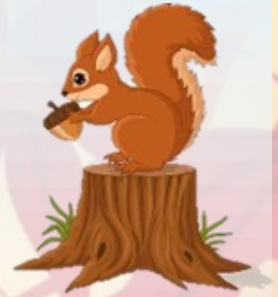


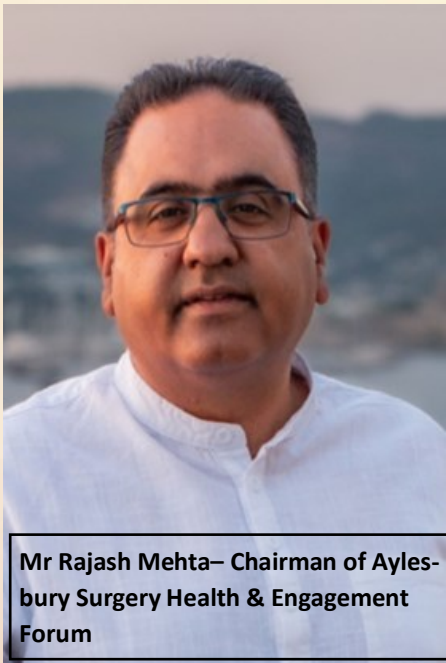


Aylesbury Surgery Health & Engagement Forum



Issue 33

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Mr Rajash Mehta– Chairman of Aylesbury Surgery Health & Engagement Forum

Mindfulness—staying positive

Social media has a big impact on us all and It’s been hard recently to think about anything other than the wars and crises raging around the world. It is important that we remember that as individuals living in a diverse society we need to recognize the inherent value of each human being and strive to uphold and restore their dignity , we can do this by offering support, compassion, and empowerment to individuals in our communities. Only then can we become united as a community and a better human beings.

A positive mind-set starts with your Personal Well-being: Personal well-being refers to the holistic state of being physically, mentally, spiritually, and emotionally healthy. It involves self-care, building resilience, and maintaining a balance between the demands of work and personal life.

Staying Positive involves maintaining an optimistic outlook on life. It means being cheerful and hopeful, even when you are facing challenges. Try and see the good in every situation and see the glass as half-full instead of half-empty rather than half empty. Being positive does not mean

you will not have days when you feel down. Everyone has days when they feels like the world is against them, but don’t let this discourage you.

Practicing mindfulness can be a way to build self-awareness and become more conscious of how your negative thoughts affect your moods and behaviors. Paying more attention to the present moment – to your own thoughts, feelings, and to the world around you – can improve your mental wellbeing.

Mindfulness involves paying attention to what is going on inside and outside ourselves, moment by moment. Becoming more aware of the present moment can help us enjoy the world around us more and help us to understand ourselves better.

When we become more aware of the present moment, we begin to experience afresh things and see things from a new prospective.

This can help us to feel calmer, reduce stress or anxiety, sleep better and might help us cope better with difficult situations. With mindfulness you can learn how to cultivate compassion, kindness and gratitude and inner peace.

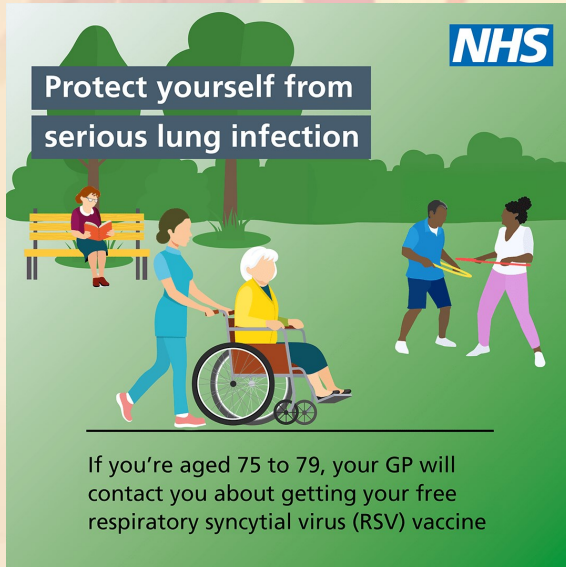
Mr Rajash Mehta



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Guide to the RSV Respiratory syncytial virus vaccine



RSV is an infectious disease of the airways and lungs. RSV infection is common in young children but is most serious for small babies and for older people.

