



Mental health awareness in the workplace By Andy Holter

For many of you who have attended our CPJ Field Wellbeing courses you may remember that we discuss the impacts of mental health in the workplace and how this can impact not only our colleagues but also those who give support. This can often be throughout the working day and even out of the working hours for many of us.

What you may not know is that there is 'good mental health' and 'mental ill health'. One in four adults will experience a mental ill health episode in their lifetime which could be short or long term; this could be a result of a traumatic incident, bereavement, relationship breakup, loss of a job, or even following a period of prolonged stress resulting in burnout, depression, or anxiety.

The biggest challenge for us all is how we might spot behavioural or cognitive changes in our colleagues – or maybe nothing at all

– could it just be a bad day? Or could it be mental ill health episode? After all there is no illuminated sign to tell us!

As mentioned above, with one in four adults experiencing an mental ill health episode in their lifetime, ask yourself a question - How many people do you work with? Is it more than four? Could your colleague be struggling right now? When was the last time you asked how they are?

A simple question could be the first step in supporting a colleague in need – if you never ask you never know!

This week has been Mental Health Awareness Week – with the official theme of 'loneliness'. To round up this week, I encourage you to build meaningful connections with your friends, family, and colleagues with CPJ Field.

For more information on Mental Health Awareness Week visit: <https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

We are now also pleased to announce that we are now looking for local Wellbeing Champions to support our Wellbeing Lead Andy Holter in the following locations: East Sussex Garage (Incl. Cross in Hand); Rampion House Garage; Peckham Garage; Winslow Garage (Incl. Luton); North of CPJ Field (Shires, Heritage, London & Bournemouth); South of CPJ field (East Sussex, Sussex Coast, Mid Sussex)

If you are interested in this voluntary role, please contact Andy Holter for further details on how to apply via email: andy.holter@cpjfield.co.uk

Following on from last week's monthly company call, why not try the five ways to wellbeing:

Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need.

- Talk to someone instead of sending an email
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work.

Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

- Find out something about your colleagues
- Sign up for a class
- Do a crossword or sudoku puzzle.

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

- Take the stairs not the lift
- Go for a walk at lunchtime
- Do some 'easy exercise', like stretching, before you leave for work in the morning.

Take notice

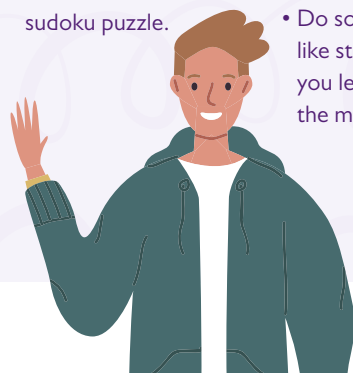
Reminding yourself to 'take notice' can strengthen and broaden awareness. Take some time to enjoy the moment and the environment around you.

- Have a 'clear the clutter' day
- Take notice of how your colleagues are feeling or acting
- Visit a new place for lunch.

Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.



Back to the movies: new releases

One of the joys of restrictions lifting has been the return to the big screen and there has been a bumper crop of great films quickly released to ensure packed screens. May sees the release of the much-anticipated Marvel sequel, Doctor Strange in the Multiverse of Madness, starring Benedict Cumberbatch and Elizabeth Olsen – out in cinemas on 5th May. A must see for Marvel mad movie lovers.

Or perhaps for something more sedate: Downton Abbey: A New Era, a follow up to the 2019 film which sees the Crawley family and Downton staff receiving a visit from the King and Queen.

As the weather warms up, why not create your own outdoor movie space? All you need is a projector (cheap on Amazon) and an old sheet to project onto!

Cherry Blossom cocktail:

Ingredients: 1.25 oz 1800 Tequila; 1oz lime juice; 1oz grapefruit juice

0.25oz grenadine; Grapefruit slice or maraschino cherry for garnish; Salt as needed

Instructions: Pour all ingredients into shaker and shake well. Strain into a salt-rimmed martini glass or serve over ice. Garnish with a grapefruit slice or cherry and enjoy!



People tend to believe that grief shrinks over time:



What really happens is that we grow around our grief:



WELLBEING WITH ELAINE

Tea tip

With Covid-19 and other bugs still around, I have found a really good tea which has immune boosting properties; Pukka Elderberry & Echinacea tea. It tastes lovely and you can buy it in most supermarkets or health food shops. It packs a powerful punch and both plants are a great combination for fighting colds and flu.

The power of cranberries!

Did you know that cranberries can help with the following:

- Fight bacteria; especially good for urine infections
- Can help dissolve gallstones
- Cleanse liver and other organs
- Help pass kidney stones
- Great for weight loss and appetite suppression

Try these in smoothies or as a juice or whizz up some fresh cranberries into a sauce.

Mineral of the Month: Copper

Our bodies need daily amounts of copper. This mineral plays an important role in supporting our immune system, makes energy, produces red blood cells, protects our cells from damage, helps absorb iron into our body and helps maintain healthy nerve cells. Copper helps with brain development and also produces connective tissues. Foods rich in copper are shellfish, potatoes, dark leafy greens, peanut butter, dark chocolate, sunflower seeds, whole grains, prunes and black pepper.

If you are not eating a diet rich in copper you may experience fatigue, weak and brittle bones, problems with learning and memory, feeling cold all the time, vision loss and frequent sickness.

Breakfast Muffins recipe – makes 12 muffins

Use a non-stick muffin tin or if not available, use paper muffin/cake holders.

Whisk 12 eggs, use any toppings such as ham, grated cheese, feta cheese, spring onions, ham, bacon, prawns, chopped peppers, tomatoes, tuna, sweetcorn etc. Preheat oven to 200° or 180° (fan assisted). Spray muffin tin/holders with a coating of oil if you are not using muffin paper holders, then pour egg mixture into muffin tins three-quarters full and add your toppings. Finally, bake for 15-20 minutes.



According to old superstitions, it is unlucky to marry, buy a broom or wash a blanket in May! Who knew?