

September Wellness Bulletin

# Post Summer Holiday Fitness

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**Here are a few ideas to help you get back on track.**

## **Schedule a workout, and then show up**

The hardest part of working out is often showing up. After a long day at the office, the last thing you may want to do is hit the gym. That's why scheduling a workout, putting it on your calendar, can be the difference between exercising and skipping another session. It creates accountability by giving you somewhere to be at a set time.

## **Create an exercise plan**

If you don't have an exercise routine to jump back into, now is the perfect time to start one. Your ideal workout plan will depend on your health, age, diet, schedule, goals and many other variables, but for most people the key to sticking with something long term is finding an enjoyable activity. Sign up for a dance class, join a gym or pool, or just commit to running or riding your bike regularly on your own.

## **Drink plenty of water**

Rehydrate and help your body's systems function at their best. There's no need for special cleanses or detox diets (your liver, kidneys and skin are extremely effective at flushing out waste products).

## **Take a break from eating out**

If you're craving your favourite home-cooked meals after being away, take advantage of that motivation to get in the habit of cooking whenever you can. When you make your own meals, you're in control of the ingredients and can avoid the empty calories and excess sugar found in many restaurant meals.

You'll also find you have more energy, eating clean and consuming foods high in nutrition will increase your energy levels and motivation.



# World Suicide Prevention Day

**World Suicide Prevention Day (WSPD) is held annually on 10th September. It is organised by the International Association for Suicide Prevention (IASP) and the main purpose of the day is to raise awareness about suicide and how it can be prevented.**

Suicide is a desperate attempt to escape suffering that has become unbearable. It is the leading cause of death in people aged 15-24 years in many European countries. Suicide prevention remains a universal challenge. Each year, suicide is among the top 20 leading causes of death worldwide for people of all ages. It is responsible for over 800,000 deaths, which equates to one person every 40 seconds. For every 25 people that make a suicide attempt, one person is successful. Depression is the most common psychiatric condition in people who take their own lives. Fifty per cent of people in high income countries who die by suicide have a diagnosis of depression at the time of their death.

135 people are affected by each suicide death – this equates to 108 million people bereaved by suicide worldwide each year. Preventing suicide is possible and everyone can make a difference. You can do this daily or as part of WSPD, by raising awareness about the issue, educating yourself and others about the causes and warning signs for suicide.

Show compassion and care for those who are in distress in your community or social group, question the stigma attached to suicide, suicidal behaviour and mental health problems. According to IASP we need to look out for those who are not coping. People that are in distress are often not looking for specific advice.

## The warning signs of suicide include:

- Hopelessness
- Rage
- Uncontrolled anger
- Seeking revenge
- Acting recklessly or engaging in risky activities – seemingly without thinking
- Feeling trapped like there is no way out
- Increased alcohol or drug use
- Withdrawing from friends, family, and society
- Anxiety
- Agitation
- Unable to sleep or sleeping all the time
- Dramatic mood changes.

The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope. We can check in with them, ask them how they are doing and encourage them to tell their story.

This small gesture goes a long way.



- Take a minute to notice what is going on with you, your family, your friends, and your colleagues.
- Take a minute to reach out and start a conversation if you notice something is different.
- Take a minute to find out what help is available for both you and others.

**Click here to ownload the 'Creating Hope Through Action' leaflet from IASP.**

**Source:** <https://www.iasp.info/wspd2021/wspd-banners/>

# SHUSH

If you know someone that is struggling to cope, reach out to them. We all want to be there for someone, but at times, we don't know what to say or what to do.

If you are concerned for someone you know, the Samaritans recommend that you try talking to them. You do not need to be an expert, sometimes just listening to someone can help them work through what's on their mind.

## Use the Samaritans SHUSH tips on how to be a good listener!

### Show You Care

Focus on the other person, make eye contact, put away your phone. To really listen to somebody, you need to give them your full attention, maintain eye contact and be engaged.

### Have Patience

It may take time and several attempts before a person is ready to open up. Effective listening is about creating trust with the other person. The person sharing shouldn't feel rushed, or they won't feel it's a safe environment.

### Use Open Questions

Use open questions that need more than a yes/no answer and follow up with questions like 'Tell me more'. An open-ended question means not jumping in with your own ideas about how the other person may be feeling. These questions don't impose a viewpoint and require a person to pause, think and reflect, and then hopefully expand.

### Say It Back

Check you've understood, but don't interrupt or offer a solution. Repeating something back to somebody is a really good way to reassure them that they have your undivided attention. And you can check to see that you're hearing what they want you to hear, not putting your own interpretation onto the conversation.

