

"We have recognised that we have a common agenda; we can't always say that we have identical convictions and certainly aren't aiming to iron out the differences and the difficulties of our convictions but this is a world in which no one religious community, no one nation, no one interest group can solve problems alone... The ecological crisis that our planet faces is one that is no respecter of religious difference and there is one planet on which we live, global warming is theologically uneducated; rising water levels do not discriminate between Christians, Muslims, Jews or anyone else."

## Stress can make you ill



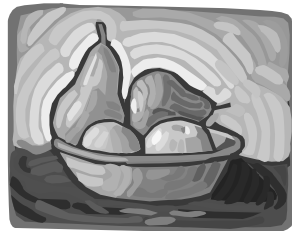
Whether you are at work, busy at home with children or leading an active retirement, chronic stress can seriously affect your health emotionally, mentally and physically.

Take care of yourself and your heart: very few things in your life are worth literally dying for!

Here are some ways to reduce stress:

- ❖ Take 30 minutes of physical activity five times a week. Chemicals called endorphins are released in your brain after exercise, leaving you feeling happy and alleviating the symptoms of stress.
- ❖ Protect your lunch break. Leave the office, leave your house, go for a walk, visit a pleasant café, meet a friend. Relax for a little while!
- ❖ Share any major concerns that you have with someone else – colleagues, friends, boss, or family. Don't keep something big to yourself – and just worry about it.
- ❖ Keep your 'to-do' list realistic. Do the hard tasks first and reward yourself after. Don't even attempt anything unachievable or unnecessary. Be, don't just do.
- ❖ To release stress short-term, take some deep breaths, clench your fists and release them, then count to ten slowly.
- ❖ Set aside some daily 'you' time for a new hobby, a long bubble bath, a favourite TV programme, a special outing with a loved one. You're worth it!

## Eat more fruit!



Eating even MORE than the recommended five portions of fruit and vegetables a day can help cut the risk of a stroke. Recent research by the University of London has found that people who eat three to five portions cut the risk by 11 per cent compared with those eating fewer than three, and those who eat more than five servings lower it by 26 per cent.

More than five fruits and vegetables a day: such a simple and non-expensive lifestyle change. But in the UK alone, it could mean 40,000 fewer strokes a year.