

# The Peak Perspective

22 November 2023

Issue 4

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## CAMPING VS GLAMPING

You get to a certain age and suddenly glamping seems a whole lot more appealing, even with the cost difference! Let's look at it this way, in mental health terms, camping is your day to day life, glamping is where you start to intentionally make small changes to make life just a little bit more comfortable - food choices, sleeping arrangements, little luxuries.



## EXPEDITION!

One easy way to give yourself a brain health break is to take a holiday or go on an expedition. If actually going away is not an option then a staycation can be just as valuable if you make some subtle changes to your routine, for example.

We're going to look at ways to give you a brain break. Look forward to:

- Packing tips
- Itinerary
- Recipes
- Route Map

Settle in to this edition and see what ideas you can implement to help you day to day.



## OUR STRATEGY

Our basic strategy for brain health is to see what changes we can make that will up our game and give us moments of pleasure in between the "normal"

LET'S GET STARTED!



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- Playlist - upbeat, energetic, motivating, happy music
- Childhood memories - all the best bits
- Companion - friend, cuddly toy, invisible friend, pet - which was your favourite when you were young?
- Clothes - Comfortable, warm layers, things that make you feel good.
- Bedding - I recently realised that even though fleece blankets are one of my favourite ways to be warm, I never had a blanket growing up. those scenes in movies where a child grabs a blanket and sits under it to read, or a RomCom where the man covers the girl with a blanket when she's fallen asleep on the sofa? The stuff of dreams for me! Also, clean fresh bedding - who doesn't love the feeling of getting into a fresh bed?
- Food - Fresh food, rather than processed is so much better for your physical and brain health, it's amazing the effect food choices can have on our brains #1 tip? The darker the better with fruit and veg. Alcohol and caffeine should be limited or avoided altogether.
- Drink - hydration is your friend!
- Activities - practice non-screen activities, pen and paper games, walking, bird-watching, crafts and hobbies. Try something new or do something you love that you never usually have time for.



## TO DO:

- Smile
- Decide that today will be a good day (whatever time it is).
- Get outside
- Exercise (even a walk).
- Hydrate
- Eat well (consider salt & sugar content). Eat fruit & Veg and avoid processed foods.
- Breathe
- Make space for you (even if it's limited to a loo break).
- Listen to something uplifting.



## DON'T TAKE IT HOME!

Clear the rubbish, but leave it behind!

Journal your thoughts, record them, draw them, brain dump...

- What have I found most challenging this week?
- What was my biggest win of the week?
- What could I have done better?
- What did I do that I should celebrate?



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## A little Luxury

I think anything “Hygge” is a little luxurious in terms of brain health.

### What Is Hygge?

Hygge is a Danish concept that encompasses the feeling of quiet comfort. Elements of hygge include plush textures, greenery, and warm, neutral shades. The feeling hygge is supposed to evoke is extreme coziness. - TheSpruce.com

- Texture - texture uses and links our senses with our emotions, evoking memories.
- Scent - again linking our senses, emotional and cognitive perception.
- Lighting - Low lighting, not harsh - candlelight and fairy lights evoke coziness and is kinder to your eyes and brain, giving you time to calm in the evening.



## A ROADMAP

Imagine embarking on a journey towards optimal brain health, where each step you take is guided by a trail of breadcrumbs. This roadmap serves as a gentle nudge for your brain, encouraging it to embrace new, healthier habits through repetition. Just like following a trail of breadcrumbs, as you consistently engage in these new habits, they become familiar to your brain. With familiarity comes acceptance, and your brain recognizes these habits as beneficial, paving the way for lasting positive change.



## CHARACTERISTICS

A healthy brain is a powerhouse of determination, resilience, and positivity. It is fueled by an unwavering commitment to achieving goals and overcoming obstacles. With determination, the brain becomes a driving force, pushing us forward even in the face of challenges. Resilience is another key characteristic, allowing the brain to bounce back from setbacks, adapt to change, and find new solutions. And let's not forget about positivity, which acts as a catalyst for growth and success. A positive mindset nurtures the brain, fostering creativity, problem-solving abilities, and a sense of well-being. Together, determination, resilience, and positivity form the foundation of a healthy brain, empowering us to navigate life's ups and downs with grace and achieve our fullest potential.



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