a range of symptoms,' says sleep expert Dr Sophie Bostock. Before bed, use **Health & Her Natural Sleep Aid and Sleep Balm.** ([amazon.co.uk](http://amazon.co.uk)).



EXPRESS GRATITUDE

Studies show that those who regularly express thanks are generally happier and less likely to experience depression. 'Write a list of at least three things that you're grateful for today, suggests mindset coach Alexis Jane. 'This could be a warm home, food in the fridge, or freedom of speech.'

WORDS: ALI HORSFALL. PHOTOS: GETTY. \*WORKING AT HEALTHSPAN. \*\*RKNTHAPIST.COM \*\*\*ESSILOR.CO.UK