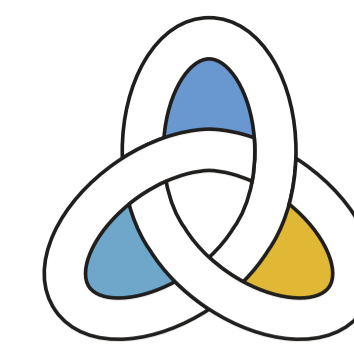


wellnews



LEARNING TOGETHER
CORNWALL EDUCATION LEARNING TRUST

EDITION 1 - JANUARY 2024

Bodmin College | Brannel School | Carclaze CP School | Fowey Primary School | Lostwithiel Primary School | Luxulyan School | Mevagissey Primary School | Mount Charles School | Newquay Junior Academy
Newquay Primary Academy | Newquay Tretherras School | Newquay Tretherras Sixth Form | Penrice Academy | Poltair School | Pondhu Primary School | Port Isaac Community Primary School | St Mewan CP School



COLLABORATE • EMPOWER • LEAD • TRANSFORM



Welcome

Hello and welcome to the first edition of Well News, created for CELT colleagues working across Cornwall. My name is Anna and I run a local business, Project Wellness UK, that works closely with organisations to help employees get the best out of their lives and feel well.

This regular newsletter is designed to share the very latest in well-being research and practical ways to apply it to everyday life. Everything that is shared is evidence-based and from some of the leading minds in the global well-being field.

We hope that you find it enjoyable, useful and most of all inspiring in helping you to live a life that is full of energy, vitality and wellness.

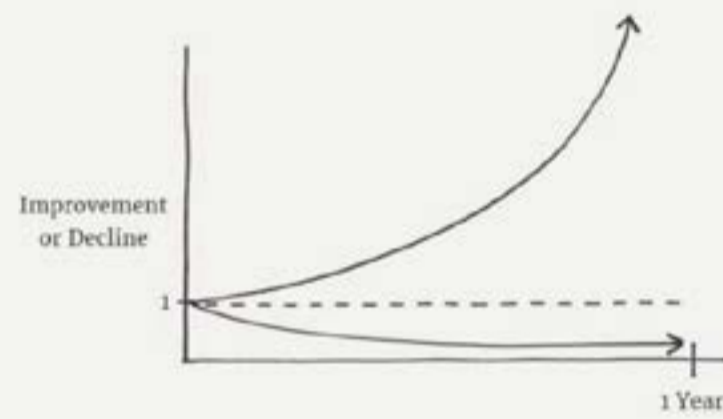
If you are interested in a particular well-being topic being covered or have any feedback to offer please email wellbeing@celtrust.org.

Anna - Project Wellness UK founder

The New Year Not to do list

The Power of Tiny Gains

1% better every day $1.01^{365} = 37.18$
1% worse every day $0.99^{365} = 0.03$



As we approach a few weeks into the New Year, some of the intentions or resolutions that you may have set yourself could be beginning to slip. Don't worry, you are in good company as this is very normal for a lot of people who attempt to make big lifestyle changes at the beginning of the year.

Habits can be a much more effective way to bring about sustainable changes. Consistency beats motivation every time.

Just a 1% improvement daily, means that you will be 37 times better by this time next year!

[Read more about continuous improvement:](#)



A great habit to adopt

Every 2 weeks on CELT social media accounts, we will be sharing small but mighty changes that you can make to your daily routine that yield big impacts. If you want to lose weight, get fitter, move more, or improve your anxiety and /or stress levels I cannot recommend increasing your daily steps highly enough. Walking is very underrated. It's free, accessible to most and dramatically boosts mood, cognition, fitness levels and aids weight loss. Do it in nature and the benefits increase even more.

Not convinced? A study in The Lancet showed that increasing your step count by just 1000 steps per day, reduced all-cause mortality (chance of dying) by 15%! Walk 6000-13,000 steps per day and you cut your risk of dying early by 50%.

[Read the full study here:](#)



