

01.07.2020 | STAY WELL AT HOME, STAY WELL AT WORK

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 fortnightly newsletter created by Allied Health Professionals at KDHS to support and help our community to stay healthy while social distancing during the COVID-19 outbreak.

Men's Health: Are you a man living in Kyabram, Tongala, Stanhope and surrounds?
Please take our 3-minute survey! [Click here to access it](#)

Please support me

**I'M GOING
DRY THIS
JULY**

to raise funds for people
affected by cancer.

www.dryjuly.com

What is Dry July?

Dry July is much more than giving up alcohol. It's also raising funds for people affected by cancer, who need our support now more than ever.

By making a donation, you'll help provide invaluable services to cancer patients, their families and carers – whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment.

Kyabram District Health Service have created a Dry July Team, with all donations going to the Cancer Council.

You can donate to Cancer Council through our team at:
<https://www.dryjuly.com/teams/kyabram-health/donations/new>

OR

Sign up yourself and choose an organisation to support.
https://www.dryjuly.com/users/sign_up

MYTH BUSTED

No such thing as Low-Carb Beer?

According to LiveLighter "the idea that low-carb beer is good for you is nothing more than a myth, designed to make the "weight conscious" drink more beer. Our latest research shows that more than one in three men (35 per cent) and one in five women (22 per cent) incorrectly think low-carb beer is healthy."

Along with the Cancer Council Victoria, LiveLighter has crunched the numbers and found "some so-called "low-carb" beers actually contain as many carbs as beers that didn't carry this message."

[Read the full article here](#)



Cauliflower Fried 'Rice'

Total: 35 mins

Servings: 4

Ingredients

- 1 teaspoon oil plus 2 tablespoons, divided
- 2 large eggs, beaten
- 3 scallions, thinly sliced, whites and greens separated
- 1 tablespoon grated fresh ginger
- 1 tablespoon minced garlic
- 1 pound boneless, skinless chicken thighs, cut into 1/2-inch pieces
- 1/2 cup diced red bell pepper
- 1 cup snow peas, trimmed and halved
- 4 cups cauliflower rice (see Tip)
- 3 tablespoons reduced-sodium tamari or soy sauce
- 1 teaspoon sesame oil (optional)

Instructions

1. Heat 1 teaspoon oil in a large wok or large heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.
2. Add 1 tablespoon oil to the pan along with scallion whites, ginger and garlic; cook, stirring, until the scallions have softened, about 30 seconds. Add chicken and cook, stirring, for 1 minute. Add bell pepper and snow peas; cook, stirring, until just tender, 2 to 4 minutes. Transfer everything to a large plate.
3. Add the remaining 1 tablespoon oil to the pan; add cauliflower rice and stir until beginning to soften, about 2 minutes.
4. Return the chicken mixture and eggs to the pan; add tamari (or soy sauce) and sesame oil (if using) and stir until well combined. Garnish with scallion greens.

Tips

1. To make your own cauliflower rice, place cauliflower florets in a food processor and pulse until broken down into rice-size granules. One 1kg head of cauliflower yields about 4 cups of cauliflower rice.
2. People whom are celiac will need to use "gluten free" soy sauce.



Looking after your mental health

Thinking about taking up Dry July? Here's some impacts that alcohol may have on your mental health.

Alcohol can have a major impact on mental health. Because alcohol is a depressant, it slows your body down and changes the chemical makeup in your brain. This has many effects. It can alter:

- mood
- energy levels
- sleeping patterns
- concentration
- memory and many other things.



Alcohol also reduces inhibitions and impacts decision making, which can lead to us making decisions whilst drinking that we would not normally make sober. It is linked with:

- increases in risky behaviour
- increases in aggression
- self-harm and suicide in people who may already be going through a tough time.

Frequent or heavy alcohol use can increase these effects, especially the impact on mood, and the ability to cope with tough times.

People who are experiencing a mental health difficulty may use alcohol to try and manage hard times, or lift their mood. This can seem helpful in the short term but may make things much harder to handle in the long run.

[Lifeline Australia 13 11 14](#) - A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe.

[MensLine online counselling](#) - 24/7 Phone **1300 78 99 78**. Telephone and online support and information service for Australian men.

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.

Drinking and Exercising: How Alcohol Affects Your Body

Before reaching for a cold one, consider this: excessive drinking has a negative impact on various aspects of fitness.

Alcohol in your system is detrimental to any kind of fitness activity (except maybe on the dance floor). Here's how booze wreaks havoc on your regimen.

Athletic Performance

According to Sports Doctor, alcohol impairs reaction time, balance and hand-eye coordination, all of which you require for optimal athletic performance. It also acts as a diuretic, speeding up the loss of fluids and electrolytes that your body needs for hydration. Alcohol increases the production of lactic acid which worsens fatigue too.

Weight Gain

Alcohol contains calories that contribute to weight gain. Drinking more than two alcoholic beverages per day can lead to increased belly fat, hence the phrase 'beer belly'.

Reduced Muscle Growth

Protein synthesis is vital for muscle development and maintenance and alcohol and interfere and impair this process. Binge drinking can also cause a drop in the hormone testosterone and increase in cortisol hormone which destroys muscle. If you're hitting the gym, drink water to keep hydrated.

1 in 6

(17%) people consume alcohol at levels placing them at lifetime risk of an alcohol-related disease or injury



1 in 4

(26%) people have consumed alcohol at levels placing them at risk of harm on a single occasion, at least monthly



1 in 7

(15%) people have consumed 11 or more standard drinks at least once in the previous 12 months

1 in 5

(22%) Australians aged 14 and over reported being a victim of an alcohol-related incident in 2016. This has declined from 29% in 2010

36%

of drug treatment episodes in 2018-19 were primarily for alcohol, making it the most commonly treated drug in Australia

82%

of 12-17 year olds reported abstaining from alcohol in 2016—a significant increase from 72% in 2013

Shani our Physio, Ky Bombers Netball coach and A Grader, tells us how restrictions have impacted her usual exercise regime and how she stays motivated.

How are you staying active during COVID-19?

Different types of home workouts from free online apps – pilates, yoga, circuit, bodyweight, there is lots out there! I also have done some running/walking outdoors and workouts with friends (social distancing of course!).

What's been the biggest challenge?

Motivation! I'm usually a gym person, so not being held accountable and having to make sure I stick to a routine has been hard. But being able to slow down and reflect on what is important and being able to set a new daily routine has been a good thing. Plus, not being able to train with netball and be involved with something I really enjoy doing has been hard.

Any tips for staying active during COVID-19?

Routine, routine, routine. You need to make physical activity and exercise an important part of your day. Whether it is 60 minutes or 10 minutes. Any movement is beneficial. Reject all of your excuses and remember the health benefits!

