



This week has been Self Care Week

Following on from Emma's brilliant feature on what exactly we mean by self care, you'll all now be experts and ready to fully embrace this week's mini challenge in celebration of Self Care Week. It's quick and simple, but the benefits are boundless!

We'd love you to take a moment to ask friends, family and colleagues what is their self care tip: what do they do to make time in their hectic day for themselves and how do they look after their own wellbeing? It could be a long walk, a bubble bath, a stiff G&T at the end of a long day, or perhaps the simple pleasure of reading a book. When you have a list of ideas, write them down on small pieces of paper and pop them in a jar. Then every day next week, either at the start or end of the day, take the 'Self care lucky dip challenge': pull one out and make sure you take the time to do it. Please feel free to share your ideas with us so others can benefit to. Make time for you....

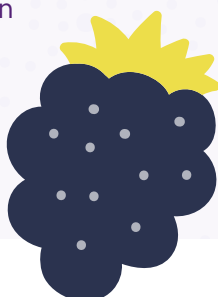


HEALTHY MOVIE NIGHT SNACKS FROM ELAINE

On the subject of self-care, what better way to make some time for yourself than curling up on the sofa with an old favourite film. What could make this better still? Making a nutritional choice of snack, as opposed to reaching for a greasy packet of crisps. As much as we hate to admit it, simple carbs such as sweets, crisps and fizzy drinks all turns into fast energy, which results in a sugar crash and will make you feel lethargic, plus piling on the calories too – it's not quite festive kick back season yet!

Here are some more healthy ideas for snacks which only contain 100 calories:

- 30 red/black grapes
- 4 dates
- 1 cup of berries
- 1 rice cake with half a tablespoon of peanut butter
- 14 almonds



For a healthy mind and body, you need to eat the right food to nourish every part of your body:

Brain – oily fish, walnuts

Hair – green veggies, beans and salmon

Eyes – eggs, carrots, papaya and oranges

Muscle – bananas, lean red meat, fish and eggs

Heart – tomatoes and potatoes, and drinking fresh pomegranate juice daily is amazing for the heart and very beneficial for those who suffer with hypotension

(low blood pressure)

Lungs – broccoli and brussels sprouts

Bowels – prunes and yogurt (choose brands with live cultures eg, Activia)

Skin – blueberries, salmon and green tea

Bones – oranges, celery and milk



Bananarama!



Following our theme of self care, Amy Pullinger has kindly offered up a healthy take on the lockdown staple, banana bread – which she can vouch is just as moreish, and being healthier, presumably you can eat more of it too!

Banana oat bread

Ingredients:

- 180g oats
- 25g desiccated coconut
- 2 ripe bananas, mashed or blended
- 2 eggs, whisked
- 100g blueberries/raspberries
- 1 tbsp baking powder
- 1 tbsp vanilla extract

Optional extras - chocolate chips, I opted for extra dark 80%

Method

1. Preheat the oven to 180 degrees
2. Line a 2litre loaf tin
3. Blend 3/4 of the oats in a food processor to make a finer consistency (similar to flour)
4. Add mashed bananas to the oats
5. Add eggs, baking powder, vanilla extract and remaining oats
6. Add berries and desiccated coconut
7. Pour mixture into lined loaf tin and bake for 50 minutes

Nutritional value per piece (if sliced into 8 pieces)
176 calories, 5.8g fat, 26.2g carbs (8.7g of which are sugars)
5.2g protein

No added sugar, whereas a typical banana bread has approx. 140g!



Empathy is the ability to see with the eyes of another. Listen with the ears of another and feel with the heart of another. To have empathy is the most valuable human skill.

QUARANTINI TIME

This one is bound to get you feeling all festive! Thanks to Clare Shortall-Emerly for her 'Santa Clausmopolitans'

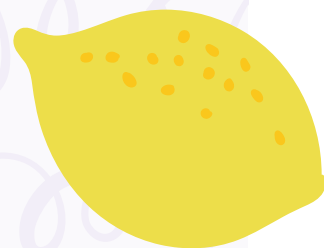
Ingredients

- Lime wedge, for rim
- White sanding sugar – optional for rim
- 1 cup vodka
- 1 1/2 cups cranberry juice
- 1/4 cup triple sec
- 1/4 cup fresh lime juice
- 1/2 cup fresh cranberries

Directions

1. Run a lime wedge around each glass then dip in sanding sugar.
2. Fill a cocktail shaker with ice then add vodka, cranberry juice, triple sec, and lime juice. Shake until the cocktail shaker is cold.
3. Divide drinks between rimmed glasses and add cranberries for garnish

There are other ways of doing this using Malibu instead of vodka and coconut flakes instead of cranberries; perfect for the sweet toothed among us! Clare's tip - You can also add a candy cane for an extra festive decoration if you wish.