Getting RSV can also make your symptoms worse if you have a lung condition, such as chronic obstructive pulmonary disorder (COPD).

RSV infection often causes symptoms similar to a cold, including:

- cough
- sore throat
- sneezing
- a runny or blocked nose

It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions.

The RSV vaccine helps protect against respiratory syncytial virus (RSV).

RSV is a common cause of coughs and colds. Most people get it several times during their life.

It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses such as:

pneumonia (a lung infection)
bronchiolitis (a chest infection that affects babies)

These illnesses can cause serious breathing problems. They may need to be treated in hospital and can be life-threatening. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system.

Who should have the RSV vaccine ?

The RSV vaccine is recommended if:

- you're pregnant – the vaccine is recommended during every pregnancy (from 28 weeks onwards) to help protect your baby after they're born
- you're aged 75 to 79
- If you turned 80 on or after 1 September 2024, you're eligible for the RSV vaccine until 31 August 2025.
- You're not eligible for the RSV vaccine if you turned 80 before 1 September 2024.

How to get the RSV vaccine

If you're pregnant

Getting vaccinated as soon as possible from 28 weeks will provide the best protection for your baby. But the vaccine can be given later if needed, including up until you go into labour.

If you're aged 75 to 79 -Your GP surgery will usually contact you about getting the RSV vaccine. This may be by letter, text, phone call or email.

The RSV vaccine is given as an injection into your upper arm.

If you are unwell wait until you are feeling better.

Side effects of the RSV vaccine

The most common side effects of the RSV vaccine are mild and do not last long.

They can include:

- swelling or pain where the injection was given
- a headache
- an aching body



The Flu Vaccine

The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.



Who should have the flu vaccine

The flu vaccine is recommended for people at higher risk of getting seriously ill from flu.

It's offered on the NHS every year in autumn or early winter.

You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31 March 2025)

- have certain long-term health conditions

- are pregnant

- live in a care home

- are the main carer for an older or disabled person, or receive a carer's allowance

- live with someone who has a weakened immune system

Frontline health and social care workers can also get a flu vaccine through their employer.

Side effects of the flu vaccine

The most common side effects of the flu vaccine are mild and get better within 1 to 2 days.

They can include:

- pain or soreness where the injection was given

- a slightly raised temperature

- an aching body

More serious side effects such as a severe allergic reaction



(anaphylaxis) are very rare. The person who vaccinates you will be trained to deal with allergic reactions and treat them immediately.

The injected flu vaccines used in the UK do not contain live flu viruses. They cannot give you flu.

Who is recommended for the flu vaccination

The flu vaccine is recommended for people with certain long-term health conditions, including:

- conditions that affect your breathing, such as asthma (needing a steroid inhaler or tablets), chronic obstructive pulmonary disease (COPD) or cystic fibrosis

- heart conditions, such as coronary heart disease or heart failure

- chronic kidney disease

- liver disease, such as cirrhosis or hepatitis

- some conditions that affect your brain or nerves, such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy

- diabetes or Addison's disease

- a weakened immune system due to a condition such as HIV or AIDS, or due to a treatment such as chemotherapy or steroid medicine

- problems with your spleen, such as sickle cell disease, or if you've had your spleen removed

- a learning disability

- being very overweight – a body mass index (BMI) of 40 or above

Speak to your GP surgery or specialist if you have a health condition and you're not sure if you're eligible for the flu vaccine.

Is it a Cold, Flu, COVID or RSV ?

