

17.06.2020 | 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

Looking after your mental health

If you are feeling stressed, anxious or overwhelmed there is support out there for you. Have a look at the links below for information on how you can access confidential support services.

[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.

Beyond Blue 1800 512 348 - [Coronavirus Mental Wellbeing Support Service](#)

[Eheadsace 1800 650 893](#) - Online and webchat support and counselling for 12-25 year olds, their family and friends.

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

[Mindspot](#) - Call 1800 61 44 34 (8am - 8pm, Monday - Friday; 8am-6pm, Saturday). Free telephone and online service for people with stress, worry, anxiety, low mood or depression.

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.

Wendy Pogue, Diabetes Educator and fitness fanatic, tells us how COVID-19 has impacted her exercise regime and shares her tips on staying active during isolation.

How are you staying active during COVID-19?

I am remaining active through online training provided by gym Les Mills on Demand as well as own activity including walking

What's been the biggest challenge?

Biggest challenge is self-motivation but I know that I feel better when I do it.....
.....so I just do it!!

Any tips for staying active during COVID-19?

Tips are physical activity makes you feel better and is good for physical and mental health.



**TED
HEALTH**

[TEDTalks Health](#) – New medical breakthroughs to smart daily health habits, doctors and researchers share their discoveries about medicine and wellbeing.

Challenge yourself and try and complete a 30-day exercise challenge! Print it off and stick it on your fridge to remind yourself to complete the daily reps!

30 DAY total steps throughout the day
WALKABOUT challenge © darebee.com

Google Fit App
goo.gl/HZrVuv

| | | | | |
|------------------------|------------------------|------------------------|------------------------|------------------------|
| DAY 1 5,000 steps | DAY 2 5,500 steps | DAY 3 6,000 steps | DAY 4 5,000 steps | DAY 5 6,500 steps |
| DAY 6 7,000 steps | DAY 7 7,500 steps | DAY 8 5,000 steps | DAY 9 8,000 steps | DAY 10 8,500 steps |
| DAY 11 9,000 steps | DAY 12 5,000 steps | DAY 13 9,500 steps | DAY 14 10,000 steps | DAY 15 10,500 steps |
| DAY 16 5,000 steps | DAY 17 11,000 steps | DAY 18 11,500 steps | DAY 19 12,000 steps | DAY 20 5,000 steps |
| DAY 21 12,500 steps | DAY 22 13,000 steps | DAY 23 13,500 steps | DAY 24 5,000 steps | DAY 25 14,000 steps |
| DAY 26 14,500 steps | DAY 27 15,000 steps | DAY 28 5,000 steps | DAY 29 15,500 steps | DAY 30 16,000 steps |

**30-DAY
100 SQUAT CHALLENGE**

| | |
|---------------------------------|---------------------------------|
| Day 1 – 20 squats | Day 17 – 65 squats |
| Day 2 – 25 squats | Day 18 – 70 squats |
| Day 3 – 25 squats | Day 19 – 70 squats |
| Day 4 – REST | Day 20 – REST (or 15 squats) |
| Day 5 – 30 squats | Day 21 – 75 squats |
| Day 6 – 35 squats | Day 22 – 80 squats |
| Day 7 – 35 squats | Day 23 – 80 squats |
| Day 8 – REST | Day 24 – REST (or 15 squats) |
| Day 9 – 40 squats | Day 25 – 85 squats |
| Day 10 – 45 squats | Day 26 – 90 squats |
| Day 11 – 50 squats | Day 27 – 90 squats |
| Day 12 – REST (or 10 squats) | Day 28 – REST (or 20 squats) |
| Day 13 – 55 squats | Day 29 – 95 squats |
| Day 14 – 55 squats | Day 30 – 100 squats |
| Day 15 – 60 squats | |
| Day 16 – REST (or 10 squats) | |

Did you know that regular exercise can help improve your sleep?



BY ADDING EXERCISE:

TIME TO FALL ASLEEP

DEEP SLEEP AND REM SLEEP

NIGHTTIME AWAKENINGS

The energy depletion that occurs during exercise stimulates recuperative process during sleep. Many studies on the effects of exercise on sleep have found that 150 minutes of moderate-to-vigorous exercise per week can provide up to 65% improvement in sleep quality.

One study showed that 16 weeks of physical activity increased sleep quality and helped 17 people with insomnia sleep longer and more deeply than the control group. It also helped them feel more energized during the day.

You can be flexible with the kind of exercise you choose. It appears that either aerobic exercise alone or aerobic exercise combined with resistance training can equally help sleep quality.

So all you insomniacs and restless sleepers out there, get exercising and experiences the benefits of exercise for yourself!

FACT OF THE WEEK

Unless food is mixed with saliva you can't taste it!

Senses experiment – no flavour without saliva.

WHAT THIS EXPERIMENT SHOWS:

Why you need saliva to taste foods. In order for food to have taste, chemicals from the food must first dissolve in saliva. Once dissolved, the chemicals can be detected by receptors on taste buds.

WHAT YOU NEED:

- A friend or two
- Paper towels
- Foods to taste (cookies, crackers, pretzels, or other dry food)
- Drinking water for everyone

WHAT TO DO:

- Use a clean paper towel to dry off your tongue.
- Taste each food, one by one. How does it taste?
- Have a drink of water.
- Taste each food again, letting your saliva do its magic!



DID YOU KNOW?

Unless food is mixed with saliva you can't taste it!

Easy 3 Ingredient Keto Banana Pancakes

Prep Time: 5 minutes Cook Time: 10 minutes Total Time: 15 minutes

Servings: 4

Ingredients

- 2 bananas
- 4 eggs
- 1 tsp cinnamon
- 1/2 tsp baking soda (optional)

Method

1. Mix all the ingredients together until well combined.
2. Melt a knob of butter in a pan over a medium heat and cook about 4 pancakes per batch (depending on the size of the pan).
3. Allow the pancakes to cook about 1-2 minutes per side. I like to cover the pan while the pancakes cook on the first side before flipping. This allows the top to steam a little bit, making it fluffier and also easier to flip.
4. Serve immediately as is, or with a dollop of coconut cream and fresh strawberries.

