



## Get Outside

Remember the benefits of a brisk walk before revising? Another study I've come across in the meantime indicates that we tend to underestimate the benefits of walking in nature. As a consequence we spend less time outside in green spaces which in turn can undermine our affiliation with the natural world.

In the study students took a 17 minute walk: Half of the students walked either along a canal near the campus to an arboretum, or along underground tunnels. Afterwards they completed questionnaires about how they felt. The other half of students predicted how they would feel - either after the nature-filled walk or after the tunnel walk - but they didn't actually take the walk. Both routes were equally familiar to all the students. The key findings were that students felt more positive emotions after the nature walk than they did after the tunnel walk, but that those in the forecasting group underestimated the positive benefits of a natural walk and overestimated the positive benefits of the tunnel walk. So: Get outside!

## A or B?

The Type A and type B personality theory was created by two cardiologists in the 1950s. They speculated that certain patterns of behaviour carried a higher risk for coronary heart disease and devised a method for categorizing patients as either type A or type B.

Someone with a type A personality is more likely to be concerned with status and achievement. They are often workaholics, who may have issues with self-esteem and impatience. They are also more likely to be quick to anger. Type B personalities report higher levels of life satisfaction and are more likely to be patient and even-tempered.

Unsurprisingly, Type A is the personality type that was associated with a high risk of heart disease. Although this link with future illness could not be proven scientifically, being aware of your personality type can be good starting point for developing a more balanced outlook on life.

## In The Mind

Drinking decaffeinated coffee boosts mood, vigour, attention and psychomotor speed - so long as you think it's got caffeine in it, a study using double-blinded methodology found!

## Good News

New figures published by the Health and Safety executive show that the number of people injured and made unwell at work continues to go down. The new data confirm that Britain continues to have the lowest rate of fatal occupational injuries in Europe as well as one of the lowest levels of work-related ill health.

## Stress Management Workshops

If you are interested in running stress management training for your staff, please contact me on 07905 255333.



## Disclaimer

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## **The Sound of Music**

We often think of our sensory modalities as like separate channels. However, there is a lot of interference between them. Consider how the prick of a needle is more painful if you watch it go in. Crisps taste fresher when they make a louder crunching noise. A new study has shown that when people drink wine to the accompaniment of music, they perceive the wine to have taste characteristics that reflect the nature of that concurrent music. This research builds on some earlier findings: People buy more French wine when French music is playing, and they eat and drink more when the restaurant plays classical music as opposed to pop.

### **Contact**

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*Best wishes, Irene*