The main symptoms of coronavirus are:

Most people with coronavirus have at least one of these symptoms

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

Flu symptoms can include:

- a sudden high temperature
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

Cold symptoms come on gradually and can include:

- a blocked or runny nose
- sneezing
- a sore throat
- a hoarse voice
- a cough
- feeling tired and unwell

You may also have:

- a high temperature
- aching muscles
- a loss of taste and smell
- a feeling of pressure in your ears and face

RSV symptoms can include:

- runny or blocked nose
- a cough
- sneezing
- tiredness
- a high temperature – signs include your back or chest feeling hotter than usual, sweatiness and shivering (chills)

Babies with RSV may also be irritable and feed less than usual.



Seasonal Affective Disorder

How to beat the Winter Blues

During the cold winter months, many people experience unexplained sadness or moodiness. One of the biggest reasons is the seasonal affective disorder also known as SAD.

What causes SAD?

“The exact cause isn’t fully understood but it is thought to be due to lack of sunlight.

“Sunlight is important to our circadian rhythms, which helps regulate hormones such as melatonin and serotonin, working to keep our mood on an even keel and sleep better.

Symptoms of SAD

- Difficulty focusing and concentrating on tasks
- You feel apathetic, unmotivated, and bored.
- You are less interested in friends and activities you usually enjoy.
- You overeat, gain weight, and especially have cravings for carbohydrates.
- Feeling lethargic and tired, even after a full night’s sleep
- Unexplained irritability or mood swings
- A sense of gloominess
- Difficulty focusing and concentrating on tasks

We all experience the winter blues sometimes, and that's OK.

We can use simple strategies to increase energy, motivation, and hopefulness, even on the darkest of days.

We can decide when to lean in and when to push back on the winter blues.

HOW TO BEAT THE WINTER BLUES

Shower and get dressed, Can help you feel fresh and assertive.

Eat well: A well-balanced diet is the first step to feeling better and the food you eat can have an impact on the way you feel

Stay hydrated: Some researchers have found that even mild dehydration can have a negative impact on your physical and mental performance. Clean up. A cluttered, unkempt environment can make us feel like life is out of control.

Listen to Music. This can sometimes help you lift your mood.

Do Something You Love –get creative, take up a hobby, Indulge in your favourite food

Keep active - Exercise. Take a peaceful walk in the fresh air or 10 min work out in the gym we are taking a big step toward feeling better.

Make plans with friends. Why not visit a restaurant or watch a movie, or simply catch-up

Help someone. Volunteer at a charity There’s nothing like taking the focus off ourselves and directing our energy toward helping someone else to make us forget our worries and regain our perspectives

Meditate. Setting aside 10 minutes in the morning or at night for some form of meditation.



Homeless and Sleeping rough

Winter is fast approaching and the weather is already changing from warm to cold. Soon the evenings will start to get dark and the temperatures will drop even lower. But these changes are not easy for people who have nowhere safe to stay. Many people who are homeless are forced to sleep outside or in areas where there is no heating or protection from the cold weather.

Increase in the Cold weather frequently result in an increased number of deaths risks to health increase as temperatures fall. People sleeping rough are more likely to be exposed to cold, are more likely to experience significant effects from this exposure because of underlying health conditions and are less able to take preventive measures to protect themselves.

Often we think the homeless bring it on themselves by leaving home. There are lots and lots of reasons why someone might become homeless - and every person's story is unique to them.

- Many people are forced out of their homes due to not being able to meet financial commitments.
- It could be because they have fallen out of a relationship
- Running away from emotional or physical abuse or abusive relationship.
- Home is unsafe due to damage by fire or neglect of repairs.
- Someone who was living in care or just left the army or prison
- Someone who has Mental health problems and finds it difficult living with others.
- Cannot find affordable housing.

What can you do to help someone who is homeless?

1. Speak to a charity for homeless people: If you see a homeless young person speak to a charity or homeless shelters, who will be able to help that person. You can usually find these details by searching online.

