



## Newsletter

July 2023

Edition 13

A community wellbeing initiative.

**LiveWell** with

**NAKHEEL**



# Hello everyone,

Welcome to our Happiness Issue

June 17th was a day filled with laughter, joy, and happiness as we gathered together to celebrate the first anniversary of LiveWell with Nakheel. As a community, we participated in a morning movement session, shared breakfast, relaxed, and engaged in learning activities focused on Men's Health and Wellbeing.

LiveWell with Nakheel is an initiative that reflects Nakheel and Irina Sharma's commitment to "building happiness and prosperity." Its purpose is to promote holistic well-being by providing opportunities for citizens, residents, and visitors to come together, interact, and experience a variety of health and well-being activities.

In today's society, every individual is born with the inherent right to be included. Gone are the days when people with developmental disabilities were secluded and segregated. In fact, society is enriched by the diversity of its people, including those with different backgrounds, abilities, and interests. True inclusion is the foundation for community happiness.

The Happiness Agenda is driven by the vision of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai. It fuels a citywide transformation towards happiness. Employing a globally unique, science-based, and systematic approach, they measure, impact, and sustain happiness for the entire city, aiming to make Dubai the happiest city on earth.

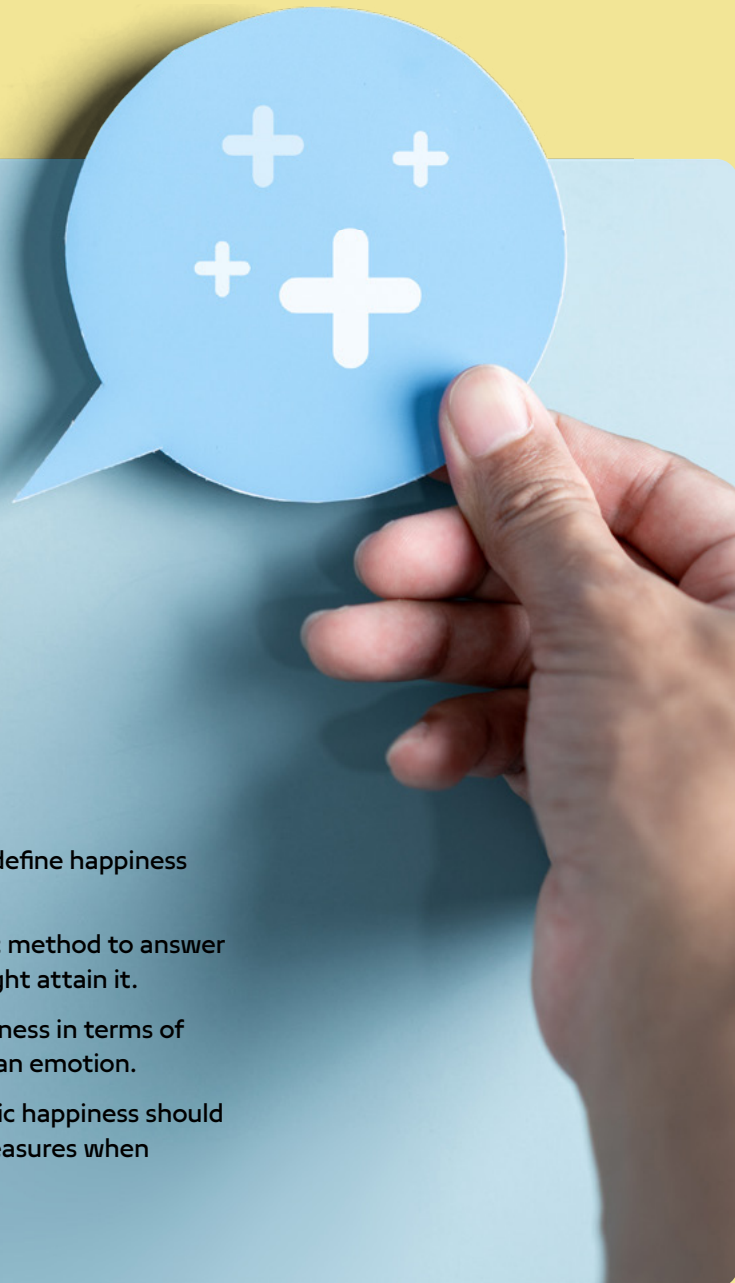
LiveWell with Nakheel proudly supports and embraces inclusion in all aspects of its activities. We cordially invite you to join us on July 29th for an event celebrating togetherness, where we will explore the meaning of happiness for everyone and why "laughter" is often referred to as the best medicine.

