



'Life is like a cup of tea, it's all in how you make it' by Elaine

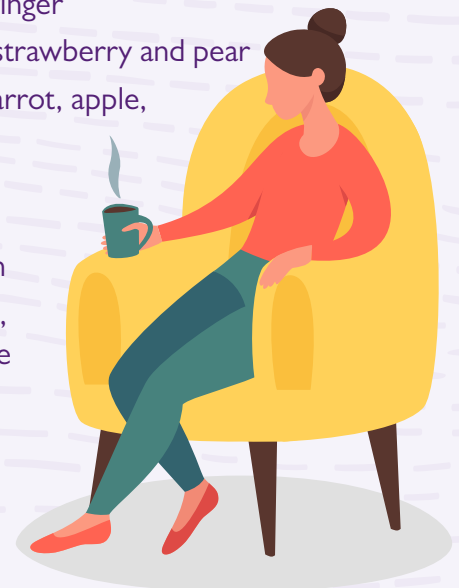
Who doesn't love a cuppa? There are so many varieties of tea that you can take to aid sleep, keep you energised and help with common ailments such as aches and pains. Here is a list of some of the most beneficial teas to drink:

- Stressed – chamomile
- Depressed – lemongrass
- Tired – green tea
- Anxious – cherry
- Energy – black tea
- Uneasy – peppermint
- Angry – lemon or ginger
- Uncomfortable – ginger
- Need sleep – lavender

Tea not your thing? How about sipping on a smoothie to help alleviate ailments. I love a smoothie now and again, but if you drink too many of them they can pile on the pounds with all the natural sugars (fructose) that fruit can have so bear

that in mind! Here are some smoothies to try if you have the following ailments:

- Headache: apple, cucumber, kale, ginger and celery
- High blood pressure: beetroot, apple, celery, cucumber and ginger
- Stress: banana, strawberry and pear
- Constipation: carrot, apple, fresh cabbage
- Asthma: carrot, spinach, apple, garlic and lemon
- Arthritis: carrot, celery, pineapple and lemon



"A healthy outside starts from the inside."
Robert Urich

Mediterranean Halloumi Traybake

BY AMY PULLINGER / THE BODY COACH!

Ingredients per person

- 1 courgette
- 100g green beans
- 1 jarred roasted red pepper
- 2 cloves garlic
- 6 cherry tomatoes
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper
- 80g halloumi
- 1 tbsp balsamic vinegar

Preheat the grill to Max. Put everything in a roasting tray except for the almonds and halloumi. Drizzle with olive oil, sprinkle oregano, salt and pepper. Grill for 5 minutes. Turn the vegetables then add the chopped almonds and halloumi. Drizzle balsamic vinegar all over. Grill again for 5 minutes or so.

[463 calories, 13.9g carbs, 34.6g fat, 25.1g protein]

How well do we really manage change? by Andy Holter

With the passing of each week come changes we face to our daily routine and ways of work; all shaped by the pandemic. Hopefully this week's wellbeing piece will shine a light on the challenges we face when managing change in the workplace. Previously I touched on the challenges facing us as funeral professionals and on our families at home. This week I would like us to focus on the impacts of **change** in the workplace and how this can affect our behaviours, feelings and emotions, in and out of work.

Many of us could be described as creatures of comfort; we like what we have, we like what we know and we like things just the way they are. For others, the opportunity to change is a welcome break from the normal, something to be embraced; a new adventure offering exciting challenges.

So then, where is the issue?

We come from diverse communities, cultures and backgrounds; we are all quite different from one another and respond to change in different ways. For example, I have been a Funeral Director for 13 years, going into the same office with the same people, the same processes and procedures. Over time this has developed my confidence, knowledge and personal reassurance of reliability, professionalism and competency in everything I do. Uprooting me from the place I call 'home', to relocate to another funeral home with different ways of working, different people and different processes, could be an unsettling, worrying prospect. But why I hear you say? It's the same company, same ways of work, it's no different? Indeed the same could be said for those suddenly working from home too with a sudden change from being with colleagues and friends in a busy office environment to a secluded, quiet dining room, sitting at the table attempting to adjust to working from home in isolation. Or perhaps the opposite; a busy household with children home-schooling, playing one minute and then falling out the next, struggling with the broadband strength and the pressures of everyone asking when lunch is ready or dinner is due.

When you start in any career or a profession you're trained in a specific way and from the outset you adapt to that way of working, the office environment, the people you work with, or going to that specific desk drawer, filing cabinet, cupboard, or even reliable colleague for information – (you know that one, the fountain of knowledge, the one that is there for that every need!). You embrace the challenge and aspire to meet the expectations of your peers and line managers. But then suddenly from out of the blue you are faced with a sudden change to everything you know and the very foundations that you have relied on for months or even years are removed. Are you really ready for that and how would you cope with that sudden change?

You may be aware from previous pieces I have written, or for those who have attended the Wellbeing for CPJ Field course, of the 'fight or flight response': a sudden rush of adrenaline into our bodies. Believe it or not, a sudden change in circumstances can also create the same response, and in some cases causes an increased stress response and varying levels of anxiety. Such sudden change may not always be initially a positive experience, but managed carefully, can have positive outcomes with the right support, encouragement and guidance.

The way 'change' affects our physical state is evident through its effects on our mental state. The emotional reaction associated with change is first arousal; the corresponding human emotions seem to be numbing, apathy, despair, anxiety and depression, which are all characterised by helplessness.

Knowing this, what can we do to address it? Here are some tips for dealing with changes as they happen:

1. **Manage the stress of change.** Have a look in the wellbeing hub for stress busters.
2. **Take a more active role in your life** and be more aware of what is happening around you.
3. **Write a plan of action**, set out some goals which can help you engage and develop positive change with your colleagues or line managers. Step by step, move forward and embrace the change and help make a difference.
4. **Practise coping strategies**; try Megs Yoga on Active Equilibrium or have a look at the wellbeing hub for other ideas
5. **Learn to enjoy change** and find new ways to grow, evolve and meet new heights in your career as tomorrow is a new day, next week is a new adventure and next month you could be the one with new ideas for positive change.
6. **Talk about it**, speak to colleagues, line managers or the People Team after all a problem shared is a problem halved.

Food for thought:

A transition of 'change' is an emotional reaction that happens as people move from the current moment towards the unknown. In effect, the person living through change is going through a grieving process, in which they give up the old and eventually embrace the new.

So long as you embrace change, you will find that your situation does not have to last forever, and you will progress on to something bigger and better. If you reject change, experiences and opportunities in your career are likely to pass you by; you may well miss the boat, leaving you stranded on the beach!

Be strong, be confident and strive for success, as change does not need to be feared but wonderfully celebrated. As the world goes round so do, we.

