

22.04.2020 | 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.



## HEALTHY OVERNIGHT OATS

Serves: 2

### Ingredients

- 1 cup rolled oats
- 1 1/3 cups low-fat milk
- cup low-fat natural yoghurt
- cup canned peaches in natural juice, drained and roughly diced
- tbsp slivered almonds
- 2 tbsp dried cranberries

### Method

- 1 In a 1-litre container, add oats, milk and yoghurt. Mix until well combined.
- 2 Add peaches, almonds and cranberries. Gently stir.
- 3 Cover container and refrigerate overnight.

## CHEESY FACTS

- 1 It takes 10 litres of milk to makes one kilogram of cheese.
- 2 Natural cheeses are gluten-free. Always check the label to make sure.
- 3 Among people diagnosed with lactose intolerance, there is no need to cut out all dairy foods from the diet. Individuals should adjust lactose intake according to tolerance.

## Healthy Snack Ideas

1. Carrot sticks and hummus
2. Celery sticks and low-fat cream cheese
3. Apple slices and peanut butter
4. Mixed unsalted nuts
5. Low-fat low-sugar yoghurt and berries



**SWEET DREAMS ARE MADE OF CHEESE**



**WHO AM I TO DISA BRIE?**

# 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.

Below is a great mini workout you can do at home.

## Start 10min

**Warm up / Cool down**  
Start and finish your workout with a 5 minute gentle warm up/cool down

**Cardio**  
10 minutes of cardio at an intensity that makes you huff and puff (brisk walk around the block, skipping, marching on the spot)

**FOR EACH OF THE 7 EXERCISES**

**10-12**  
START WITH 10-12 REPETITIONS AND PROGRESS UP TO 15 AS THE EXERCISE BECOMES EASIER

**Tempo**  
PERFORM EXERCISES AT A CONTROLLED RATE

**Repeat**  
REPEAT THE CYCLE OF 7 EXERCISES 3 TIMES

**1 Squats**  
(sit to stand with a chair, progress to full squat)

**2 Push ups**  
(against wall, progress to on your knees, full push up)

**3 Step ups**  
on a step (alternate which leg leads)

**4 Shoulder press**

**5 Bicep curl**

**6 Bent over row**

**7 Plank**  
(rest on elbows, hold for 10 seconds, progress to 30 seconds)

- Stay hydrated
- Wear appropriate footwear
- Use a theraband, light dumbbells or bottles of water/ cans of soup
- Try to exercise at the same time of day, so that it becomes routine

## Fun Facts



Exercise can positively influence your mental health, in more than one way:

1. Promotes the release of feel-good chemicals in your brain.
2. It helps you sleep better
3. Gives you a sense of accomplishment as your fitness improves and you start achieving your goals.



It's nearing the end of Premier's Active April; have you been staying active at home during April? Visit <https://app.activeapril.vic.gov.au/register> to register or for great tips on staying active at home visit the [Active April website](#).

## PARENTS!

We know parents and guardians might be feeling extra stressed lately with school returning remotely and many having to take time off work to assist their child/ren. Below you may find some helpful resources to guide you through this time.

[Achievement Program Resource Hub](#)  
[Raising Children's Network: Guide for parents](#)  
[ABC & Maggie Dent: School at home](#) - Podcast

Well done! You're doing great!

# 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.

The following resources will provide you with strategies to support mental health and wellbeing.

## Work and your mental health during a global crisis

[Work and your mental health during the coronavirus \(COVID-19\) outbreak](#) (Beyond Blue)

[Ways to stay positive if you have lost your job](#) (Beyond Blue)

## Maintaining positive wellbeing

[Getting good sleep](#) (Sleep Health Foundation)

[How mindfulness can help during coronavirus \(COVID-19\)](#) (Smiling Mind)

[Free 'Weathering the Storm' program](#) (Headspace)

[Guided meditations to support your mental wellbeing during coronavirus \(COVID-19\)](#) (Insight Timer)

[Healthy living mobile apps](#) (VicHealth)

## 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



## Roasted Cauliflower Salad

### Ingredients

- 700g cauliflower, chopped into small florets
- 400g tin chickpeas, drained
- 2 tbsp olive oil
- ½ red onion, finely sliced
- ½ bunch flat leaf parsley
- ½ cup roasted, unsalted almonds, roughly chopped
- 150g Danish feta, broken into chunks
- arils from ½ a pomegranate (optional)

### DRESSING

- ½ tsp saffron threads
- 1 tbsp boiling water
- 2 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 2 tbsp currants

### Method

1. Preheat oven to 190 degrees Celsius.
2. Place the chickpeas and cauliflower in a large bowl, add the olive oil and toss well to combine.
3. Transfer the cauliflower and chickpea mixture to a baking tray and spread out into a single layer. Bake for 20 minutes or until golden and the cauliflower is tender. The chickpeas should become crisp and slightly crunchy.
4. To make the dressing, place saffron in a small bowl and add boiling water. Steep for five minutes. Whisk in oil and vinegar until well combined, then stir in currants and set aside. Stir well before serving.
5. Once cooked place cauliflower and chickpea mixture in your serving bowl. Add the red onion, parsley and almonds, pour over the dressing and toss to combine. Sprinkle with feta and pomegranate and serve.