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

**Much Love**

Irina Sharma  
**LiveWell with Nakheel**

# Happiness



## Definition

- ▶ Happiness is a mental state of well-being characterized by positive emotions ranging from contentment to intense joy. A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources.
- ▶ Positive psychology endeavours to apply the scientific method to answer questions about what “happiness” is, and how we might attain it.
- ▶ Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion.
- ▶ Happiness economics suggests that measures of public happiness should be used to supplement more traditional economic measures when evaluating the success of public policy.

Happiness is difficult to define because it's entirely subjective and dependent on the context. There is common themes but asking 100 people for their definitions will give you 100 different answers. And not only will the definition differ between groups and people, but the meaning of happiness is also constantly changing in time. This does not mean that your definition is insignificant - in fact, it means that you are always in charge of your happiness.

Happiness and health have been anecdotally linked for quite a while now—“laughter is the best medicine” has become a cliché for a reason—but research backs up what many people have instinctively assumed all along: that happiness and health really are connected, and that one's level of happiness really can impact the level of one's health.

Most research suggests that the connection between happiness and health is bidirectional. This means that greater well-being leads to better physical health, and better physical health leads to greater well-being.

Over the past decade, an entire industry has sprouted up promising the secrets to happiness. But all of these books and classes raise the question: *Why bother?* Many of us might prefer to focus on boosting our productivity and success rather than our positive emotions. Or perhaps we've tried to get happier but always seem to get leveled by setbacks. *Why keep trying?*

**But if we see happiness as boosting our health it maybe some extra motivation to get happier. Here are some ways happiness has been inked to health:**

- ▶ **Happiness has cardiovascular benefits:** Although love and happiness may not originate in the heart, they have positive effects on it. Happiness is associated with lower heart rate, blood pressure, and a healthier heart rate variability.
- ▶ **Happiness boosts the immune system:** Genuine happiness contributes to higher energy levels, contentment, and calmness, making individuals less susceptible to illness. Happiness operates on a cellular level, strengthening our immune system.
- ▶ **Happiness mitigates stress:** Stress impacts our psychological and biological well-being, affecting hormones and blood pressure. Happiness helps counteract these effects, facilitating faster recovery and providing benefits even in the face of unavoidable stress.
- ▶ **Happy people experience fewer physical discomforts:** Unhappiness can manifest as physical pain, leading to symptoms like muscle tension, dizziness, and heartburn. Conversely, positive emotions can alleviate pain, even in the context of chronic conditions like arthritis.
- ▶ **Happiness improves overall health:** Beyond alleviating aches and pains, happiness has a positive impact on more severe, long-term conditions. It can help combat frailty in the elderly, enhancing strength, endurance, and balance and reducing the risk of disability.
- ▶ **Happiness promotes longevity:** Happiness plays a significant role in determining the length of our lives. Expressing positive emotions such as amusement, contentment, gratitude, and love can potentially extend lifespan by 7-10 years compared to those who are less happy. However, while happiness can enhance longevity, it cannot perform miracles for those who are seriously ill.

All that said, the study of the health benefits of happiness is still young. It will take time to figure out the exact mechanisms by which happiness influences health, and how factors like social relationships and exercise fit in. But in the meantime, it seems safe to imagine that a happier you will be healthier, too.

### **Ways to make others happy:**

- ▶ Smile at everyone
- ▶ Make eye contact when you say Hello & Greet strangers.
- ▶ Let someone overtake you while driving if there in a hurry.
- ▶ Offer to do a kind gesture for your neighbour e.g. taking their dog for a walk
- ▶ Surprise your house help with a day off on a working day.



