



## PRESCRIPTION WHEELS

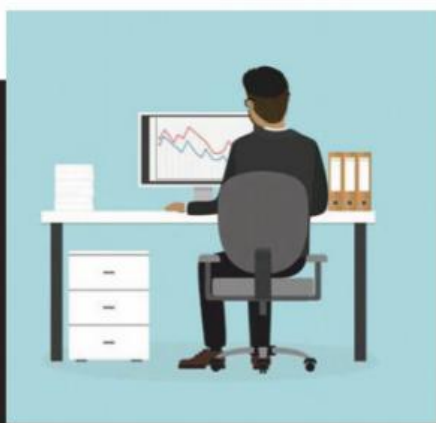
A cycling-on-prescription scheme trialled in Yorkshire could soon be rolled out across the UK. More than 1,000 people have been referred to the scheme since it launched four years ago and the feedback has been overwhelmingly positive, with figures from 2018/2019 showing people using the scheme reporting a marked increase in feeling more confident and relaxed. Speaking to the BBC, Jenny Box, Cycling UK's head of development, said: "Cycling UK has always known cycling can help people with both their physical and mental wellbeing – and in West Yorkshire we've now got the evidence."



## THE COST OF CLUTTER

There's plenty of research to show how physical mess can affect your mental health.

One study by Professor Joseph Ferraria found that the more clutter people have in their homes, the lower their life satisfaction and overall productivity tends to be. Similarly, in examining a century of research on stress and wellbeing, a study conducted by the University of South Carolina noted that a comfortable environment was seen as essential to 'mental hygiene'. A cluttered home can be bad news for your diet, too: a 2017 study showed that people are more likely to eat high-processed food and snacks if the environment in which they're offered a choice of foods is chaotic and they're led to feel stressed.<sup>1</sup>



## COOPED UP

As a nation, 90 per cent of our time is spent indoors. That's according to a survey by Nature Valley, which also revealed only 12 per cent of Londoners leave the office at any point in the day and 66 per cent of Brits only leave their chair to go to the toilet. All this is bad news for our mental wellbeing.

Too much time indoors can lead "to a range of problems for workers, including everything from seasonal affective disorder (SAD) in the winter months due to a lack of natural daylight, to sick building syndrome (SBS), especially in buildings with poor ventilation," explains professor Charles Spence, experimental psychologist at the University of Oxford.

"The good news," Spence continues, "is that an hour spent outside is proven to drastically improve short-term memory and decrease stress levels."

Nature Valley's 'Get Out More' campaign is an attempt to tackle the nation's indoor problem – find out more at [naturevalley.co.uk/get-out-more](http://naturevalley.co.uk/get-out-more)

## Sweet Sounds

Struggling to get through your sessions? An updated playlist could be the cure. Music's ability to both motivate and reduce our perceived effort is nothing new, but a recent study published in the *Journal of Psychology of Sport and Exercise* found the right music can also help you enjoy training more, with fast-tempo tracks found to be the most effective.



## TALKING HELPS

Whatever's getting you down, speak to one of our qualified therapists for confidential support

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## ON CALL

In an effort to make therapy more accessible and less of a 'thing', Glyde is the new telephone and video call

therapy service that negates the potential intimidation factor and inconvenience of face-to-face meetings. You can speak to a qualified therapist from the comfort of your own home, when it suits you. There's no fixed price, as each therapist sets their own fee, but you can speak to someone for as little as £45. To find out more, visit [glyde.co](http://glyde.co).