2. Being homeless can be very lonely and a small act of kindness can make a big difference. You can offer them a warm drink or meal. Even a friendly

smile will always be welcome.

3. Donate or raise money for charity: If you have the time you can raise money for a homeless charity of your choice - maybe through a bake sale or a sponsored event at school. You can also donate food and clothes to local homeless shelters

4. Help find a local day service. If the person is in need of a warm space or essential provision during the day, help them to find a local day centre, which can offer food, toilets, showers and homelessness advice. You can search for these services on Homeless England: <https://homeless.org.uk/homeless-england/>

5. Tell StreetLink -StreetLink is a website, mobile app and phone line for England and Wales that enables people to send an alert when they see someone sleeping rough to connect them to local support services.

Using StreetLink is the best action you can take to help because it makes sure that local outreach teams are aware of the person sleeping rough. They can then offer them support that can help to end their homelessness for good, and which can include emergency severe weather accommodation when this is available. To make an alert, visit <https://www.streetlink.org.uk> or download the app and click 'take action'

- if you feel comfortable doing so, ask the person if you can make an alert on their behalf
- If you are worried about homelessness, or someone who you think might be at risk of homelessness, you deserve to get some support.
- Whether you just want to talk about your worries or you need to find somewhere to live, there are lots of things you can do to get help.
- If you are a child or young adult you can speak to an adult you trust, like a teacher, a police officer or the parent of a friend. If all fails you can contact Childline. This a charity specifically

for people aged 18 and under.

There are also charities that you can contact who can give you advice or help you find a temporary place to stay.

Loneliness and isolation

Homeless young people are often separated from their community – their friends and family. They're left without the support, this can be lonely time for them and it also makes them vulnerable which can make them targets of criminal gangs and those wishing to exploit them .

Centrepoint

A charity for young people aged 16 - 25 who are at risk of homelessness. They can give you advice and may help you find accommodation. You can contact them for free on 0808 800 0661 (Monday to Friday, 9am to 5pm)

Shelter

A charity that provides support with homelessness at any age. They can give you advice, help you find accommodation and provide legal support. You can contact them for free on 0808 800 4444 (Monday to Friday, 8am to 8pm and Saturday to Sunday, 9am to 5pm)

Childline

A counselling charity for people aged 18 and under. They can give you advice about what to do if you feel unsafe at home and help you find support

You can contact them for free on 0800 1111 at any time, and this number doesn't show up on a phone bShelters In The West Midlands

Homeless One

Homeless shelter

Bordesley Street, Birmingham

· 07979 767979

Closed · Opens 18:30

The Salvation Army Homeless Service

Homeless shelter

72-74 Shadwell Street, Birmingham

· 0121 236 6554

Homeless shelter

50-53 High Street, Birmingham

· 0344 515 1800

Open · Closes 17:30

Crisis -Skylight Birmingham

Homeless shelter

25, Heath Mill Lane, Birmingham

· 0121 348 7950

Open · Closes 17:00

Shelter Birmingham

Social service organizations

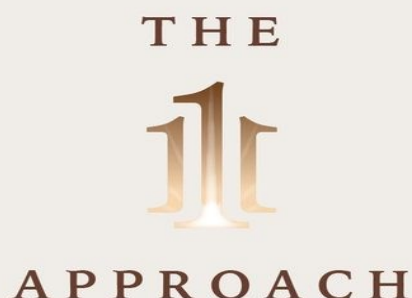
Maple House,

38 The Priory Queensway,

Birmingham · 0344 515 1875



A Holistic Approach for Mental Health Awareness Week with The 111 Approach



As we approach Mental Health Awareness Week this October, many of us are feeling the pressures that come with the back-to-school season and the demands of the workplace. For both children and adults, the return to routine can bring on stress, anxiety, and even physical discomfort. In a time where mental health is more important than ever, exploring complementary therapies like Reiki and Wellness Mentoring can offer valuable support in managing these challenges.

