

03.06.2020 | 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 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.

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](#)

Have you been neglecting your appointments?

A recent article in the national Weekly Times has detailed a **40% drop in pathology** tests and warns that rural communities may be putting their health at risk by putting off appointments.

According to the article "When you live in the country there's a higher burden of chronic illness" which may worsen with health professionals noting that fear and anxiety over being infected with COVID has resulted in a decline in visits to the doctor. This is despite the **numerous hygiene measures and precautions** being taken by health services to **keep you safe**, should you have to attend in person.

Dr Ewen McPhee from the Australian College of Rural and Remote Medicine said "delaying routine appointments would result in **higher loss of life from preventable illnesses**, particularly in rural areas."



Due to the decline, **23 different health organisations** have written an open letter, pleading with Australians to continue to attend immunisations, checkups and other essential medical appointments whether they be face-to-face or remotely.

[To read the letter or full article click this link](#)

For information on what services are available at Kyabram District Health please visit: www.kyhealth.org.au
or call: 5857 0200

For information on our Stanhope and Tongala services please call the following:
Tongala Health on 5859 0504
Stanhope Health on 5857 0451



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.

Primary Health Manager Ash Watson lets us in on how he's staying fit.

How are you staying active during COVID-19?

Trying to do a quick home exercise gym session 1-2 times per week
Also trying to go for a run once per week
Go for a run during my work lunchbreak sometimes

What's been the biggest challenge?

Time
Getting darker earlier now
Motivation
(I can't blame COVID-19 for any of these excuses haha)

Any tips for staying active during COVID-19?


Include family in exercise routine – walking, sports etc



12 BENEFITS OF WALKING 30 MINUTES A DAY

1 

Reduces risk of heart disease

5 

Helps to boost your mood

9 


Can help reduce anxiety

2 

Helps to maintain weight

6 

Improves coordination and balance

10 

Reduces the chance of diabetes

3 


Reduces stress levels

7 

Increases lung function

11 

Can improve blood pressure

4 

Increases energy levels

8 

Reduces the risk of cancer

12 

Strengthens bones and muscles



I  RED APPLE DAY

bowelcanceraustralia.org



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](http://lifeline.org.au) 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](http://beyondblue.org.au)

[Eheadspace](http://headspace.org.au) 1800 650 893 - Online and webchat support and counselling for 12-25 year olds, their family and friends.

[MensLine online counselling](http://mensline.org.au) - 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.

How yoga can benefit more than your physical health.

The practice of yoga develops strength and flexibility, while soothing your nerves and calming your mind. Yoga can affect the muscles, joints and skin, and glands, nerves, internal organs, bones, respiration and the brain. The physical building blocks of yoga are the posture and the breath.

Health benefits of yoga include:

- Cardiovascular system – positions rely on holding muscle tension for a short period of time. Studies show that regular yoga practice may help normalise blood pressure.
- Digestive system – improved blood circulation and the massaging effect of surrounding muscles speeds up a sluggish digestion.
- Musculoskeletal – joints are moved through their full range of motion, which encourages mobility and eases pressure. The gentle stretching releases muscle and joint tension, stiffness, and also increases flexibility.
- Nervous system – improved blood circulation, easing of muscle tension and focusing the mind on the breath all combine to soothe the nervous system. Long-term benefits include reduced stress, anxiety and fatigue, better concentration and energy levels, and increased feelings of calm and wellbeing.

[Click here for a short self-care yoga video for beginners](#)
[Click here for a short yoga sequence](#) – use a chair for stability if you need

[Click here to join the Cook with Heart Challenge from Coles and the Heart Foundation.](#)



One dish wonder – Mediterranean chicken bake

Prep: 5 mins Serves: 8 people

Ingredients

- 1 tablespoon extra-virgin olive oil
- 700g chicken breast fillets (cut into large chunks)
- 1 red onion (cut into wedges)
- 400g can diced tomatoes
- 2 red capsicums (roughly chopped)
- 1/2 cup Kalamata olives (roughly chopped)
- 1/2 cup sundried tomatoes (drained, roughly chopped)
- 4 cloves garlic (crushed)
- 2 tablespoons mixed dried herbs
- 1/4 cup dry white wine
- 2 tablespoons balsamic vinegar
- 3/4 cup reduced fat feta (crumbled)
- Green salad (to serve)
- Crusty bread (to serve)



Method

1. Preheat oven to 180 degrees Celsius.
2. In a baking dish, combine all ingredients except the feta and mix well.
3. Cover the baking dish with foil and bake in the oven for about 50 minutes, until the chicken is cooked through and tender, and the sauce has thickened slightly.
4. Divide the chicken onto 4 plates and top with crumbled feta cheese. Serve hot with crusty bread and salad.