

Your Health



Work Life Balance

Many people find themselves constantly torn between the pressures of work and personal life. We need to earn a living, but we also want special quality time for our family, friends and ourselves. It can often feel as though there just aren't enough hours in the day or days in the week. And while we rush around trying to fit more and more activities into less and less time, it is often our relationships that suffer.

Why time is so important

Time together is to a relationship what water is to a plant. It's how a relationship is nurtured and cared for. It's the stuff that makes it stronger and helps it to grow. To stay connected, you need to feed your relationships with friends and family with time. Time to keep in touch with what's happening in your everyday lives. Time to share your hopes and dreams as well as your fears and failings. And time to have fun.

Accept your life stage

There will be times in your life when you have even less time than normal. For example, when you have very small children, have just started a business or are caring for an elderly relative. There may be very little that you can do to change your circumstances in times like these. But simply learning to accept where you are in life and knowing that this is a phase can help you to feel less stressed and to look forward to the future.

Switch off

Smart phones and tablets are great for staying in touch but they also mean we can be online 24/7 - even when we're not at work. Try to set a deadline each day to switch off your work phone and stop checking emails.



Think quality, not quantity

It's a cliché, but it's true. If you only have a short period of time to play with, then make every second count. And remember that nowadays it can be easy to keep in touch during the day. Get into the habit of exchanging texts, making a phone call, or meeting for lunch if you work near each other. Do whatever you can to keep in touch.

Consider your priorities

If you've tried everything above and you still don't feel you have enough time as a couple, then you may have to have a long hard look at your priorities. Are there activities in your life that you should seriously consider dropping, at least for the time being? Sacrificing something you enjoy doing is always difficult - but are you willing to risk your relationship instead.



General Tips for Health and Wellbeing

1. Decide what is important to you
2. Learn to prioritise
3. Take regular exercise
4. Delegate tasks where possible
5. Don't miss meals to save time.

Have a hearty breakfast



Eating a good breakfast either boiled egg or reduced sugar cereal or porridge isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre. These give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning.

Stay Active

Find an exercise you enjoy as you will keep doing it and bring a friend as a motivator, to encourage each other. Regular exercise helps control your weight, boost your immune system, and is great to break tension that can build if the family is constantly cooped up inside the house. We all know exercise is good for your overall health - so "move it"!

Hayfever and Allergies

Allergy symptoms vary from person to person depending on the allergy they suffer from. Typical symptoms of allergies are:

- sneezing
- sinus discomfort
- watery nasal discharge
- tiredness
- blocked, runny or stuffy nose
- skin rashes or hives (red and sometimes itchy bumps on skin)

Recognising your symptoms

The terms hay fever and sinus infection have become catch-all terms for what are actually different and specific symptoms.

Rhinitis is the term for the symptoms produced by nasal irritation or inflammation. The nose reacts to irritation and inflammation by sneezing, itching, running or becoming blocked. If the effects last more than six weeks the condition is known as chronic rhinitis and is usually caused by an allergy. A shorter incidence is known as acute rhinitis and is usually caused by an infection or an irritation such as a common cold.

Perennial allergic rhinitis is commonly caused by indoor allergens, such as dust mites, pet dander, and mould. Symptoms of allergic rhinitis are similar to cold symptoms. But they

are not caused by a virus the way a cold is. When you breathe in an allergen, your immune system springs into action. It is with you all the time and is not seasonal.

Studies estimate that more than 30% of people experience the condition at some point in their life. It takes two forms: intermittent and perennial.

Intermittent Allergic Rhinitis (seasonal)

People with intermittent allergic rhinitis, hay fever being the most common type, will experience their symptoms in the spring, summer and early autumn when the air is filled with pollen from trees, grasses or weeds, or mould spores.

When people with hay fever are exposed to pollen, the body releases a chemical called histamine which causes the runny nose, sneezing and



itchy eyes associated with hay fever. Some people go on to develop late-phase symptoms characterised by a groggy blocked up head.

Perennial Allergic Rhinitis (all year round)

Some people have both types of allergy with symptoms increasing during one season - usually summer due to the increase in the number of airborne allergens, such as pollen. People with one allergy are more susceptible to developing others. Children who have eczema as babies often go on to develop asthma and later, hay fever. These are known as the Atopy family.

As you can see, several of these are also symptoms of the common cold. So how do you tell them apart? Follow this handy guide to help you spot the difference!



	Allergy	Cold
Symptoms	Sneezing and itchy eyes and all of these symptoms experienced at once	Begins with a clear nasal discharge, turning creamy yellow or green over time. Could be accompanied by a fever
Duration	As long as the person is exposed to the allergen (and a few hours afterwards).	7-10 days.
Sneezing	Rapid and in multiple sequence.	Not as frequent.
Season	Mainly from Spring to Autumn.	More common during Winter
Mucus	Thin, watery.	Creamy, yellow or green.