What is Reiki?

Reiki is a gentle, non-invasive energy healing practice that originated in Japan. The word "Reiki" comes from the Japanese words "Rei" (universal) and "Ki" (life energy), which together mean "universal life energy." Practitioners of Reiki use their hands to guide energy through the body, promoting relaxation, balance, and healing.

Reiki can be used to address both physical and emotional concerns by helping to relieve stress, reduce tension, and foster an overall sense of well-being. It's safe for people of all ages and is increasingly being recognized as a complementary therapy in many healthcare settings.

The 111 Approach offers a unique style of Reiki Therapy which combines 6 different styles to bring results to the recipients very quickly.

Benefits of Reiki for Back-to-School Stress

For students and their families, the transition back to school can be overwhelming. New schedules, academic pressures, and social anxieties can all take a toll on mental and physical health. Reiki offers a natural and calming solution for managing this stress:

Reducing Anxiety: Reiki helps to calm the nervous system, which can ease feelings of anxiety often associated with going back to school.

Improving Focus: As students adjust to new routines, Reiki can improve mental clarity and focus, making it easier for them to concentrate on their studies.

Promoting Sleep: Good sleep is crucial for both learning and mental health. Reiki can help improve sleep quality by promoting relaxation and easing the mind.

Reiki in the Workplace for Employee Wellness
For employees, the daily stresses of work can lead to burnout, fatigue, and even physical ailments like headaches and back pain. During Mental Health Awareness Week, it's important for employers to support their team's well-being. Reiki can play a key role in workplace wellness initiatives, offering benefits such as:

Stress Relief: In a workplace setting, Reiki

can help employees manage daily pressures and deadlines more effectively, creating a more balanced and productive environment.

Boosting Emotional Resilience: Reiki helps to restore emotional balance, which is particularly valuable for those dealing with anxiety, overwhelm, or work-related fatigue. This can lead to improved morale and a more positive workplace culture.

Physical Relaxation: Many office workers suffer from physical tension, particularly in the neck, back, and shoulders due to prolonged sitting. Reiki helps to release tension and promote relaxation in these areas, contributing to physical well-being.

Enhancing Creativity and Problem-Solving: By promoting relaxation and mental clarity, Reiki can help employees tap into their creative potential and improve problem-solving skills.

The 111 Approach combines the power of Reiki Therapy with scientifically backed 1 Minute Wellness techniques that can be done quickly and efficiently during your workday.

How Reiki Supports Mental Health Awareness Week

Mental Health Awareness Week is the perfect opportunity to introduce wellness initiatives in both schools and the workplace. Reiki sessions, whether offered as individual treatments or group sessions, provide a safe and supportive way to address mental health concerns. By reducing stress and anxiety, Reiki helps to foster a sense of calm and resilience, empowering indi-

viduals to better manage their mental health in the long term.

Many people find that just a short session—whether 10 minutes during a lunch break or a weekly session—can make a significant difference in their overall well-being.

As we navigate the challenges of the school year and workplace demands, prioritizing mental health and wellness is key. Reiki offers a natural, accessible, and effective way to manage stress, improve focus, and promote emotional and physical well-being for people of all ages. This Mental Health Awareness Week, consider The 111 Approach and Intuitive Reiki as part of a holistic approach to wellness in both schools and the workplace.

For more information or to book a free taster session, contact Lakhmi from The 111 Approach Info@the111approach.com @the111approach on Socials www.the111approach.com

Sending Love, Light and Blessings

Lakhmi Bhambra aka The 1 Minute Healer
Award-winning Intuitive Reiki Wellness Coach
"I can transform your life in just 1 minute"

The 111 Approach
Web - www.the111approach.com

Socials -



Lakhmi Bhambra aka
The 1 Minute Healer
Award-winning Intuitive Reiki Wellness Coach

Beezee FAMILIES



Want to help families feel healthier and happier?

