

20.05.2020 | 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 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.

Visit the [R U OK? Website](#) for tips on how to start the conversation on mental health.



Remember these simple steps to starting a conversation

-  **1. Ask R U OK?**
-  **2. Listen with an open mind**
-  **3. Encourage action**
-  **4. Check in**

Supporting colleagues with their mental health and wellbeing

[How to spot someone in distress](#) (Superfriend)

[Starting a conversation with colleagues](#)

(Beyond Blue)

[Spot the signs that someone may be struggling](#) (R U OK)

Crisis support services to share with your employees

[Lifeline Australia](#) – 13 11 14

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

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

[Suicide Call Back Service](#) – 1300 659 467

[Beyond Blue](#) – 1300 22 4636

FAST FOOD FACTS

Most of us know that fast foods aren't great for our health and they are quite expensive.

In 2010, the average Australian family spent \$63 of their food budget on fast food and/or takeaway foods each week – up 50% from the past six years!

Fast food and takeaway foods are often high in:

- Saturated fat
- Salt
- Energy

These food choices are often low in fibre, vitamins and minerals that we need each day to keep our whole body healthy.

Eating too many foods that are high in energy, salt and saturated fat can put you at higher risk of:

- Heart disease
- Obesity
- High blood pressure.



1 X KFC ULTIMATE BOX Contains: Original Fillet Burger, Original Recipe Chicken, regular chips, regular serve of potato & gravy and a can of soft drink.

51% OF A PERSON'S ENERGY NEEDS FOR THE DAY (4463kJ)

MORE THAN 12 TSP OF SUGAR (1 tsp sugar weighs 4g.)

48% OF THE MAXIMUM DAILY FAT INTAKE (38.7g)

98% OF THE MAXIMUM DAILY RECOMMENDED SALT INTAKE

FOR AN AVERAGE MALE TO BURN OFF A KFC ULTIMATE BOX (WITH PEPSI)

IT WOULD TAKE 2.2 HRS PLAYING CRICKET OR 3 HRS WALKING, 1.5 HRS JOGGING

Calculations based on a male 40 years old, 175cm tall, and weighs 86kg with an estimated energy requirement of 8700kJ

LIVELIGHT

Healthy eating when eating out or takeaway

Healthier options when eating out

- Plain hamburgers with extra salad or grilled fish with a side salad
- Small gourmet style pizzas (topped with vegetables, lean meat or seafood and opt for a thin crust)
- Jacket potatoes with creamed corn, baked beans or salad toppings
- Wholegrain sandwiches with lean meat and salad
- Pasta with tomato based sauces
- Sushi or Vietnamese rolls.

Smart Eating Tips for takeaway foods

- Always have some quick and easy meal ingredients so that you are less tempted to order takeaway.
- When ordering foods high in saturated fat and salt like chips, fried chicken, and fatty meats, limit yourself to smaller portions, and ask for a side of salad or vegetables
- Instead of choosing a meal deal with chips and a soft drink, choose healthy accompaniments like a side salad, corn cob, fruit, yoghurt and opt for plain water
- If lean or wholegrain versions are offered; these are usually healthier choices
- Choosing skin-free chicken or simply removing it can reduce the fat content of your meal

Takeaway foods can be enjoyed as part of a healthy eating plan, but keep them to small amounts, and only occasionally.

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 is Medicine – Benefits of exercise for Chronic Pain



- Exercise may be the last thing you want to do when you have chronic pain because it seems to add to your pain. But if you don't exercise, your body gets out of shape—muscles lose their conditioning, for example—and your pain actually increases because your body isn't functioning as well as it could.
- Significant research has shown that exercise is an essential aspect in the treatment of chronic pain. Studies have shown that it can be an effective way to reverse this downward cycle of deconditioning and worsening pain, and gradually over time help those with chronic pain engage more in activities of enjoyment and essential activities of daily living with greater ease.
- Try a combination of cardio, relaxation, stretching, and strength exercises, and if you are unsure see your local Physiotherapist or Exercise Physiologist (there are some excellent health professionals at KDHS)

KDHS Nurse and Kyabram Football Netball Club A Grade Coach, Sara Kent, tells us how she has been staying active during COVID and gives us some tips on how to increase our activity levels during this time.

How are you staying active during COVID-19?

I am keeping active by sticking to a daily routine. Making sure I schedule time for exercises each day. This involves either circuit work in the garage, a bike ride with the kids, jogging at the oval or long walks in the sun.

What has been the biggest challenge?

Being stuck inside most of the day and not being held accountable if I miss a workout, or go through a day without exercise. This is why I tried to incorporate outdoor activities for not only physical exercise but for the mind as well.

Any tips for staying active during COVID-19?

Set activities each morning and try to keep them interesting and fun. Change up the setting as much as you can, even if it is just from the garage to the lounge room or the backyard. Remember to get outside and enjoy some sunshine!



[Click this link for 10 FREE exercises classes and workouts](#)

Sweet Potato, Red Lentil & Capsicum Soup

Serves 4 Preparation 20 MINS Cooking 50 MINS

Ingredients

- 1 tablespoon oil
- 1 large onion, diced
- 2 red capsicums, roughly chopped
- 5cm piece fresh ginger, peeled and roughly chopped
- 2 cloves garlic, crushed
- 2 teaspoons whole cumin seeds
- 1 teaspoon turmeric
- pinch dried chilli flakes, plus extra for serving
- 500g orange sweet potato, peeled and chopped
- 400g can good quality chopped tomatoes
- 1 cup red lentils
- 6 cups chicken or vegetable stock
- 500ml Greek-style natural yoghurt
- 1/2 cup finely chopped coriander, plus extra for garnish



Method

1. Heat a large pot, add onion and cook over medium heat until translucent. Add capsicums, ginger, garlic, spices and cook for 1-2 minutes.
2. Add sweet potato, tomatoes, lentils and stock to the pot and simmer, partly covered and stirring occasionally, for 45-50 minutes or until the vegetables and lentils are tender. Cool slightly before blending then return to the pot.
3. Warm gently without boiling and stir through half the yoghurt and coriander. Serve with a swirl of remaining yoghurt and garnish with coriander and chilli.

Rice Paper Rolls

Serves: 15 Preparation time: 20 minutes

Ingredients

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| 1/2 cup soy sauce | 2 cucumbers cut into matchsticks |
| 2 tbs sweet chilli sauce | 1 carrot, grated |
| 2 tbs hoisin sauce | 1 cup bean shoots |
| 15 Vietnamese mint leaves | 1 red capsicum, cut into matchsticks |
| 15 packet 16cm rice paper | 1 avocado, thinly sliced |
| 1 cooked chicken breast, thinly sliced (For Meat Fillings) | 1 cup cooked vermicelli noodles |
| 185g can tuna, drained (For Meat Fillings) | |

Method

To make dipping sauce, combine soy, sweet chilli and hoi sin sauce in a small bowl. Set aside. Fill a large bowl with warm water. Place a clean, damp tea towel on a flat work surface. Dip a rice paper sheet in the warm water and leave it to soften, approx 30 seconds. Remove and place it on the tea towel. Place one ingredient from the meat fillings, such as chicken at the bottom of the wrapper closest to you in the middle. Choose a selection of vegetable fillings and lay on top of the chicken. Be careful not to add too many ingredients as the rice paper will tear when folding. Fold the sides of the rice paper over the top of the filling and roll from the bottom to enclose the mixture. serve with the dipping sauce.

Tip: be adventurous and use a range of fillings such as snow peas.
Keep any leftover fillings as snacks for the kids.