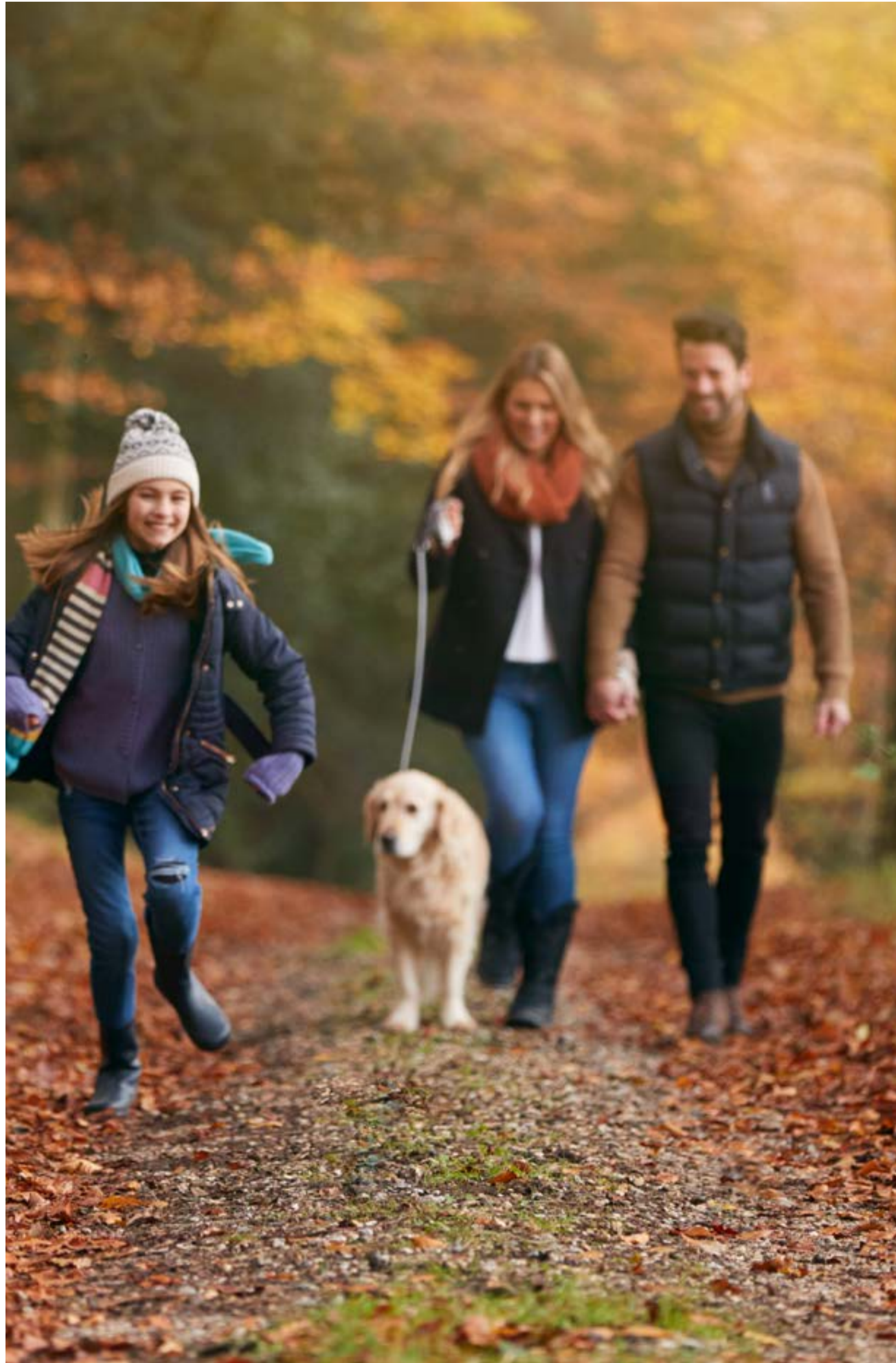
Other habits to adopt that have a high rate of return in life:

- Sleeping 8+ hours per day
- Lifting weights 3 x week
- Saving 10% of your income
- Reading every day
- Drinking more water and less of everything else
- Leaving your phone in another room whilst you work



Staying committed to healthy daily habits is like writing a series of love letters to your future self.

MICHELL C. CLARK



Walking – the most underrated health practice

Walking is a vastly underrated habit that has multiple mental and physical benefits. Best of all it's free and accessible to almost everyone.

You can walk pretty much anywhere. In Shane O'Mara's best-selling book, 'In Praise of Walking', he describes how the practice will help you to maintain a healthy weight, lose body fat and improve your cardiovascular fitness. Walking is also proven to prevent and manage various conditions including heart disease, strokes, high blood pressure, cancer and type 2 diabetes. As you walk you also strengthen your bones and muscles.

Whilst the physical benefits are extensive and, in most cases, well known, the impact of walking on your brain and mental health is beginning to be more widely understood. Walking boosts your creative thinking and ability to problem solve. If you have something on your mind that needs a solution, go for a walk. If you force yourself to think about the problem whilst walking, your subconscious will start churning away trying to find a solution, and it is mostly successful.

Walking has also been proven to boost the production of Brain-derived neurotrophic factor, or BDNF. BDNF, in simple terms, encourages growth of the synapses and neurons in the brain that aid learning and memory. BDNF is especially important for long-term memory.