Refer a family to Beezee Families today. It's an award-winning, **FREE**, healthy lifestyle programme, designed to help families make healthy habits that last for life. We'll find support that's right for them. They can:



Join us for
12 weeks of
in-person group
sessions



Log in for 10 weeks
of online group
sessions, plus 2
check-in calls



Learn at their
own pace by
enrolling onto
the Academy



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Refer a
family today



hellobirmingham@maximusuk.co.uk



03308 186 308



Birmingham
City Council

Our in-person and online group programmes are for children above their ideal weight, see our website for more information.

6121-02



Russell Phillips Healthy lifestyle courses

For people in Birmingham

A healthy life is a happy life, so we want to help families in Birmingham make small changes that have a big difference.

Beezee Families

Beezee Families is a free award-winning programme. It's ideal for 5-12 year-olds and their families, to help them create healthier habits.

- Beezee offer in-person and online family-focused sessions, packed with practical advice and lots of fun activities.
- Families can get expert tips on nutritious snacks, quick and easy

meals to cook together, and how to get more active as a family.

Or they can enrol in the Beezee Families Academy to learn about healthier habits at their own pace!

To be eligible, they need to:

1. Be a Birmingham resident
Have a child or children aged 5-12, who are above their ideal weight based on the NHS BMI centile chart.

The next round of programmes starts 16 September. Refer a family today: <https://bhx.maximusuk.co.uk/referrers/>

Want to help get the message out? Contact Beezee to request their social media toolkit: marketing@maximusuk.co.uk

FREE healthy lifestyle programme to make health habits fun

starting soon!

in Birmingham

Beezee **FAMILIES**

 Birmingham City Council



FREE TO ALL

WELLBEING WEDNESDAY

AT NEW HEIGHTS WARREN FARM COMMUNITY

Starting from 10th July.

FREE exercise and wellbeing sessions led by qualified coaches.

Limited Places - Find out more today!

Session Type	Description	Date/Time
Women Only Circuit Training	Women of all ages & abilities welcome to this fitness support group.	9:30am to 10:30am
Chatty Chairs for Over 50's	A gentle, chair-based exercise session suitable for people with reduced mobility.	11am to 11:45am
Stronger Together	Fitness for New Heights Community Centre staff & volunteers only.	12pm to 12:30pm
Parent & Child Fitness Fun (Childrens 5-11 years old)	A fun way for parents & children to exercise together with music, fitness & fruit.	1pm to 2pm

**For more information please call
New Heights, Warren Farm Community: 0121 386 4345**



Why Is Water So Important?

Since water makes up around 60% of our total weight, it is the primary component of our body. It is vital for many important body functions, from flushing out waste to lubricating your joints.

All body cells, organs, and tissues require water to function. Generally, a person can only survive without water for a few days

Water regulates our internal temperature by distributing heat throughout the body and cooling it through perspiration (sweat)

As a major component of blood, water helps transport nutrients and oxygen to cells throughout the body. Water also helps carry waste from the body for excretion through perspiration, urination, and bowel movements.

The Kidneys need water to effectively filter waste from the blood and flush it from the body as urine. Staying adequately hydrated helps prevent Kidney stones and urinary tract infections (UTIs), which can harm the kidneys.

Drinking water daily can help prevent dehydration, a condition that occurs when you lose more fluids than you absorb.

Early signs of dehydration include:

- Feeling thirsty
- Dry Mouth
- Dry skin
- Dark coloured urine
- Urinating less than usual
- Fatigue
- Dizziness

Because water is involved in so many body functions, dehydration can eventually cause life-threatening symptoms, including:

- Confusion
 - Rapid breathing
 - Fainting
 - Inability to urinate
 - Shock

Rapid heartbeat

Experts do not recommend water for infants before 6 months of age.

Between 6 and 12 months of age, 1/2 cup to 1 cup (4 to 8 ounces) is recommended.

