

13.05.2020 | 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 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.

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.

Tips for maintaining good mental health

Exercises you can do while watching TV!

Watch the video below for some great lounge room exercises.

<https://www.youtube.com/watch?v=ugCBeZC91vM>

Learn new ways to handle tough times – try art, music, nature, websites or apps.

Do what you love – keep doing things you love and do things just for fun!

Stay connected – Connect virtually with friends or family and when COVID-19 is over look at volunteering, extra hobbies, sporting clubs etc.

Stay Active – physical activity is great for mental health. Go for a walk or find an at home-workout online.

Get enough sleep – Sleeping well helps you stay focused and energised. Try a sleep meditation before going to bed.

Eat well – Eating healthy foods can improve mood, energy and assist you to function at full capacity.

Avoid alcohol and other drugs – avoiding alcohol and other drugs will help you sleep better and feel better. They can temporarily make you feel good; however, make you feel much worse in the long term.

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

After reading this, you'll **never** look at a **BANANA** in the same way again



1. The carbohydrate composition of bananas changes drastically during ripening.
2. The main component of unripe bananas is starch. Green bananas contain up to 80% starch measured in dry weight.
3. During ripening, the starch is converted into sugars and ends up being less than 1% when the banana is fully ripe
4. The most common types of sugar in ripe bananas are sucrose, fructose, and glucose.
5. In ripe bananas, the total sugar content can reach more than 16% of the fresh weight



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

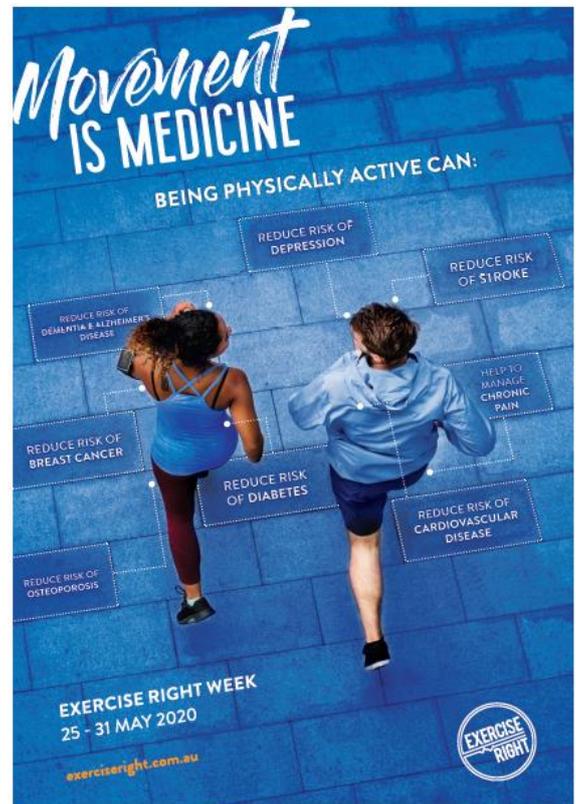
With unprecedented changes in the way we live our lives, it is important to be aware of how this impacts your activity levels. Being active is critical for maintaining both physical and mental health, and can reduce your risk of many common chronic health issues (such as diabetes and heart disease).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

Exercise Right Week 25 – 31 May

This year the theme for Exercise Right Week is “Movement is Medicine” which focuses on the important role exercise plays in our physical and mental health.

To register for free online classes or read about how exercise can benefit you visit:

<https://exerciseright.com.au/>



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/>

8 ways to sneak exercise into your day

1. **Rise and shine—and stretch.** Before you start your regular morning routine, do some gentle stretches. Then add a few crunches and push-ups to the mix.
2. **Take the scenic route.** You'll sneak in more exercise if you ride your bike instead of driving, take the stairs instead of the elevator or park farther away in the parking lot. It all adds up!
3. **Deskercise.** Sitting at a desk doesn't mean you have to sit still. Get some hand weights and do biceps curls and overhead extensions while reading email or talking on the phone.
4. **Take advantage of stationary time.** Whenever you're standing at the printer or folding the washing, use it as an opportunity to move your body. Flex your muscles, or do some squats, leg lifts, or stretches.
5. **Walk the dog.** Power-walk or jog with your dog. Not only will you squeeze in more exercise, but your pooch will enjoy the walking time too. Don't have a dog? Ask someone in your household to be your walking buddy.
6. **Work out around the house.** Housework can be a great way to burn calories. Move vigorously through your house as you vacuum, sweep, dust, and scrub. Outside, use a push mower instead of a power mower.
7. **Take advantage of technology.** If you tend to get distracted by your daily tasks, set an alarm to remind yourself to get up and move. Additionally, block out fitness time slots in your calendar.
8. **Don't let TV time be sedentary time.** Set up a treadmill, elliptical machine, or a stationary stand for your bike, and squeeze in a workout while you watch television. Alternatively, clear a space where you can do floor exercises, lift weights, or do leg lifts with ankle weights while watching TV.



Soft Poached Eggs with Tomato and Pancetta

Serves: 4

Preparation 15 MINS

Cooking 15 MINS

Ingredients

- 1 tablespoon olive oil
- 8 thin slices pancetta, roughly chopped
- 2 red onions, thinly sliced
- 1 small red chilli, seeded and finely chopped (optional)
- 4 ripe tomatoes, skins removed and chopped
- 1/4 cup pitted Kalamata olives
- 100g feta cheese, crumbled
- 1/4 cup roughly chopped flat leaf parsley
- 4 eggs
- salt and freshly ground black pepper, to taste

Handy Tip: Diced canned tomatoes can be substituted for fresh tomatoes.

Method

1. Heat oil in a frypan and saute pancetta, red onions and chilli until onions are softened.
2. Add tomatoes and cook over low heat, stirring occasionally for 10 minutes, until soft and thickened. Stir in olives and half the feta and parsley.
3. For individual serves, divide sauce between 4 small frypans, otherwise leave sauce in frypan. Make 4 indentations in sauce and crack an egg in each indentation. Sprinkle with remaining feta and parsley, cover and cook for 3 minutes or until egg is done to your liking. Season to taste.

Minty Lamb with Beetroot and Broccoli

INGREDIENTS

- 1/2 bunch mint, leaves chopped
- 1/2 bunch flat-leaf parsley, leaves chopped
- 1/4 cup (40g) pine nuts, toasted
- 2 tbs grated parmesan
- 1 garlic clove, finely chopped
- 2/3 cup (165ml) olive oil, plus extra to brush
- 12 x French-trimmed lamb cutlets
- 3 tsp dried mint
- 1 broccoli, sliced lengthways
- 1 1/2 tbs lemon juice
- 100g watercress
- 2 beetroots, cut into thin matchsticks
- 120g marinated feta, drained, crumbled



METHOD

1. Whiz the fresh mint, parsley, pine nuts, parmesan and garlic in a food processor until a paste. Gradually add 1/2 cup (125ml) oil and whiz until combined. Set aside.
2. Brush lamb with a little extra oil, then season and coat in dried mint. In a separate bowl, toss broccoli and 1 tbs oil. Preheat a chargrill pan to medium-high heat.
3. Cook broccoli, turning, for 3-4 minutes until lightly charred. Set aside. Cook lamb for 4 minutes each side for medium-rare or until cooked to your liking.
4. Whisk the lemon juice and remaining 1 tbs oil together in a bowl. Season.
5. Arrange broccoli, watercress, beetroot and feta on a platter. Top with the lamb, then drizzle over lemon dressing and mint pesto to serve

