

## 5 ways to de-stress and help your heart

Managing unhealthy habits is key to change! Constant stress, whether from a traffic-choked daily commute, unhappy marriage, or heavy workload, can have real physical effects on the body. It has been linked to a wide range of health issues, including mood, sleep, and appetite problems — and yes, even heart disease. Learning to deal with stress and managing unhealthy habits. These five simple tips can help you do just that.

1. **Stay positive** - Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.
2. **Meditate** - This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation's close relatives, yoga and prayer, can also relax the mind and body.
3. **Exercise** - Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
4. **Unplug** - It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it's for just 10 or 15 minutes — to escape from the world.
5. **Find ways to take the edge off your stress** - Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.

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Gheziez Hbieb,

Wara sajf mimli xemx u shana nispera li thossu z-ziffa friska u helwa tal-harifa riesqa lejna. Minkejja s-shana ahna, bhas-soltu, ma qtajniex qalbna u bqajna ghaddejjin bl-attivitajiet.

Ivvjaggajna mhux hazin ghal Kemmuna, Ghawdex u sahansitra dan is -Sajf irnexxielna wkoll immorru Sqallija. Il-holma tieghi li niehu lill-grupp fuq safra fl-ahhar irnexxiet. Ippruvajt kemm il-darba u ma rnexxilix. Imma fl-ahhar, grazzi ghal hafna input li taw John Trapani u Mark Farrugia din il-holma sehhet ukoll. Kienet il-perseveranza ta' Maureen u Victor li baqghu ihegguni biex naghmluha ghax jien kont qtajt qalbi. Imma nafu li Maureen, Alla jberikha,.....ma taqtax qalbha. U baqghet tigri warajja sakemm irnexxielha! Kulhadd ha pjacir u morna tajjeb hafna u kulhadd ikkopera. GRAZZI LIL KULHADD! Issa jekk matul is sena li gejja toqoghdu bravi nergghu nehdukom!! Din is-sena nixtieq li nippruvaw naghmlu attivitajiet daqsxejn differenti u ghalhekk nixtieq li taghtuna l-idejat. Ahsbu u araw biex tistghu tohorgu! Nixtieq li fil-grupp ikollna attivitajiet fejn il membri jippartecipaw aktar bhal kompetizzjonijiet per ezempju, jew aktar membri jaghtu 'talks lilna'. Gieli kellna membri li taw talks huma stess. Kulhadd ghandu talenti u ghandu x'joffri. Tghidux jien ma naf xejn. Jiena jiddispjacini meta jkun hemm min jghidli li t-'talks' idejjquh. Mhux dejjem tajjeb li titghallem xi haga gdida?! Kull 'talk' li kellna kienet interessanti u tghallimna xi haga. Importanti nifhmu li l-grupp mhux post fejn noqoghdu npacpcu u nixorbu l-kafe' biss. Filkas immorru ghand Cordina! M'hemmx ghalfejn noqghod inlaqqa' l-kumitat u niehdu dak ix-xoghol kollu! Tajjeb li l-grupp inzommuh haj b'attivitajiet li nitghallmu u niehdu xi haga minnhom, li jkun hemm daqsxejn ta' kultura, il-bqija jispicca qisna l-club ta' Cikku u Peppi!

Ma ninsewx li meta jibda Ottubru nibdew niltaqghu gewwa l-Education bhas-sena l-ohra. Hag' ohra li nixtieq infakkarkom hija dwar ir-regoli tal-grupp. Jekk joghgobkom tibaghtulix nies li m'humiex romol jew li huma over 61 ghax tafu li jien ma nistax naccettahom. Ghalija imbarazzanti hafna u nithassarhom icempluli, jghiduli li bghattuhom intom, u jkolli nghidilhom le jiena. Dawn hafna drabi jkunu nies imfarrkin ukoll u ghandhom bzonn l-ghajnuna imma jien ma nistax naccetta lil kulhadd. Meta titkellmu ma' nies u tirrikmandaw il-grupp please araw li huma tassew romol u taht il-61. Komplu gawdu il-bqija tas-Sajf u nisperaw li narawkom fl-attivitajiet.

