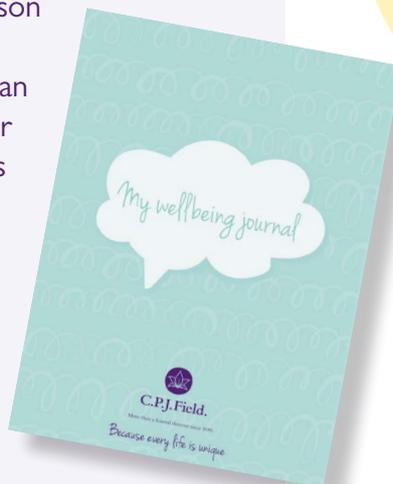




Make wellbeing a priority

From time to time the things we do upsets us. That's ok. Sometimes they're stressful. That's ok too. What is not ok is to do nothing about it. We may talk to colleagues or partners or friends or children, but sometimes we may not feel able to, due to the nature of the business in which we work. This is exactly the reason we developed the Wellbeing Journal in collaboration with colleagues, to offer an outlet for your feelings. A safe space for you to unload a difficult day, to express how it's made you feel, however you choose – through poetry, doodles or prose.

You should all have access to plentiful copies of the Wellbeing Journal; if you need more, please speak to your Manager or the People Team and we'll get them sent to you asap. If you haven't yet opened your copy, try it today; things are never better when left unsaid.



10th October is World Mental Health Day, an international day for global mental health education, awareness and advocacy against social stigma. Do one thing **today** for better mental health: walk, run, sing, laugh, call a friend or smile!...

"Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone." Lisa Olivera



THE 9 TYPES OF REST

Making time for rest is not something many of us are very good at; it slips down the list of priorities at the weekend, but it's necessary for our health and enabling us to be at our best when we are working. Rest has been shown to improve cardiovascular health, and lower blood pressure and cortisol levels. It reduces stress and improves overall health, helping you to be able to easily work a full day. It also improves your focus: an active mind gets tired just like an active body. Including time to quiet your thoughts and letting your mind rest is part of the healing process. Rest doesn't just have to mean lying down – here's 9 ways you can give easily give yourself some rest:

1. Time away / 2. Permission not to be helpful
3. Something unproductive / 4. Connection to art and nature
5. Solitude to recharge / 6. A break from responsibility
7. Stillness to decompress / 8. Safe space / 9. Alone time at home



Cold and flu season nutrition

With Elaine



As children are now back at school and more people are going back to work, the risk of colds and flu start to increase. Try and include the following foods in your meals if possible.

Garlic – one of the best natural antibiotics you can have. It's a powerful superfood and best when eaten raw if you can! It's full of vitamins and minerals and boosts your immune system.

Onions – great in casseroles, salads, stews and soups or just add to anything to add flavour. Onions have been known to help relax the airway muscles and may provide relieve for asthma sufferers.

Cayenne – amazing for the circulation and increases the pulse of our lymphatic and digestive movement. Be warned, cayenne is very hot, but by heating the body, it speeds up the natural process of eliminating toxins from the body which results in a strong immune system.

Lemons, oranges and kiwis – all high in vitamin C, citrus fruits boost our immune systems, help clear mucus and is great for the skin.

Nobody likes being ill with a cold, but eating foods such as **walnuts, ginger, romaine lettuce and mangoes** can help clear mucus – so no more blocked sinuses. Foods to avoid are **ice cream, milk, crisps, sweetcorn, fast food and cheese**.

Foodie facts

- Apples are more effective in waking you up in the morning than a coffee.
- Just two bananas will provide you with enough energy for an intense 90 minute workout.
- An egg contains every vitamin apart from vitamin C.
- Chia seeds contain five times more calcium than milk and twice as much iron as spinach. Try adding them to a bowl of porridge, fruit salad or soups.
- Keeping one spider plant at home helps in speedy recovery of patients with anxiety and depression. This plant is an also has the powers to remove harmful chemicals from the air!



Be mindful of yourself and those around you; if you feel you're struggling with your mental health or have noticed those around you flagging, please contact the People Team for support.

