

WEDNESDAY WELLNESS

The COVID-19 global pandemic has undoubtedly affected us all. An increase in stress and anxiety about an uncertain future starts to take its toll on our health and wellbeing. How are you supposed to eat right when you're living on non-perishables? How can you work out when you're cooped up at home? How can you sleep when you're anxious about, well, everything?

'Wednesday Wellness' is a weekly newsletter created by Allied Health Professionals at KDHS to support and help our community to stay healthy (and calm) while social distancing during the COVID-19 outbreak.

Lamb Shank and Barley Soup

Serves: 6

Preparation Time: 15 minutes

Cooking time: 150 minutes

Ingredients:

- 2 tbs olive oil
- 2 lamb shanks, fat trimmed
- 1 large onion, diced
- 2 carrots, chopped
- 2 sticks celery, chopped
- 2 garlic cloves, crushed
- 1 fennel bulb, chopped
- 2 parsnips, peeled, chopped
- 7 cups salt-reduced vegetable stock
- 1/2 cup pearl barley
- 1 bay leaf
- 3 sprigs thyme
- 1/2 bunch flat-leaf parsley, chopped
- 1 tbs lemon juice
- crusty bread, to serve

Method

1. Heat 1 tbs oil in a large stock pot over medium heat. Sear shanks for 5 minutes, turning until well browned on all sides. Remove from pot.
2. Add remaining oil, onion, carrot, celery and garlic to pot and cook, stirring occasionally, for 5 minutes. Add fennel and parsnip and stir to combine.
3. Return shanks to pot with stock. Bring to the boil and skim scum from surface. Add barley, bay leaf and thyme, reduce heat to a simmer. Cook, covered, for 1 1/2 hours, skimming surface regularly, or until lamb is falling off the bone.
4. Remove shanks from soup and stand for 5 minutes to cool slightly. Then, using 2 forks, shred meat from the bone. Skim any excess oil from surface of soup. Add lamb, parsley and lemon juice to soup. Season.
5. Ladle soup into bowls and serve with bread.



FACT

Exercise is an **evidence-based treatment** for depression & other mental health conditions.

Australians throw out **1** out of **5** shopping bags worth of fresh food each week!

That's equivalent to **\$1036** worth of food **PER YEAR!**



Kyabram District Health Service operates on the land of traditional owners, The Yorta Yorta people. We acknowledge their history and Elders, past, present and emerging.

STAYING ACTIVE AT HOME

With unprecedented changes in the way we live our lives, it is important to be aware of how this impacts your activity levels. Being active is critical for maintaining both physical and mental health, and can reduce your risk of many common chronic health issues (such as diabetes and heart disease). Regular physical activity may also help prime our immune system to lessen the risk of infection.

KDHS Physiotherapist Emma Keady enjoying her 3 minutes at 3pm activity. This is a great way to have a break during your day and get away from your desk. Choose an activity and complete that activity by yourself or with your colleagues for 3 minutes at 3pm.

KDHS Primary Health staff have tried – having a push-up contest, taking a quiz and playing basketball! Get creative with what you do!



The Gift, a local Kyabram cancer charity is hosting a Virtual Fun Run on Sunday 10th May. Jackie Humphreys is shaving her head later in the year and raising money for this charity by hosting the fun run. Just search 'The Gift Virtual Fun Run' on Facebook for all the details and get your running shoes on!



The May 50k – Run or walk 50km in the month of May and raise funds to leave MS where it belongs, behind us. Raising awareness for Multiple Sclerosis and getting active at the same time!

<https://www.themay50k.org/>

Tips on staying active

- Sticking to a routine – remember there will be up and downs and managing your weight, falling in love with an active lifestyle and eating and drinking better are all long-term processes.
- Set goals - Rome wasn't built in a day, nor your healthier body. Getting fitter takes a decent investment of time and effort, so it's natural you want to see results ASAP. Setting targets along the way is a great way to keep your spirits up. <https://www.healthier.qld.gov.au/guide/sticking-to-a-routine/>
- Plan your exercise – try this weekly exercise and meal planner or search your own <https://www.healthier.qld.gov.au/tools/>
- Chart your progress - you can track whatever you want to see how much healthier you are getting.
- Phone a friend – try and encourage each other to be active! Remember to follow social distancing restrictions though! Music - numerous studies have found that listening to music while doing physical activity helps with motivation, distraction and sticking with a program.
- Mix it up – try something new! There are so many different ways to be active and with the power of social media we have hundreds of resources at the touch of a button.

The key is to try different strategies and find what works for you. Just remember, slip ups do happen, it's how you deal with them that matters. Don't worry, just because you miss a day or two or eat something unhealthy, it doesn't mean you can't get back on track to achieving your goals.

Looking after your mental health

COVID-19 poses a risk to employee mental health and wellbeing, and many may already be experiencing increased levels of stress and anxiety. During this challenging time, it's important to pay attention to our mental health.



**Trouble sleeping?
Try this 8-minute sleep
meditation by Smiling Mind**
[Click Here](#)



Finding a sense of peace and calm in our day-to-day lives can be difficult. Relaxation techniques can help to relax the mind and body and also manage some of the symptoms of anxiety and depression.

For more information visit:

<https://www.beyondblue.org.au/get-support/staying-well/relaxation-exercises>

Crisis support services

[Lifeline Australia](#) – 13 11 14

[Kids Helpline](#) (for under 25s) – 1800 55 1800

[MensLine Australia](#) – 1300 78 99 78

[Beyond Blue](#) – 1300 22 4636

[Directline](#) - 1800 888 236

Information for Parents

Searching for information but don't know where to start? Here are some useful links to help support the wellbeing of your child;

[Podcast – The power of play](#)
[Parent-child play and mental health](#)
[Supporting Children](#)
[Autism and Coronavirus](#)
[Teenagers and young adults](#)

Here are some helpful links for your wellbeing;
[Head to Health](#)
[Expectant and new parents](#)
[Beyond Blue](#)
[Self-care planning – Black Dog Institute](#)



Free Cookbook!

During this unusual time, we know that kids everywhere are staying home more than ever, adjusting to changing routines, online learning and virtual catch-ups with friends and loved ones. In fact, we think cooking is the *best* life lesson to learn. Cooking can help kids with a variety of skills including maths, reading and science. Plus, encourages healthy eating and you get a healthy and tasty meal at the end for your hard work! This free kids' cookbook has heaps of great ideas and can be downloaded by following the link below! Get your apron ready! Just remember to always ask an adult for help with the recipes.

Download here: <https://www.healthyfoodguide.com.au/articles/2020/april/free-kids-healthy-cookbook>