



Newsletter

August 2023

Edition 14

A community wellbeing initiative.

LiveWell with

NAKHEEL



Hello everyone,

Welcome, August!

August is often a calm and quiet time of year, and the sparse list of celebrations reflects that stillness. It's a time to relax before the school year starts. Many teachers around the world follow a monthly mantra. This month let's support them by joining in; I will find beauty in every moment, even when I am surrounded by suffering.

We, the community, discussed Happiness & Wellbeing on July 29th at the latest LiveWell with Nakheel talk. There was a realization that people have greater well-being when they're involved in passing on knowledge to young people, engaging with their community, participating in cultural events, and developing a strong sense of identity and self-worth. Thank you all for joining us.

With happiness comes pain. There is pain in happiness, and I don't just mean the letters p-a-i-n. The next time you see a happy person, remember... That person has felt, or is feeling, some pain. He or she has simply practiced tolerating it in search of greater happiness.

Aching, dull, gnawing, burning, sharp, shooting, piercing... These are just some of the words people tend to use to describe their pain. Join us on August 26th as Irina Sharma and Osteopath Yousef Yousef discuss the different aspects of pain.

For more details, please follow [@nakheelcommunities](https://twitter.com/nakheelcommunities) or www.livewell.nakheelcommunities.com for more details.

Much Love

Irina Sharma
LiveWell with Nakheel



Back to School...aaaaaaah!

What do teachers and parents go through?

At the beginning of every school year, teachers and parents face extra work. Some may move into new classrooms, schools, and/or grade levels. These changes can create stress due to concerns about factors beyond their control and the fear of not achieving a smooth transition. This combination of emotions can lead to anxiety, whether it is temporary or persistent throughout the school year. Regardless, there are ways to help reduce it, enabling teachers and parents to fulfill their roles as instructors, mentors, caregivers, and role models in both the classroom and home.

Establishing Routines: Parents and teachers rely on structured routines to establish consistency and balance for effective management. The tone for the daily routine can be set on the first day of school. After a few weeks of practicing the routine, children gain confidence in meeting expectations, providing them the comfort to approach all academic tasks.

Prior to planning necessary routines for children, teachers and parents must establish routines for themselves. This includes preparing lunch and even choosing the next day's clothes the evening before each school day. Starting with preparedness sets a good routine, offering a sense of security and setting a positive tone for the rest of a teacher's or parent's day. A successful day of teaching begins with well-thought-out lesson plans and all necessary materials ready for execution.

Routines create a sense of calm, and establishing a calm learning environment can reduce feelings of stress and anxiety for all students, parents, and teachers.

Making Self-Care and Wellness a Priority

Self-care and wellness practices encompass healthy eating, exercise, meditation, positive self-talk, and sufficient sleep. Each of these factors requires time and self-discipline. It's important to prioritize and practice these habits before returning to the classroom for a new school year. Prioritizing their own wellness enables teachers to allocate time before or after the school day for these activities

The priority of daily self-care and wellness must become a habit that starts before the beginning of the school year. Once this habit becomes second nature, teachers and parents will easily find the necessary time to continue feeling well. Practicing healthy self-care brings peace and positivity to emotions, allowing individuals to feel good while planning, teaching, and inspiring.

Find Ways to Decompress

After a full day of managing a classroom, teaching students, and preparing for the next day, decompressing is necessary. Here are a few methods you can try:

- ▶ Taking a brisk walk on a greenway
- ▶ Listening to instrumental music
- ▶ Sitting quietly and meditating
- ▶ Playing with a pet
- ▶ Engaging in creative activities like needlepoint, embroidery, or painting
- ▶ Spending time with friends
- ▶ Enjoying solitude outdoors on a beautiful day
- ▶ Listening to podcasts
- ▶ Going to bed early
- ▶ Exercising and stretching
- ▶ Watching television

Most importantly, remember to BREATHE! Decompression should not be a chore but an enjoyable activity that promotes relaxation.

Developing Strong Relationships: Many teachers have grade-level partners to plan with, discuss students' concerns, share teaching ideas, and support one another during challenging times. A teacher's teammates can serve as a sounding board when experiencing moments of anxiety. They can offer suggestions to improve situations causing unrest and celebrate each other with positive attitudes. The same applies to parents.

Everyone Deserves Grace: Teaching is a demanding profession that is not the same every day. Frequent and sometimes intense communication between parents and teachers can lead to anxiety for both parties. It's crucial that during these challenging times, teachers receive support and grace from parents, and vice versa. Most importantly, they should offer themselves grace.

