

# GOOD HEALTH TIMES

JUNE 2016

Never Say  
**DIE!**

The Significance  
of the **stones**

The Wisdom  
of **Walnuts**

  
**DR. MARK ROWE**  
A JOURNEY OF TRANSFORMATION

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# Never Say Die!

## A Blog on the Power of Resilience

Our ability to maintain momentum in the face of adversity is such an important factor in ensuring that we get the most out of life. The vigour of our resilience can often be the difference between achieving a goal, or falling at the hurdles that we meet along the way. However, it is vital to recognise that we do not have a static amount of resilience; just like knowledge or fitness, resilience is a skill that can be learned, developed, and nurtured in order to greatly benefit our lives.



### Thought of the Month

*The greatest glory in living lies not in never falling, but in rising every time we fall.*

**Nelson Mandela**

The word resilient stems from the Latin 'resilio', meaning to bounce back from adversity. The health of our resilience impacts our ability to cope with setbacks, our ability to let go of past events, and crucially, our ability to maintain realistic optimism. Maintaining realistic optimism is so vitally important to all of life's endeavours, because without it, we can so easily fall into self-fulfilling our own negative perspectives on the future. Anyone who has had the experience of triumphing against adversity will understand just how life affirming this experience can be.

These experiences can feed our resilience through the understanding that we become stronger and wiser through overcoming obstacles. It allows us to view ourselves as unshakable, which of course, we all have the potential to be!

Resilient people are recognisable for their grit and determination, an outlook that acknowledges that challenges lay ahead but rather than fearing them, welcomes them and the growth that will surely accompany them. They are inclined to think ahead, display characteristic of optimism and positivity, and a refusal to capitulate to external pressures. This positive outlook is at the very core of resilience as it

allows the individual to frame adversity in the right way, as and when it presents itself. Our initial reaction to stress is so important, as it can really be the difference between overcoming or succumbing to adversity; maintaining a base line of positivity can make all the difference. One important factor in doing this is how we perceive our daily life, and for most of us, it means how we perceive our job.

## MAINTAINING POSITIVITY IN THE WORKPLACE

*"Before Enlightenment, chop wood, carry water. After Enlightenment, chop wood, carry water"*

The above quote stems from Buddhist teachings and the meaning it is essentially trying to convey is that the key to happiness lies not with changing your daily tasks, but with changing your perception of them.

Yale University has carried out some fascinating research in recent years which has shed some light on job satisfaction. The findings suggest that it is not necessarily our job that dictates our feeling of wellbeing, but rather how we perceive our job. They found that there are three dominant ways in which we categorise our employment, viewing it either as a job, a career, or a vocation. The results found that about

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one third of people fall into each category, with the results dispersed across all job types. The categories break down as follows:

**A Job:** Individuals who view their work simply as a job tend to perceive it as a means to an end. The pay-check is their only motivation and as a result it can engender great dissatisfaction and disillusionment with the day-to-day routine. None of us want to wish our lives away, but viewing our employment in this way leads to people counting the hours until the day's end, and counting the days until the weekend. This greatly limits our ability to experience contentment on a daily basis and promote negativity throughout all aspects of our lives.

**A Career:** When we see our work as a career, while we still may not take great joy in our day-to-day tasks, we can benefit from a more personal investment in our work. This is because it allows us to be future oriented and strive for progress in prestige, power, and position. This outlook is hard to maintain if one's employment does not seem to allow for progress, however, and so it can be a viewpoint that ceases to function once opportunities for progress have been exhausted.

**A Calling:** If you are lucky enough to see your work as a calling, then you are motivated to do the work for its own sake. You enjoy your work, and can actively view it in relation to its position within society. Your investment in your work means that you enjoy far greater job satisfaction, you are not inclined to watch the clock and are happy to work long hours to achieve what it is you set out to do. Those who view their work as a calling do not have to endure the daily negative feelings about going to work in the way that others do. This affords them a greater level of positivity which reverberates through all aspects of their lives, engendering resilience.

**Change Your Perception:** As counter intuitive as it might sound, it is not the job that dictates how we feel about it, but rather it is the meaning which we assign to it. The research has found that there are Doctors who see their work as a job, and street cleaners that see their work as a calling. Humans are adept at creating meaning for ourselves, and we are so often dictated by it. However, we can control this meaning creation by choosing to change our perspective. Consider how your work fits into society, how it is necessary and part of a larger picture. Try to be less focussed on the financial rewards and more aware of how you use your skills and experience to optimise your performance. There is always a better way to do everything, and those who seek to do whatever

they do well, will benefit from a more positive relationship with their employment. By improving our outlook about our job, we can greatly reduce the amount of negativity that pervades our lives. This can be a game changer for our physical and emotional well-being, as well as actively benefitting our resilience.

Just as our resilience can benefit from improving our perspective on our work, the opposite is also true. Here are some tips on improving resilience through self-care and beginning a cycle of positivity with some easy life adjustments.

## FIVE WAYS TO BUILD RESILIENCE

**Down Time:** It is vital to take a moment every day to switch off, relax, and re-charge. Even if this can only be five minutes, it can be hugely beneficial.

