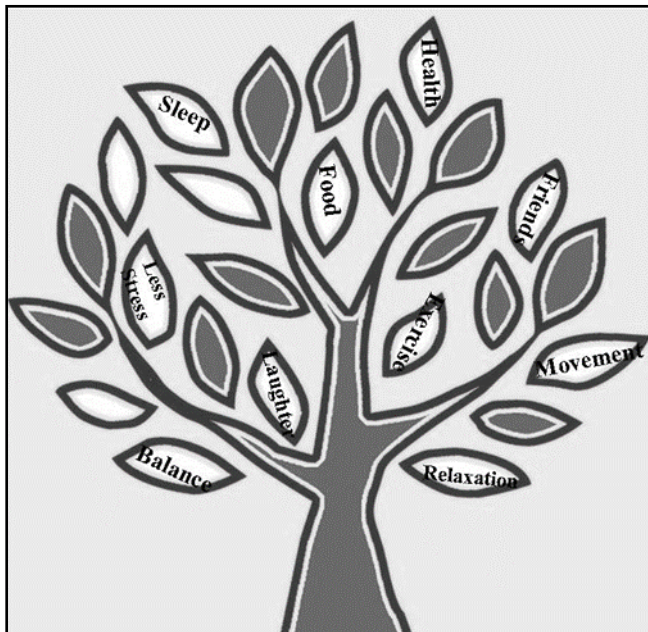




Wellness



Welcome to Holmewood Osteopathic Practice Newsletter. It is nearly spring, and perhaps time to have a life spring clean, and look at how you can improve your wellbeing. In 1948 the World Health Organisation defined health as '*not merely the absence of disease or infirmity but a state of complete physical, mental and social well-being*'. This sounds great, aspirational and perhaps impossible. One approach might be to make small affordable, realistic changes over a sustained period to optimise mental physical and social health. Wellness might be about cutting down, exercising, scaling up, downsizing,

recycling, repurposing, cleansing, purging or whatever you think will help you stay as fit and healthy as you can within your means.

Wellness can be about addressing changes to your diet or exercise routines which you have always meant to get around to but never seem to have the time. Make a small change right now rather than waiting for the "ideal time". Get off the bus, start a class, ring a friend, bake that cake, start that hobby. As a yoga teacher I often hear people say things like "I would love to do yoga but I am not flexible enough". I say, find the right class for you (this may take several attempts), start slowly and gently, keep going and you will get more flexible with the side benefit of learning relaxation techniques, getting stronger and you might even sleep better. Schools are including wellness in the curriculum and we are beginning to teach children that mental as well as physical health is important for wellbeing. In an ideal world all the resources we need would be freely available, but sadly this is becoming less and less common. I was very saddened not to be able to continue working as an osteopath within the NHS due to funding cuts, but perhaps a regular commitment to exercising, getting more sleep, and planning more leisure time to name a few examples could make a big difference to how well you feel, and decrease the chances of needing medical or other therapeutic intervention. If you do need some input I can help signpost what you could do to get back on track. Start now, keep going and good luck.