

MULTICULTURAL RESOURCE CENTRE

Resource pack

WELLBEING MONDAY

SUPPORTED BY GMCVO MENTAL WELLBEING FUND

Benefits of Haldi (turmeric)

*Tumeric known as the Golden Powder. Works wonders.
Here are some fun facts for you...*



Adds flavour and colour to food
It's the main ingredient in most curry powders and it's also used to give chutneys their vibrant and highly-distinctive yellow colour.

You can have a pinch of turmeric powder with honey in hot water as a good morning drink

Turmeric helps with digestion alongside-boosting qualities have also potentially been linked to helping aid gut inflammation

Can be just as effective as some anti-inflammatory drugs for people who suffer from IBS, Crohn's disease and arthritis.

Turmeric is also believed to be able to help soothe sprains, settle upset stomachs, stop diarrhoea and reduce bloating.

Health Benefits of Mint

Help relieving indigestion, mint leaves can be added to foods to help aid digestion.

Inhaling the aroma of peppermint essential oil also helps with improving brain function.

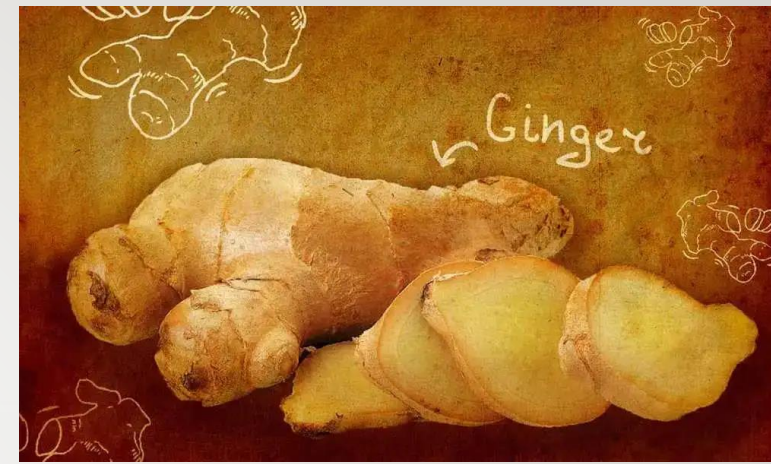
Peppermint oil can help with stress and anxiety, try adding a few drops to your pillow before sleeping.

Helps you with allergies and asthma
Mint leaves contain a powerful antioxidant and anti-inflammatory agent called Rosmarinus acid. This agent blocks allergy-producing compounds, helping people suffering from allergies and asthma.



**Nutritional benefits of fresh ginger:
10g serving of fresh ginger provides:**

4 kcals / 9 kJ
2g protein
1g fat
8g carbohydrate
2g fibre
42mg potassium



Ginger Remedies...

What you need to know?

Ginger Lemon Tea Recipe

This healthy tea recipe will leave you feeling fresh and invigorated, without the side effects of caffeine.

Boil 4.5 cups of water in a saucepan

As the water boils, crush a 2-inch piece of fresh ginger with about 25 - 30 Tulsi (Holy Basil) leaves

Add the paste to the boiling water, along with 2 tsp of dried coriander seeds (optional)

Continue to boil for 2 - 3 minutes

Strain the tea into cups and add 1 tsp of lime juice and jaggery to taste. Serve hot!

3 Fun facts:

1. Ginger may alleviate the symptoms of cold.
2. May soothe mild nausea and morning sickness
3. May calm the digestive system.

Managing and Reducing Anxiety

Feeling like your nervous, struggling to cope with day to day activities? Has your anxiety taken over? Has the pandemic left you feeling more worried.

Here are some ways to manage and reduce your feelings of anxiety.

1. Follow the 3-3-3 rule.

When feeling anxious try to look around you and name three things you see. Then, name three sounds you hear. Finally, move three parts of your body – your ankle, fingers, or arm. Whenever you feel your brain going 100 miles per hour, this mental trick can help centre your mind, bringing you back to the present moment.

2. Breathe in and out.

Deep breathing helps you calm down. While you may have heard about specific breathing exercises, you don't need to worry about counting out a certain number of breaths, instead just focus on evenly inhaling and exhaling. This will help slow down and re-centre your mind.

3. Put your hands in water

Focus on the water's temperature and how it feels on your fingertips, palms, and the backs of your hands. Does it feel the same in each part of your hand?

Use warm water first, then cold. Next, try cold water first, then warm. Does it feel different to switch from cold to warm water versus warm to cold?