**In Time:** This refers to time for reflection and finding calm. For some people this can mean journaling, for others meditation. It is important to find what works for you, and to reflect upon your day.

**Move Time:** Exercise is the magic bullet. Regular exercise will simply never fail to improve your physical and psychological well-being, as well as fortifying your resilience.

**Night Time:** It can be difficult at times but it is imperative that we ensure that we get enough good quality, restorative sleep. When we do not, it diminishes our energy levels and by extension, greatly reduces our resilience.

**Play Time:** We can't neglect our social lives, it is an important part of our emotional health. Make sure you find the time to laugh and enjoy life with friends. It is a cathartic relief that gives perspective to our struggles.

Resilience is all about positivity. We must try to actively bring positivity into our lives as it becomes a resource, a well from which we can draw strength in times of need. We must absorb all we can from the good things in our lives. We must have gratitude for all that we have, and reduce our awareness of what we lack. By stopping and smelling the roses, pausing to enjoy your favourite song, or taking the time to sit in a beautiful place, we can actually provide ourselves with the fuel we need to overcome adversity. Find the positivity in your world today, I assure you it's there, you just have to look for it!

Be sure to follow Dr Mark on Twitter and check out [doctormarkrowe.com](http://doctormarkrowe.com) for ongoing advice on getting the most out of life!

### Tip of the Month

**Down Time:** It is vital to take a moment every day to switch off, relax, and re-charge. Even if this can only be five minutes, it can be hugely beneficial.

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# The Significance of the Stones

**A professor was once asked to explain the concept of time management to a group of managers. Taking a large container, he empties rocks into it.**

## Is it full he asks?

No, comes the reply there is still space between the large stones.

With that the professor takes a jar of pebbles and empties them into the container.

## Is it full now?

No there is space left. With that he takes a bucket and fills the container to the brim with sand.

**Is it full now?** No there is still space left. With that he gets a watering can and sprinkles some water on the top.

## Now it is full!

But what conclusions can we draw from this experiment, the professor asks?

Someone suggests that there is always room to do more even when we believe we have done all we can.

Not the best answer says the professor. Remember the most important thing is the order in which you fill the container. If you fill it with pebbles or sand first, then you simply won't have any space left for the large rocks!

These large rocks represent those things that are really important in your life. The sand and water are merely space and time fillers. Always prioritise time for those things that really matter to you.

**International Men's Health Week (MHW)** begins on the Monday before Father's Day and ends on Father's Day itself. During 2016, it will run from Monday 13th until Sunday 19th June. It is celebrated in most European countries, as well as in the USA, Australia, New Zealand, Canada and a number of other places worldwide. The overall aims of MHW are to: Heighten awareness of preventable health problems for males of all ages;

Support men and boys to engage in healthier lifestyle choices / activities;

Encourage the early detection and treatment of health difficulties in males.

Each year, there is also a focus upon a specific theme. The theme for 2016 will be: 'Men United - for health and wellbeing'. MHW gives everyone an opportunity to encourage men and boys to take better care of their health and to seek help or treatment at an early stage.

## Five Key Points About Mens Health

-Men die on average about 5 years earlier than women.

- In the Western World many of the serious health conditions affecting men are preventable.

-Men often have complex attitudes towards their own health which prevent them for taking good care of themselves. These include the belief that

'I'm bulletproof, I'm too busy or believing it's never serious enough to bother the doctor( doctor avoidance syndrome). Others simply stick their head in the sand and ignore serious symptoms ( I call this ostrich syndrome).

-Men often internalise worries and symptoms of stress.

-Men often lack important knowledge about how to stay well and less understanding of the anatomy and functions of their own bodies than women.



## THE WISDOM OF WALNUTS

Walnuts are a wonderful superfood and an ideal mid afternoon snack to boost your energy, focus and concentration at work. And even if you are not enamoured

by the flavour of walnuts, you can benefit by blending them into smoothies.

Better again, simply eating about seven shelled walnuts may be all it takes to gain substantial health benefits. Where possible, choose organic and raw walnuts. Because the vast majority of the antioxidants in walnuts are found in the skin, it is one of the healthiest parts to eat.

## TOP REASONS TO EAT WALNUTS

- ① **Nutritional powerhouse** packed full of plant-based omega-3 fats, along with high amounts of copper, manganese, molybdenum, and biotin. Walnuts contain powerful antioxidants considered crucial to your health and wellbeing and helping to prevent age-related deterioration.
- ② **Heart Health**  
Walnuts contain properties like the amino acid l-arginine, which may help prevent heart attack, sudden cardiac death and the formation of pathological blood clots.
- ③ **Cancer-Fighting Properties**  
Walnuts may help reduce the risk of both prostate and breast cancer.
- ④ **Weight Control**  
Adding healthful amounts of nuts such as walnuts to your diet can help you to maintain your ideal weight over time.
- ⑤ **Brain Health**  
Walnuts contain a number of neuroprotective compounds, including vitamin E, folate, omega-3 fats, and antioxidants which can support brain health.
- ⑥ **Improved Reproductive Health in Men**  
Eating about a half a cup of walnuts daily can significantly improve sperm quality, including vitality, motility, and morphology.

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