

THRIVING TIMES; Your Health and Wellness Dispatch

November – Good health begins with a thought



“When I feel this good why would I go back?”

Achieving long-term health and energy is a balancing act. What we put into our minds can have just as much impact as what we put into our bodies.

The mind and body are not separate systems – they constantly influence each other. In fact, research from the University of Oxford and King’s College London has shown that a positive mindset can improve recovery rates, reduce inflammation, and even help regulate immune function. When we nurture our mental wellbeing, the body follows suit.

“It’s changed my mindset, it’s been massive.”



We all know that wholesome food, avoiding excess sugar, and reducing toxins are key to better health. Yet the less visible drivers – such as persistent stress, negative thinking, and lack of rest – can quietly undermine even the healthiest diet. That’s why true wellness requires paying attention to both what you eat and what you think.

Experts, including those from the NHS and the Mental Health Foundation, agree that regular movement, quality sleep, managing thoughts, and maintaining social connections are among the most effective ways to lower stress and boost immunity. In short, caring for your mind is as essential as drinking enough water or eating your greens.

Winning ways to promote good mind-body health

1. MOVE YOUR BODY

Physical activity triggers the release of endorphins – the body’s natural mood enhancers – which not only lift your spirits but also support your immune system.



"I go to the gym and decompress, then when I'm back at the office I'm thinking right, let's go. Allowing myself that time is not a selfish thing it's really, really good for me as I can now think through what I'm dealing with and how I'm going to deal with it."

Exercise activates the lymphatic system, which helps eliminate toxins and transport white blood cells that fight infection. Unlike blood, lymph doesn't have a pump – it moves only when you do.

A study from the University of Bath found that moderate, regular exercise helps regulate the immune system and reduces inflammation. Even brisk walking or gardening can help to 'work off' stress and improve resilience.

2. PRIORITISE SLEEP

According to the NHS, adults generally need between seven and nine hours of sleep each night to support immune health and emotional balance.



“My sleep is a lot better and now I’m thinking clearer.”

Sleep deprivation can raise stress hormones and make it harder to cope with daily challenges. Limiting caffeine after midday, switching off screens an hour before bed, and keeping a regular bedtime can make a remarkable difference to how refreshed you feel.

3. MAKE TIME FOR YOURSELF

Small acts of self-care have a measurable effect on stress levels. The Mental Health Foundation highlights that taking time to do something enjoyable – whether reading, walking in nature, or meeting a friend – helps maintain perspective and prevents burnout.

“Before I start work I’ll have a few minutes to myself, take a few deep breaths, it’s a way of resetting”

Women can often prioritise others’ needs over their own, whilst men can prioritise business needs over their own. Remember: an empty cup cannot pour. Looking after yourself is not indulgent – it’s essential to sustain your energy and ability to care for others.

4. PRACTISE MINDFULNESS

Mindfulness – focusing on the present moment without judgement – has been shown in UK studies (University of Oxford and University of Manchester) to reduce anxiety and strengthen the immune system.

Regular mindfulness practice can lower stress hormones and improve emotional resilience. Even five minutes a day of quiet breathing or meditation can shift your physiology towards calm and clarity.

5. CONNECT WITH OTHERS

We're wired for connection. Research from University College London found that people with strong social ties are 50% more likely to live longer than those who are isolated.



Sharing how you feel with trusted friends or family members can help you process challenges and gain perspective. Whether it's a chat over tea or joining a local walking group, social connection is a powerful buffer against stress.

As mindfulness teacher Jack Kornfield reminds us:

"When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves."

If anything in this newsletter resonated with you, I warmly invite you to book a free WELLth check with me. Together, we can explore a personalised plan to help you feel your best. You can book directly into my diary [here](#).

"The key fundamental of this is the human being behind the story, to just be honest with yourself about how you're feeling."

Change is within us all

