



Remembering our heroes



Monday 5th July marks NHS, Social Care and Frontline Workers Day; a nationwide celebration to show appreciation for NHS staff and all key workers.

There will be a two-minute silence, last post and reveille at 11am; a time to pause and remember the men and women from the NHS, social care and key services who have lost their lives in the service of others. At 8pm you're invited to clap for all key worker heroes. For more information on events happening on 5th July in celebration, please visit <https://www.nhsfrontlineday.org/programme/>

Why it's important to talk about our feelings and emotions



Talking can help to boost mood when you are feeling low

Talking to someone can help you vent your emotions

Talking about our feelings can reduce stress and anxiety

Talking can help you cope with a problem

Talking can encourage others to open up and share

Talking can help calm us down when we feel angry

Talking can help bring us closer to family and friends

Talking about feelings can motivate us to take action

Talking to someone about how you are feeling can help you problem solve

Talking is a great tool for looking after our mental health



ONE OF YOUR FIVE A DAY BY ELAINE

There's been a saying for many years now to eat your 'five a day' of fruit and vegetables, but just how much does one portion count? It can be quite confusing reading so many articles, so here's a guide to help reach your five a day. Each food item = one of your five a day

Fruit

- 1 normal sized tomato or 7 cherry tomatoes
- 7 strawberries
- 2 handfuls of raspberries
- 1 orange
- 2 satsumas
- 2 plums
- 4 tablespoons of blueberries
- 6 passion fruit

Vegetables

- Half a pepper
- 1 sweet potato
- 3 tablespoons of sweetcorn
- 5 spears of asparagus
- 3 tablespoons of peas
- 4 tablespoons of kale
- 1 cereal bowl of raw spinach
- 1 cereal bowl of watercress
- 2 spears of broccoli
- 3 sticks of celery

Try this smoothie that packs a veggie punch to help you get to your 5 a day!

High iron green smoothie recipe

- 2 tbsp of chia seeds
 - 1 frozen banana
 - 1 kiwi fruit
 - 1 cup of chopped pineapple
 - Small cup of spinach
- Simply whizz all ingredients up in a blender!





Check out the CPJ Book club this month – a must read for anyone with teenage daughters

The Unseen Challenge

by Andy Holter

On Monday in our wellbeing message, we shared ‘The Unseen Challenge’ and ways you can manage pressure, stress, and the overwhelming feelings of emotions. In this month’s Wellbeing Newsletter, we look at the challenges we face by suppressing our emotions.

Life can be full of emotional distress of which emotional stress can be incredibly challenging. The pressure to succeed in our relationships and in our workplace can evoke uncomfortable combinations of various emotions. Many people don’t have a healthy relationship with their emotions and often choose to repress negative emotions by hiding them deep down inside, and hence struggle with how to relate to them and what to do with them. Instead of processing these emotions, most of us subconsciously learn to avoid them or push the discomfort away, but in so doing, allows them to remain deep inside, continuing to play havoc with how we feel. Hiding emotions is something that most will almost do on a regular basis, becoming almost expert in masking the reality from those around them, living with it every day in silence and isolation. People who regularly refuse to deal with their emotions honestly can have more challenges, because in avoiding our emotions, we make them stronger and harder to manage, which can create serious implications for our body and mind.

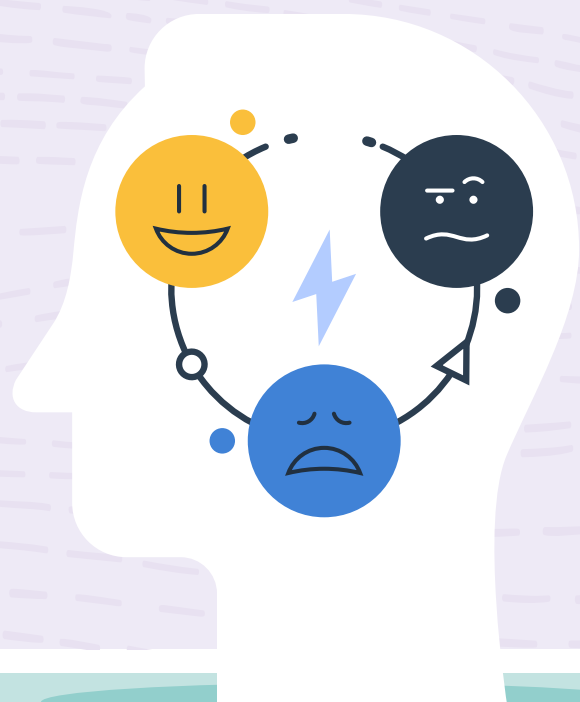
To better manage your emotions, move with them. Instead of hiding your emotions, accept that negative emotions are a natural part of our life experience. Try to be more open and curious to work with them; this is a better approach to feeling better. Sharing your feelings initially may seem like a weakness, however to others it’s courageous and builds trust and a strong connection. If something feels way off, do not be scared to shout for help.

Start by listening to your emotions. The faster we move through life, the less we feel, so as we slow down, pausing occasionally, we “stop and see” what is going on. Simply acknowledging your emotions reduces the intensity of them, making them easier to manage.

Tune in to the feeling state in your body (anger, sadness, frustration, fear, grief, depression, or shame), and learn to focus your attention on the overall feeling, embracing it with full awareness, relaxing the tendency to judge or react to the emotion. Just be with whatever you are feeling and calmly allow the emotional energy to flow. Keep paying attention to the emotion in a relaxed, cantered space. After a while, the raw energy of the emotion is set free; this is also an opportunity to grow and develop mindfulness.

It is naturally uncomfortable to face negative feelings or emotions, however, to have a better understanding of them, can help us to improve the overall quality of our daily lives, relationships, wellbeing and ultimately happiness. Developing a healthy self-awareness of our emotions can help us manage them better and ensure those negative emotions are no longer in control our daily lives and relationships with others.

For more help on managing emotions visit the CPJ Field Wellbeing Hub, Speak to your line manager, People HR Team or Wellbeing lead.



“The most important thing in communication is to hear what isn’t being said.” Peter Druke