- Children: One cup to 5 cups of water is rec-

ommended for children, along with 2 to 3 cups of milk.

- Adolescents: Seven to 8 cups of water is recommended for adolescents.
- Adults. Total water needs are estimated at 3.7 liters (15.5 cups) for adult males and 2.7 liters (11.5 cups) for adult females.

Pregnancy: 8–12 cups (64–96 ounces) of water daily. This amount is in addition to water they may get from foods and other beverages.

- Breastfeeding: To compensate for the extra water used to make breast milk, 16 cups of water are recommended daily, which can come from food, beverages, and drinking water.

Older adults: about 13 cups of daily fluids for males and 9 cups for females aged 51 and older. With a higher risk of dehydration and health issues, getting enough water is essential for older adults.

How Much Water Should You Drink if You Exercise?

Whether you exercise for recreation or you're an athlete, proper hydration is important for performance and overall health. Drink 17 to 20 ounces of water two to three hours before exercising.

- Drink 8 ounces of water 20 to 30 minutes before starting to exercise or during your warm-up.
- Drink 7 to 10 ounces of water every 10 to 20 minutes during exercise.

Drink 8 ounces of water no more than 30 minutes after you stop exercising.

Can You Drink Too Much Water?

Drink too much water can lead to water intoxication, which occurs when the kidneys can not flush out excess water. This can cause a medical emergency due to decreased sodium concentrations in the blood known as hyponatremia. This can be fatal even lead to death in some cases.

It is important to find the correct balance.



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Twitter: @rajashmehta

Coping in Difficult times

We are living through challenging times, In recent months, news about the pandemic, wars and financial hardships have triggered tremendous anxiety and sadness for many of us. As we look to our friends, families and neighbours to offer support we realise it is usually the most difficult challenges that gives us new perspective and hope and strength to cope.

Things that can help you cope in difficult times

Positivity For positivity it is important to surround yourself with people who can uplift you. It's human nature to respond and react to the people around us. So if you have negative people around you, you're going to feel negative, which is especially bad if you're going through some hard times.

Gratitude— Gratitude is the cornerstone of positivity. Even during the hardest times, there's always something to be grateful for. Gratitude is an incredibly powerful tool that reduces depression-like symptoms and helps with overall positive thinking. Take time to look around you and appreciate the simple things in life. You will realise there is a lot to be grateful for.

Take a break- You are the only person who truly knows what your emotional and mental capacity is. The next time you feel yourself getting overwhelmed, switch off or spend some time just resting. understand that exercise, a balanced diet, and proper sleep are essential for staying positive and mentally strong.

Practicing mindfulness -Positive people understand the power of living in the present moment. By practicing mindfulness, they're able to stay grounded and focused, even during tough times.

Focusing on solutions, not problems. When faced with challenges, it's easy to get caught up in the problems and forget that there are solutions.

Celebrating small victories -When was the last time you celebrated the small stuff? acknowledging achievements, no matter how small, they reinforce a positive mind-set and build self-confidence. Not only is it great for staying motivated, but it's a clear reminder of how far you have come, especially during challenging times!

Engaging in acts of kindness -Another habit to adopt is to engage in acts of kindness. Helping others not only benefits the recipient but also contributes to your own happiness and well-being. By focusing on the well-being of others, you'll find that your own positivity and happiness will grow!

Forgiveness— Holding onto grudges and resentment can weigh heavily on your emotional well-being and make it difficult to maintain a positive mindset? That's why it is good to practice forgiveness, both for ourselves and others. Forgiveness doesn't mean forgetting or condoning the hurtful actions of others, but rather letting go of the anger and resentment that can hold you back. By releasing these negative emotions, you free yourself to focus on the present and create a more positive future!

Setting boundaries -Don't be afraid to say "no" when something goes against your values or compromises your well-being. Remember, protecting your positivity is essential, especially during tough times.

Mr Rajash Mehta