Anti Bullying Week

As well as Self Care week, this week also been Anti Bullying Week, and whilst our school days may be well and truly behind us, sadly some of us may well have fallen prey to some form of cyber bullying, and many of us will have school age children who have been, or know of someone who has been bullied in the past.

While resiliency seems to come naturally to some of us, children alike, it is a tool that can also be learned. Equipping ourselves with emotional resilience can help us adapt to and overcome difficult situations. Resilient children and adults alike also tend to persevere through all types of challenges even when being bullied.

This is not to say that you or your children won't experience difficulty or distress; hurt feelings, emotional pain, and sadness are common feelings associated with being bullied – it is how you deal with those feelings that matter. Here are some ways to build resilience that can be applied to us all...

Make children feel accepted at home

When they consistently feel accepted for who they are, they are more able to cope with stress and adversity. They need to know that you believe in them and like who they are; this will make any bullying less debilitating because of the acceptance they already feel.

Nurture a healthy self-esteem

Teach your children to see value in what they have to offer the world; help them see themselves in a positive light, especially during difficult times. Ideally, you want them to be able to see that the challenges from bullying are not a reflection of who they are, but instead are a reflection of the choices made by bullies. Something you can try to foster in yourself too.

Encourage positive thinking

Find pleasure and humour in life; do not let the distractions of everyday life taint the ability to slow down and laugh. Provide opportunities to relax and have fun with no schedules and commitments to worry about. Try to see joy even in the little things and promote positive thinking.

Promote problem-solving skills

One way to instil problem-solving skills is to understand how to be flexible in responses to something negative. When you or your child faces a problem, brainstorm possible solutions. Talk together about the pros and cons of each option and then allow yourself or your child to choose the best course of action. It's important to trust these decisions so that you or they can learn to solve problems without fear of failure.

If you know of a child or a child's friend who is being bullied, or a friend or colleague, step in and speak up. There are some fantastic resources available to help support and break the cycle:

www.nationalbullyinghelpline.co.uk



Try something new

It is good to accept challenges and to try new things, but it's important to have 'back up' as support; it's a fine balance between being leaving them to figure things out alone and being overprotective, which can prompt dependency and helplessness.

Focus on the future

Orient toward the future, helping yourself or your child believe that there is a future beyond this current situation. One way to do this is to think about goals and how to begin to accomplish these now. The key is to stop focusing on the negative. Positive thinking enables clarity in seeing the good things in life and the importance of keeping going even in the most challenging situations.

Question their critical inner voice

When children have a critical inner voice, it is important that you challenge this type of thinking. The same is true of adults. Allowing yourself, or a child to believe self-criticisms can lead to any number of harmful effects. Identify these negative thoughts and overcome this way of thinking. The goal is that negative self-talk would not become a habit or a way of life. Another strategy is to use positive affirmations to drown out the negative thoughts.

Address problems immediately

You should never pretend not to notice a problem; ignoring the fact that you or your child is struggling or dealing with bullies will not encourage 'toughening up' and moving on. Instead, it leaves people feeling alone and isolated.

Discourage avoidant behaviours

People should always be encouraged to talk about painful events. When we are encouraged to talk about bad things that have happened, it helps to make sense out of those experiences. Avoiding the issue may result in behaviour problems, anxiety, stress, fear, and even anger. Even though it is uncomfortable at the time, it is best to get everything out in the open.

Reframe negative experiences

Keeping things in perspective: when you or your child is bullied or experiences a significant challenge, reframe the situation so that you can learn from it. This doesn't mean you should ignore the pain, but try to avoid dwelling on the negative. The more you engage in victim-thinking, the worse off you become. Instead, encourage discovery of what can be learnt from the situation and how best to overcome bullying.

Be a good role model

Being told what to do or how to behave in certain situations rarely has as much impact as leading by example. If you demonstrate that you can handle difficult situations and bounce back, others will learn by your example.