### Have Courage

Don't be put off by a negative response and, most importantly, don't feel you have to fill a silence. Sometimes it can feel intrusive and counter-intuitive to ask someone how they feel. You'll soon be able to tell if someone is uncomfortable and doesn't want to engage with you at that level. If the person is still feeling down after you have spoken to them and are still struggling to cope, suggest they get some support. This may be speaking to their GP, a counsellor or someone else.



# Eating Healthily

As we come into autumn there are so many great seasonal vegetables you can include in your diet. Aubergines are great in a curry or stew as they absorb all the wonderful spices around them making for a great tasty dish

## Aubergine and Chickpea Stew

### Ingredients

- 200g soaked chickpeas
- 2 tbsp extra virgin olive oil
- 2 onions , finely sliced
- 6 garlic cloves , crushed
- 1 tbsp baharat
- 1 tsp ground cinnamon
- 1 small bunch of flat-leaf parsley
- 3 medium aubergines , sliced into 2cm rounds
- 2 x 400g cans chopped tomatoes
- 1 lemon , juiced
- 50g pine nuts , toasted, to serve

### Method

#### Step 1

Drain the chickpeas and bring to the boil in a pan of salted water. Cook for 10 mins, then drain.

#### Step 2

Heat the oil in a frying pan over a medium heat and fry the onions for 10 mins, or until beginning to soften. Stir in the garlic, baharat and cinnamon and cook for 1 min.

Tip the onion mixture into a slow cooker and add the chickpeas, parsley stalks, aubergines, tomatoes and a can of water. Season.

Cover and cook on high for 2 hrs, then turn the heat to low and cook for 6-8 hrs more until the mixture has reduced slightly and the chickpeas and aubergines are really tender.

#### Step 3

Stir in the lemon juice, then scatter over the pine nuts and parsley leaves. Drizzle over some extra olive oil and serve



# International Day of Charity

## What is the International Day of Charity?

The aim of the International Day of Charity is to raise awareness and give a platform to charity activities around the world for charitable, individuals and volunteer organisations at local, national and international levels.

International Day of Charity seeks to enhance social responsibility and increase public support of charitable causes.

## When is International Day of Charity 2021?

In 2021, International Day of Charity falls on Sunday, 5th September.

## History of International Day of Charity

The day 5th September was chosen to commemorate the passing of Mother Teresa. She was known for her dedication to charitable work and gave her life to helping others and overcoming poverty, suffering and distress. Teaching children about the work of Mother Teresa is one way of recognising the importance of the day.

By encouraging social responsibility on 5th September, we will better understand the needs of the most vulnerable to help the international community move forward.

## How to get involved with International Day of Charity

There are so many fun ways to get involved with International Day of Charity, whether that be organising your own event to raise money, volunteering with a good local cause or simply raising awareness for a charitable organisation. It doesn't matter how much time or money you have to spare since there are lots of different things to do.


## Why is the International Day of Charity Important?

It reminds us to give back - it's very easy to live our lives and forget about all the injustices in the world. International Day of Charity helps bring our attention back and raise awareness for all the little ways we can help.

It also spreads awareness - International Day of Charity gives a platform to causes that we might otherwise not be aware of, as well as providing lots of ways to help these causes.



# Wellbeing Calendar September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Find time for self-care	2 Notice the things you do well however small	3 Smile and be friendly to the people you see today	4 Give time to a project or cause you care about	5 International Day of Charity
6 Enjoy photos from a happy time with happy memories	7 Make healthy snacks for your day ahead	8 Listen to your favourite song this morning	9 Let go of other people's expectations of you	10 World Suicide Prevention Day 	11 Make time to do something you really enjoy	12 Do something new and adventurous with loved ones today
13 Plan some workouts or physical activities for the new week ahead	14 If you're busy allow yourself to pause and take a break	15 Make healthy evening meal	16 Give someone a compliment today	17 Catch up with someone you haven't spoken to in a while call or text	18 Create a playlist of uplifting songs to listen to	19 Do something creative and fun
20 Find three things to look forward to in the future	21 Take a light hearted approach, choose to see the funny side of things	22 Make a midweek treat, bake a cake or cook your favourite tea	23 Find a caring, calming phrase to use when you feel low	24 Pamper yourself, do a face mask, read a book, take a bath	25 Meet up with friends or family members and do something fun	26 Take a time out have a digital detox today
27 Declutter a space in your home	28 Do at home yoga	29 Bring a new plant into your home, to clean to air and boost wellness	30 Do a morning workout			

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