

## Wave the flag for Team GB – it's good for you!

**M**y faith in humankind has been restored. It wasn't, you understand, particularly damaged but should I have needed a reminder that there is pure unadulterated joy out there then I got it.

I don't enjoy crowds and low ceilings. Cavernous space I can bear, as long as everyone is fit and healthy and not passing their germs around.

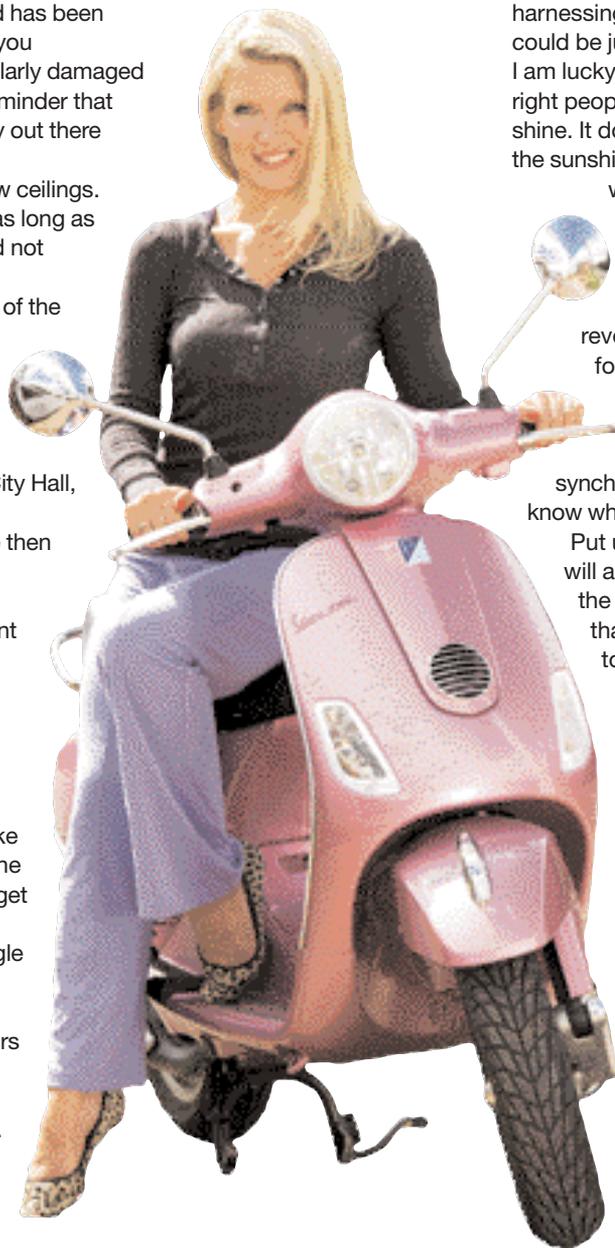
It was because of Nick – he of the dance fame – that we found ourselves sandwiched between a very excited teenager, a gentleman of considerable presence and a Sarah Millican soundalike in City Hall, Newcastle, last week. I shuddered – if it is manmade then I am very difficult to impress. Could this alone not fail but provide excellent entertainment for the evening? The rising banter between our fellow party people was pleasingly promising and this before the main act had even appeared.

I can honestly say I have never experienced anything like it. When Billy Ocean – When the Going Gets Tough (the tough get going) – materialised on that stage they were off. Every single one of them. Uninhibited abandon swept through that hall. For the following two hours hips swayed and shoulders shimmied. The collateral joy was intoxicating and I loved it.

So, at last it is nearly upon us. Our bunting is still out from the Jubilee and I am minded to leave it up right through to the Olympic Games and possibly beyond. And why not? It is unlikely that our athletes will be, at this moment, dancing the night away. Instead they will be utterly focused on nothing other than their aim to win gold, cocooned in an environment that is designed to put them in a frame of mind that can't contemplate defeat.

I am proud to show I am British, and behind them. Other countries wave and display their flags with pride and so should we. Our wellness, you are about to learn, depends upon it.

We may be back in recession but



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harnessing the positive energy all around us could be just the tonic this country needs. I am lucky enough to know that having the right people around me will allow me to shine. It does work both ways – you may be the sunshine in their day. Devouring those with endless energy is not just permitted, it is now an order, and from the top.

Emotions are highly contagious, a new study has revealed. Researchers in Finland have found that someone's emotional expression triggers a mirrored reaction. The study proved that our brains and bodies synchronise with those around us. Now I know why I dislike supermarkets so much. Put us all together and en masse we will all behave in a similar way. Hence the Billy O experience. The happiness that spilled out onto the street was a tonic we should all enjoy.

Come the end of this month the Olympics will, even if just sublimely, focus the nation on its health and team spirit. The anticipation will be palatable.

We know there is nothing more important than our health. Good health isn't just about having a strong heart and healthy lungs it is also about being content and feeling inclusive. Never has there been a better time than now to unite.

That saying "smile and the whole world will smile with you" is now proven to be true. Today I conducted a test. Walking along English Street I smiled – which was easy with a group of teenagers moved to dance in the street. I passed a man stood in the doorway of a shop and he told me I had a beautiful smile. I thanked him and went on my way. That small exchange brightened up that moment in time.

We are not looking for gold medals in happiness but you could do a lot worse than pull up that ringside seat and without any more effort than lifting a celebration glass absorb excellence at its highest power right there on the telly.

Allow the Olympic Games to sweep you into the moment and become proud to be part of Team GB. Hip, hip, hooray! 🇬🇧