*Dejjem taghkom  
Maria*

### ***Attivitajiet ghax-xahar ta' Settembru 2017***

**Il-Gimgha: I-ewwel ta' Settembru fis 7.00pm** Illum se naghmlu picnic hdejn Ta' Fra Ben il-Qawra. Gibu maghkom ikel, xorb, siggijiet, imwejjed, xi cardigan, xi torch jew lampa u....lilkom infuskom!!

**Il-Hadd 3 ta' Settembru fl 4.30pm** hdejn il-Ferries, Tas-Sliema, faccata ta' Marks and Spencer. Illum se mmorru fuq Harbour Cruise ma' Jean-Paul. Se niltaqghu fl-4.30pm. **Prezz: 6 ewro** Booking ma' Mark Farrugia mobile number **79452005**.

### **Il-Gimgha 29 ta' Settembru fit 8.00pm El Catalan Restaurant.**

Illum se niccelebraw il-Birthday Celebrations ta' Settembru go El Catalan, ix-Xghajra. Diga' morna darba u l-post intoghob.

#### **Menu**

Starter : Lasagna jew Mushroom soup

Main Course : Pork Loin jew Chicken Breast jew Swordfish ( pixxispad )

Dessert: Birthday Cake : Carrot cake.

Drinks: Tazza nbid jew soft drink jew ilma

**Prezz: 18 ewro** Booking ma' John Trapani mobile number: **99443481**

### ***Attivitajiet ghax-xahar ta' Ottubru 2017***

Minn dan ix-xahar l-attivitajiet, kif tafu, jibdew isiru gewwa gol-Education.

### **Il-Gimgha 6 ta' Ottubru: 8.00pm** Education Boardroom, Floriana.

Illum se nifthu s-sena l-gdida taghna gewwa billi nattendu quddiesa ccelebrata bhas-soltu minn Fr.Savior Chircop. Wara niehdu kafe' flimkien u nghidu xi kelma!!

### **Il-Gimgha 13 ta' Ottubru 8.00pm** Education Boardroom, Floriana.

Illum se jkollna talk minn speaker li se tispirana zgur ilkoll b'kuragg u entuzjazmu. Din hija Christine Mifsud, bint wahda mill-membri taghna Josephine Attard. Christine kellha tghaddi minn hafna esperjenzi f'hajjitha izda b'kuragg kbir irnexxielha tirbah u tkompli b'hajjitha. Min diga semagha titkellem jaf kemm tispirak din il-mara. Izda ha nhalli lil Christine titkellem....Titilfuhiex...ghax jiddispjacikom!!

### **Il-Gimgha 20 ta' Ottubru 8.00pm** Education Boardroom, Floriana.

#### ***'Getting To Know Each Other'***

Illum se nhallu lilkom titkellmu mhux dejjem nisimghu lil haddiehor. Se nhallu lil kull min jixtieq jaqsam xi esperjenzi jiteklem. Wara nkomplu nitkellmu waqt li niehdu kafe flimkien.

### **Il-Gimgha 27 ta' Ottubru 8.00pm** Angelo's Pub and Diner, Bugibba.

Illum se niccelebraw il-Birthdays ta' dawki li ghalqu sninhom f'Ottubru billi mmorru nieklu u nizfnu l-Angelo's Pub ta' Bugibba.

#### **Menu**

Bruschetta

Starter: Veg soup **jew** Spaghetti bolognese **jew** Prawn cocktail.

Main course: Half roast chicken **jew** Baked Cerna **jew** Ribeye 200g.

Drinks: Tazza nbid **jew** soft drink

Dizerta:: Birthday cake.

**Prezz: 15 ewro** Booking ma' Mark Farrugia mobile number **794520005**.

Jekk joghgobkom mal-booking ghidulna xi tridu taghzlu mill-menu.

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