

Your wellbeing

Latest health solutions for your mind and body



MY HEALTHY LIFE Mig Bennett

Mig Bennett is a relationship counsellor based in East Sussex

My go-to remedy
A mug of my special-brew decaf tea

– that's one bag of Earl Grey and one of breakfast tea made in my mum's teapot. Two mugs revitalise the start of my day. It soothes and lifts as needed throughout the day, and brings calm at bedtime.

My favourite meal

I love my slow cooker, and lamb shoulder is my current favourite. I pierce and slide in cloves of garlic, rub with flour and slow-cook in stock with redcurrant jelly added. It's so easy and brings back childhood memories of Dad carving and Mum taking off her pinny and exclaiming that she 'felt like a grease spot!'



How I keep fit and healthy

I play as much tennis as I can each week, fitting it around my private relationship counselling practice. I'm not a gym person. I love the mental battle of tennis, combined with exercise and fresh air.

My perfect day

It would be spent in the desert valley of Palm Springs, California; my

favourite place. Surrounded by breathtaking mountains, I'd take an early swim, then a walk or some tennis before the heat of the day. Brunch at Pinocchio's, a siesta and reading under the mister sprays,

mid-afternoon pool time and then drinks before heading back downtown to Lulu's to meet up with friends, eat and finally, go dancing.

➔ **Find more about Mig at mighbennettrelationshipcounselling.co.uk**



Newsflash

Just a few plants will make you happier

Research suggests that even the smallest patch of nature reduces stress. Adding just a handful of plants to a front garden was enough to cut anxiety and improve happiness, according to the study by the Royal Horticultural Society and the universities of Sheffield, Westminster and Virginia. Scientists measured the effects of a tree, shrub, climbing plant, bulbs and bedding plants when added to gardens in areas of Salford.



3 supplements... to help you in winter

VITAMIN D

'The NHS recommends taking vitamin D to keep your bones and muscles healthy in lockdown,' says Lloyds pharmacist Anshu Laura.

VITAMIN C

Essential to help your immune system fight off infections. Most of us get enough through our diets, but take it if your diet is restricted or you're concerned you're lacking in it.

OMEGA-3

Found in oily fish and fish oils, you may not be getting enough if you're not eating oily fish once a week – which most of us don't. The fatty acids reduce inflammation.

WHAT'S THAT?

Inspired by *Bake Off*, but struggling to create gluten-free

bakes at home? Try these super-simple Davina Steel baking kits – they're an easy way to make bread and bakes at home, including focaccia and pizza bases.

From £2.49, Sainsbury's and Ocado