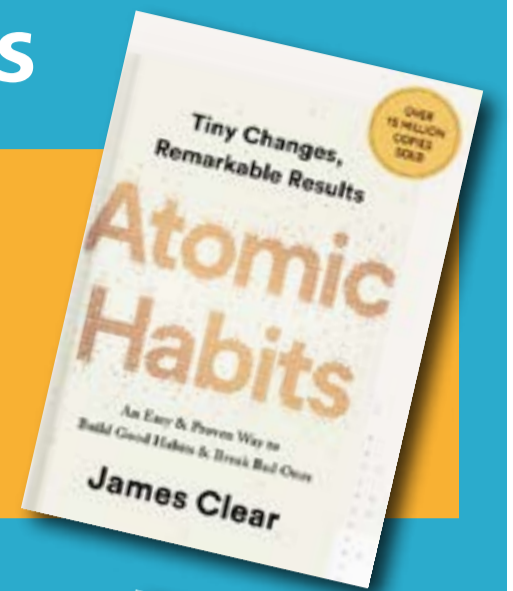
To really level-up your walking, it is best done in Nature for optimizing the health benefits gained. In Japan, this is a practice known as Shinrin-Yoku, or Forest Bathing. A 2019 study found that Forest Bathing has positive physiological effects, such as blood pressure reduction, improvement of autonomic and immune functions, as well as psychological effects of alleviating depression and improving mental health. Read more of the study here:

[Read more here...](#)

Books worth reading on these topics

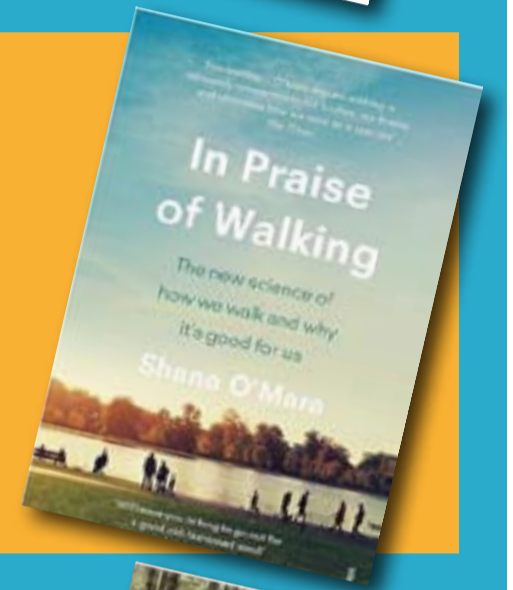
Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones

This breakthrough book from James Clear is the most comprehensive guide on how to change your habits and get 1% better every day.



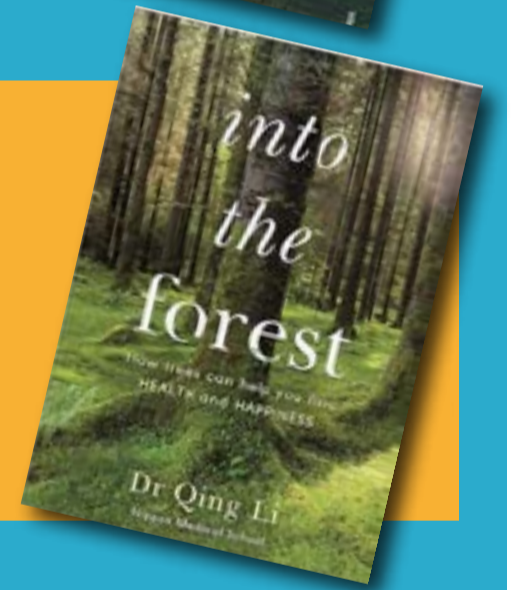
In Praise of Walking: The new science of how we walk and why it's good for us

In Praise of Walking celebrates this miraculous ability. Incredibly, it is a skill that has its evolutionary origins millions of years ago, under the sea. And the latest research is only now revealing how the brain and nervous system performs the mechanical magic of balancing, navigating a crowded city, or running our inner GPS system.



Into the Forest: How Trees Can Help You Find Health and Happiness

Humans are increasingly becoming an indoor species. We spend 90 per cent of our life indoors. And, on average, we dedicate eight hours a day looking at screens. Our increasingly domestic lives are having huge consequences to our health.



Your Guide to Forest Bathing

Simply being present in the natural world, with all of our senses fully alive, can have a remarkably healing effect. It can also awaken in us our latent but profound connection with all living things. This is "forest bathing," a practice inspired by the Japanese tradition of shinrin-yoku. It is a gentle, meditative approach to being with nature and an antidote to our nature-starved lives that can heal our relationship with the more-than-human world.



[Click on the cover to view book...](#)