## Recipe

# Curcuma risotto with mixed fresh colourful vegetables



### Ingredients

- ▶ 100 gms risotto rice (rinse under cold water)
- ▶ 300 gms fresh mixed colorful vegetables such as zucchini, broccoli, carrots, celery stalks, tomatoes, spinach leaves and fennel
- ▶ 1 tbsp olive oil
- ▶ 1 tbsp curcuma
- ▶ 1 bunch fresh basil
- ▶ ½ liter Organic vegetable broth or water
- ▶ 2 tbsp freshly grated sheep cheese or parmesan
- ▶ Rock salt

### Preparation

Prepare the mixed vegetables by washing, peeling, and chopping the carrots and celery stalks. Quarter the tomatoes and remove the seeds and fiber.

In a shallow saucepan, heat your preferred oil. Add the rice and increase the heat to 180°C. Stir continuously until the rice starts to sweat. Then, add curcuma (turmeric) and slowly pour in the vegetable stock, one ladle at a time, while stirring. Reduce the heat. After approximately 10 minutes, when the rice is nearly cooked, gradually incorporate the vegetables and season with salt. It should be ready in about 15 minutes.

Finally, add freshly chopped basil and parmesan cheese, and serve.



Ingredient of the Month

# Flaxseed cold pressed oil

Both a neurotransmitter and a happy hormone, oxytocin are linked to release of life satisfaction levels. It may play a greater role in women's physiology and happiness compared to men's. Spending time with yourself and being kind to yourself and others increases the levels of oxytocin also including Omega 3 in your diet.

Flaxseeds also known as Linseed is beneficial for our bodies in many ways. But did you know that when Flaxseed is consumed in the form of oil, it takes care of one of the major deficiencies that most people are facing in today's world?

Omega-3 fatty acid deficiency is due to eating habits and lifestyle changes. A life without fat is not possible and its deficiency affects one's brain health and overall functioning of body. To combat the same, consuming Linseed oil daily as it has got the highest percentage of omega-3 fatty acid, nearly 55%, which will not only boost your omega-3 fatty acid levels but will also improve the quality of your hair and skin as they are rich in antioxidants.

Note – You cannot heat Cold pressed oils.





# Fasting

By Irina Sharma

**“What the eyes are for the outer world, fasts are for the inner.”**

Mahatma Gandhi

The essence and importance of fasting cannot be explained in better words. Despite its recent surge in popularity, fasting is a practice that dates back centuries and plays a central role in many cultures and religions. Defined as the abstinence from all or some foods or drinks for a set period, there are many ways of fasting.

Fasting is firmly established since the beginning of awareness of humans. Fasting periods for inner cleansing are found around the globe depending on religion and culture at different times in the year. But do we see also health benefits?

If we consider the basics of physiologic regulation, we recognise, that every single regulation depends on rhythm. We do regulate every metabolic process depending on external, natural rhythms, which are

modulated by inner processes of our metabolism. While periods of fasting do wonders for the mind as well as the body. Most people who have undergone through proper fasting protocol know about the benefits : a long-lasting “high” and more energy than you ever dreamed possible. People who fast do good things for their brain as well as their body: Its effect on the metabolism is like an antidepressant, it spurs the body’s recycling processes and may even prevent dementia.

The metabolism changes from sugar- to protein-based. This means, after a certain amount of time your brain does not draw its energy from the sugar and carbohydrates you have eaten, but rather from your fat reserves. The transitional phase between the two is sometimes associated with forgetfulness, known as “fasting brain”, as your body learns to tap into different resources.

However, as soon as the ketones produced by protein and fat metabolism begin entering the brain, things improve rapidly. Ketones impact the structure of synapses (neural connectors) very positively, promoting learning processes, memory and the health of the brain in general. Furthermore, the protein BDNF (Brain-Derived Neurotrophic Factor) is produced, which strengthens the synapses, stimulates formation of new nerve cells and even has anti-depressant effects.

LiveWell with Nakheel guest speaker Prof. Dr. Harald Stossier said “The day – night rhythm is seen also in the activity of different hormones. Cortisol for example is high in the mornings and drops down during the day to be low in the evenings. We know from the intestines, that our efficiency to digest food is perfect in the morning, but low in the evening: Have breakfast like a king, lunch like a citizen but dinner like a beggar“ is only one saying, which reflects this rhythm in an excellent way. And our digestive system is crucial for our entire energy, it is the system providing all nutrients for every single cell in our body – sort of our shared kitchen.”  
“But we also know that all our systems need regeneration. For technical devices like our cars we are required to do regular service for it to perform safely. What about for our health?”