Relaxation wordsearch

H Z R I G Z W L F X C M R M H
L Q H N R N Q R R W U G E B T
G O V W H X I X I S Y D A R A
G N I Y A T S K I T I I D E B
G N I K O O C C A T I G I A N
N J U E Z D K Q A B F N N T T
I O B A S K E T B A L L G H E
M U G T L G E E D S G I K I G
A R N H K N M L L V G N A N A
E N I E Z I T L S B E Z I G S
R A H R L P F T A V B K W P S
D L C A A P R A T C L U B T A
Y I T P C O O G H A M S B X M
A N A Y P H Q O W H I K I N G
D G W S S S J Y S E L D N A C

Find the Words:

Calm	bubble
Cooking	baking
Journaling	breathing
Music	candles
Sports	hiking
Tv	meditate
Bath	shopping
Calm	therapy
Daydreaming	basketball
massage	
reading	
Staying	
walking	
yoga	

Ghee and its facts.

Ghee is a type of clarified or drawn butter with origins in Indian cooking.

Carbs

Since ghee is almost completely pure fat, it doesn't contain any carbohydrates.

Fats

Like most cooking oils, ghee is very close to 100% fat. One tablespoon has 15 grams of fat, 9 grams of which are saturated fat.

Protein

Ghee may contain trace amounts of protein that is leftover if the milk solids.

Vitamins and Minerals

The micronutrient content of ghee can vary by brand and the diet of the cows that supplied its milk.

Health Benefits

Ayurvedic medicine promotes ghee as a natural means of improving memory, increasing flexibility, and promoting healthy digestion.



Soothes and Heals Skin

In addition to eating ghee, some people apply it topically as a creamy salve for wounds, burns, or rashes. Research has confirmed that ghee does contain healing properties for skin due to antimicrobial and antioxidant activity, most likely because of its vitamin A and E content.

Weight Loss tips and tricks

12 tips:

1. Don't skip breakfast
2. Eat regular meals
3. Eat plenty of fruit and vegetables
4. Get more active
5. Drink plenty of water
6. Eat high fibre foods
7. Read food labels
8. Use a smaller plate
9. Do not ban foods
10. Do not stock junk food
11. Cut alcohol
12. Plan your meals

Natural remedies:

1. Lemon with honey water in the morning
2. Powder of fenugreek seeds, carom seeds and black cumin seeds, grinding these in a powder form then add to a glass of water and drink.

Natural remedies:

3. Cinnamon and honey infused tea
4. Chew raw garlic
5. Stop consuming artificial sugars.
6. Staying hydrated
7. Sleep for 8 hours
8. Eat in a small plate
9. Eat less at a time but more often
10. Ditch cigarettes
11. Staying stress free

Natural remedies:

12. Consuming yogurt
13. Don't do a variety of crash diets

Water and its Benefits



Drink plenty of water
Water is a healthy and
cheap choice for
quenching your thirst at
any time. It has no
calories and contains no
sugars that can damage
teeth.

Benefits of drinking
water
carrying nutrients and
oxygen to your cells.
flushing bacteria from
your bladder.
aiding digestion.

Drinking water
preventing constipation.
normalizing blood
pressure.
stabilizing the heartbeat.
cushioning joints.
protecting organs and
tissues

Difficulty getting to sleep?

Are you finding it hard to try to sleep at night? Thoughts are keeping you up? Broken sleep? Is Insomnia is taking over.

If you have difficulty falling asleep, a regular bedtime routine will help you wind down and prepare for bed.

Few people manage to stick to strict bedtime routines.

This is not much of a problem for most people, but for people with insomnia, irregular sleeping hours are unhelpful.

Your routine depends on what works for you, but the most important thing is working out a routine and sticking to it.



Mindful Eating

Cook & eat in a good mood

Feel the taste of food



Eat your favourite foods last i.e something sweet



Soft, relax and listen to music



Avoid Multitasking

Drink plenty of water



Chew more like x25



Easy Chickpea and Tomato Curry



Ingredients:

2 tbsp olive oil
2 small onions, 1 chopped and 1 sliced

2 crushed cloves of garlic
½ jar tikka masala paste
400g tin KTC chickpeas
400g tin KTC chopped tomatoes
Coriander to garnish
Lime wedges (optional)

Method:

Serves 4

1. Heat the oil in a large pan; cook the chopped onion for a few minutes on low heat until they are soft. Add crushed garlic and cook for a further minute. Stir in tikka paste and cook on low heat for another minute.
2. Add tomatoes and chickpeas, stirring. Add 150 ml boiling water and simmer for 8 minutes, or until roughly thickened.
3. Finish off with coriander and lime wedges squeezed.