Grace is rooted in forgiveness and extending true grace can alleviate anxiety. It provides a clear perspective on situations, particularly in unique challenges such as remote learning. Everyone deserves grace and time to navigate new challenges and expectations. It's essential to find effective strategies for reducing anxiety and to acknowledge and validate all emotions.

Irina Sharma
gives us a
preview of her
**LiveWell
with Nakheel
Cookbook**



Chocolate Lift-Off

Makes
about ½ cup

**Makes an excellent dip for raw walnuts, celery sticks, or green apple slices.
Perfect neurotrophic afternoon pick-me-up!**

Ingredients

- ▶ ¼ cup water
- ▶ 1 tsp maca root powder
- ▶ ½ cup raw cacao powder
- ▶ 1 tsp Om Cordyceps
- ▶ 3 tbsp almond butter
- ▶ Mushroom powder
- ▶ 2 tbsp raw honey
- ▶ 1 tsp Om Lion's Mane
- ▶ 1 tbsp Billy's Infinity mushroom powder
- ▶ Greens powder
- ▶ ¼ tsp ground vanilla beans
- ▶ 1 tbsp flaxseed oil
- ▶ 1 tbsp goji berries
- ▶ ¼ tsp bee pollen
- ▶ 1½ tsp ground cinnamon
- ▶ 3 dashes chipotle powder

Preparation

- ▶ In a medium mixing bowl, combine all ingredients and stir until smooth.
- ▶ Set aside at room temperature for 1 hour; the mixture will set into a thick paste that can be spread in a layer on a plate or pan, chilled, and sliced like fudge.
- ▶ Serve at room temperature as a dip for walnuts, sliced green apple, or celery sticks- or simply eat by itself like a chocolate pudding for dessert.

This spiced chocolate concoction is an antioxidant-rich, neurotrophic brain booster that delivers a palpable feel-good mental stimulus without the jittery crash of coffee. It also provides solid immune system support and longevity benefits, counterbalancing and mitigating the physical depletion that often accompanies periods of stress and over exhaustion.

Ingredient of the Month

Sunshine Vitamin



Vitamin D: More than Just a Vitamin

Despite its name, vitamin D is not a vitamin; it's a steroid hormone that our body requires to regulate at least 229 of our genes and thousands of functions in our cells, including those within our immune system.

Vitamin D is found in small quantities in food and is primarily produced by the skin when exposed to sunlight. A physiological 10,000 IU/day of vitamin D is equivalent to the amount our body produces when exposed to 20-30 minutes of midday sun. However, this sun exposure is influenced by various factors such as the time of day, sunscreen use, and geographic location.

Due to its significance in bone growth, it's often prescribed to alleviate joint pain.



Pain and Posture

Our posture is a frequently overlooked aspect of our lives, whether at home, work, or play. The emergence of makeshift desks during the 'work from home' phase and increased time spent on sofas in 2020 and 2021 had detrimental effects on our posture, and many are still facing the consequences.

"Poor posture can result in aches, pains, and referred pain," explains Osteopath Yousef Yousef. "Issues like repetitive strain injury (RSI), headaches, migraines, and neck and shoulder problems often stem from posture problems. However, these issues can be corrected with some awareness."

Top Tips for Improving Your Posture

Be Aware of Tech Neck: Avoid resting your chin on your chest while using your phone. Ensure proper lower back support, sit up straight when using your phone on the sofa, and keep your chin up while texting.

Set Up Your Workspace Right: Neck pain is often linked to poorly positioned screens and looking down excessively. Properly position your computer screen at eye level, keep your feet flat on the floor, use a wrist rest, and consider a headset.

Invest in a Good Mattress: A supportive mattress is crucial for proper sleep posture. A divan bed without storage boxes is ideal.

Sit Up Straight on the Sofa: Maintain a straight back and upright head posture. Opt for a chair with better spine support and sit with your feet flat on the floor and body facing forward.

Reset and Breathe: Stand up and walk around for a few minutes at least once an hour to prevent extended sitting. This will help reset your posture. **Reconsider Shoulder/Messenger Bags:** Heavy shoulder or messenger bags can imbalance your spine. Opt for a comfortable backpack with both shoulder straps or consider a wheeled backpack.

Consider Active or Dynamic Sitting: If you spend most of your day at a desk, explore the benefits of active or dynamic sitting, which encourages movement, stability, and core strength.

Mindful Posture Improvement: Practice these steps to improve your posture:

- ▶ Imagine the top of your head.
- ▶ Gently raise it without forcing.
- ▶ Allow your shoulders to ease outward.
- ▶ Expand your chest.
- ▶ Breathe deeply through your nose.

By taking these steps, you can work towards better posture and overall well-being.

Saturday, 29 July 2023 LiveWell with Nakheel Happiness and Wellbeing