Today fasting has become an integrated part of our medical strategies, even if not everybody has the same priority on it. Fasting is the strongest and most natural instrument to support nature in its effort to keep us healthy. The #1 DIET.

In general, most types of fasts are performed over 24–72 hours. At the same time, there is abundance of information that has conflicting theories which are hazardous to health. While other popular ways of eating, like a ketogenic diet, a vegan diet, or a low-carb diet, focus on the type of food you're eating, Fasting focuses on the periods of time you will and will not be eating.

Fasting doesn't require calorie counting, measuring ketones or blood sugar, or tracking your macros, which are the foundation of many other dietary approaches. Instead, fasting gives you just the right amount of structure while still allowing freedom to make your everyday food choices.

Moving and Resting is also an integral part of fasting. If we feel healthy, we can implement one day a week as our fasting day. Ideally this will be always the same day during the week and should not be the busiest of the week. It should be a day allowing also some rest. This day we eat only one meal, but also focus on our eating habit. To chew every single bit 40 – 50 times is the challenge of this day. It's a learning process and must be integrated in our daily routine as well.

Additional to that it is necessary to drink plenty of water that day – maybe a bit more than usual. Also important to drink between meals not with it. The minimum of 2 – 3 l water are important to support the metabolism in its activity to dissolve, transport and eliminate toxins, which is also intention of this fasting day.

For those, who have a severe disease, should motivate them to ask for professional help to start fasting as a medical therapy, helping to reduce or solve their complaints. Fasting is Medicine !





In conversation with

# Asma Baker

Artist, Motivational Speaker, Poet, Entrepreneur



Asma has not only been a representative on the organizing and steering committee for the Abu Dhabi Special Olympics World Summer Games that was held in March 2019 but also has given speeches, to promote tolerance and inclusion for People of Determination at schools and corporations, such as Dubai International Airport, Mandarin Oriental, The Canadian International School, Gems Modern Academy (GMA), Safa British School, Middlesex University and recently at East LA Rising School, USA. She has also collaborated with renowned brands like Sephora, Crate&Barrel, etc for her artwork and been featured in their videos. Asma's artworks has been exhibited and sold at Mawaheb Art studio, Dubai International Airport, SIKKA – Art Festival, Pop Art exhibition in Cuadro Fine Gallery, Dubai to name a few. She was recently a speaker at the ProjectKahlo – GirlUpUAE event held at Gems Modern Academy, Dubai. She is the creator of 'Little Heart People' artwork

**1. What does happiness mean to you? How do you define it?**

Happiness to me means joy, kindness and love.

**2. What is your sense of meaning and purpose in your life?**

The definition is not so simple. If you don't start with yourself, you wouldn't have any happiness to spread. Happiness has to come from you and then you can shine and give others confidence to have a happy life. My purpose in life is to try and help as much people as I can, it doesn't mean that I don't care about me. First, I have to find a way to achieve my goals, at the same time, I want to help others understand autism in a way. But I also want to have the ability to fulfill my dreams. I want to help others as best as I could to make the people around me achieve their goals in life.

**3. What does wellness and health mean to you?**

Wellness and health are something everyone needs to work on. A lot of people worry about their health, and I am one of them. I worry about others more than I do for myself. But that doesn't mean that my health is not improving. Without health you wouldn't have the strength to be able to get anywhere. You need to keep your mind off the things that stress you out. Make the best decisions and focus on your goal.

**4. How can the community increase our awareness of the challenges individuals with autism and their families may face and making changes to our behaviors to engage better?**

To increase awareness on autism is not too complicated. All you have to do is listen to what they are telling you. Instead of trying to make them enter in a place, try to see the world through their eyes. Some people try too hard to change their autism by masking and that makes it hard for the community to understand why. What we have is to learn from them, they have a lot to teach us. We have to accept and respect them as they are. Autism is not a curse to hate but a gift to celebrate. All they want is to be loved.

**5. What are your dreams and aspirations for the future?**

My dream for the future is simple, I want to be able to be the voice that can help people and myself understand autism and fulfill my dream of making the stories I write in an animated film or series.



# June 17th Event LiveWell with Nakheel Men's Health