Moving

A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

Did you know?

To stay fit and healthy, it's recommended you get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day.

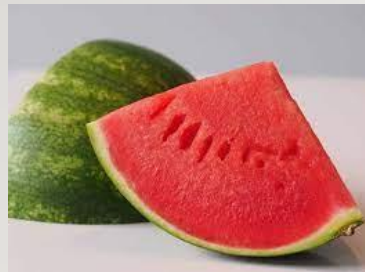
Exercise is important for our health, unfortunately there may be circumstances which affect our ability and feelings towards doing it. Feelings of stress can take over then one loses motivation. Exercise sounds daunting to some, usually people will struggle to make time, will find it. Usually people will think that they cannot exercise because they don't have the sufficient energy or time or equipment at home. This does not always have to be the case.

9 simple tips to move more

1. Get into a good habit, set an alarm to remind yourself to exercise for 30 minutes every day.
2. Lunchtime is a good time to stretch or do a 10 minute exercise.
3. Try standing up at times instead of sitting
4. Take up a hobby, active hobbies like gardening.
5. Track your progress, hitting your daily target will make you feel great.
6. Its better together, get your partner, family or friends involved. do it as a team.
7. Go from strength to strength – strength building exercises help such as online pilates video.
8. Reward yourself such as after a long walk come back and watch your favourite tv show.
9. Find something you enjoy if your unsure where to start.

Foods that keep you hydrated.

Watermelon



Strawberries



lettuce

Zucchini

Celery

tomatoes

Here are some water rich foods that will help keep you hydrated.

Cantaloupe

oranges

cucumber

Peaches

Skim milk

Plain yogurt

Lockdown Trend Recipe - Banana

Bread

Prep:15 mins **Cook:**50 mins **Easy** **Cuts into 8-10 slices**

A cross between banana bread and a drizzle cake, this easy banana loaf recipe is a quick bake that can be frozen. It's great for using up overripe bananas, too.

Ingredients:

140g butter, softened, plus extra for the tin
140g caster sugar
2 large eggs, beaten
140g self-raising flour
1 tsp baking powder
2 very ripe bananas, mashed
50g icing sugar
handful dried banana chips, for decoration

Method:

STEP 1

Heat oven to 180C/160C fan/gas 4.

STEP 2

Butter a 2lb loaf tin and line the base and sides with baking parchment.

STEP 3

Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.

STEP 4

Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.

STEP 5

Pour the mixture into the prepared tin and bake for about 50 mins, or until cooked through. Check the loaf at 5-min intervals from around 30-40 mins in the oven by testing it with a skewer (it should be able to be inserted and removed cleanly), as the time may vary depending on the shape of your loaf tin.

STEP 6

Cool in the tin for 10 mins, then remove to a wire rack.

STEP 7

Mix 50g icing sugar with 2-3 tsp water to make a runny icing.

STEP 8

Drizzle the icing across the top of the cake and decorate with a handful of banana chips.



Pancake Day

Pancake Day is a moveable feast whose date is determined by Easter, and it's celebrated exactly 47 days before Easter Sunday. The date can vary from as early as February 3 to as late as March 9.



Kcal 108 fat 3g saturates 1g carbs 18g sugars 0g fibre 1g protein 4g low in salt 0.41g

Ingredients

200g self-raising flour
1 tsp baking powder
1 egg
300ml milk
knob butter
150g pack blueberry
sunflower oil or a little
butter for cooking
golden or maple syrup

Method

STEP 1

Mix together 200g self-raising flour, 1 tsp baking powder and a pinch of salt in a large bowl.

STEP 2

Beat 1 egg with 300ml milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter.

STEP 3

Beat in a knob of melted butter, and gently stir in half of the 150g pack of blueberries.

STEP 4

Heat a teaspoon of sunflower oil or small knob of butter in a large non-stick frying pan.

STEP 5

Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across.

Make three or four pancakes at a time.

STEP 6

Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden.

STEP 7

Cover with kitchen paper to keep warm while you use up the rest of the batter.

STEP 8

Serve with golden or maple syrup and the rest of the blueberries.

All about Eucalyptus

Eucalyptus is an evergreen tree that's widely used for its medicinal properties. Although native to Australia, this popular tree now grows in many areas of the world.

It has a gum-infused bark, long stems, and circular leaves that are hard to digest if eaten whole. However, eucalyptus leaves can be made into a tea that's safe for consumption.

Additionally, the leaves can be made into essential oil for topical use or inhalation

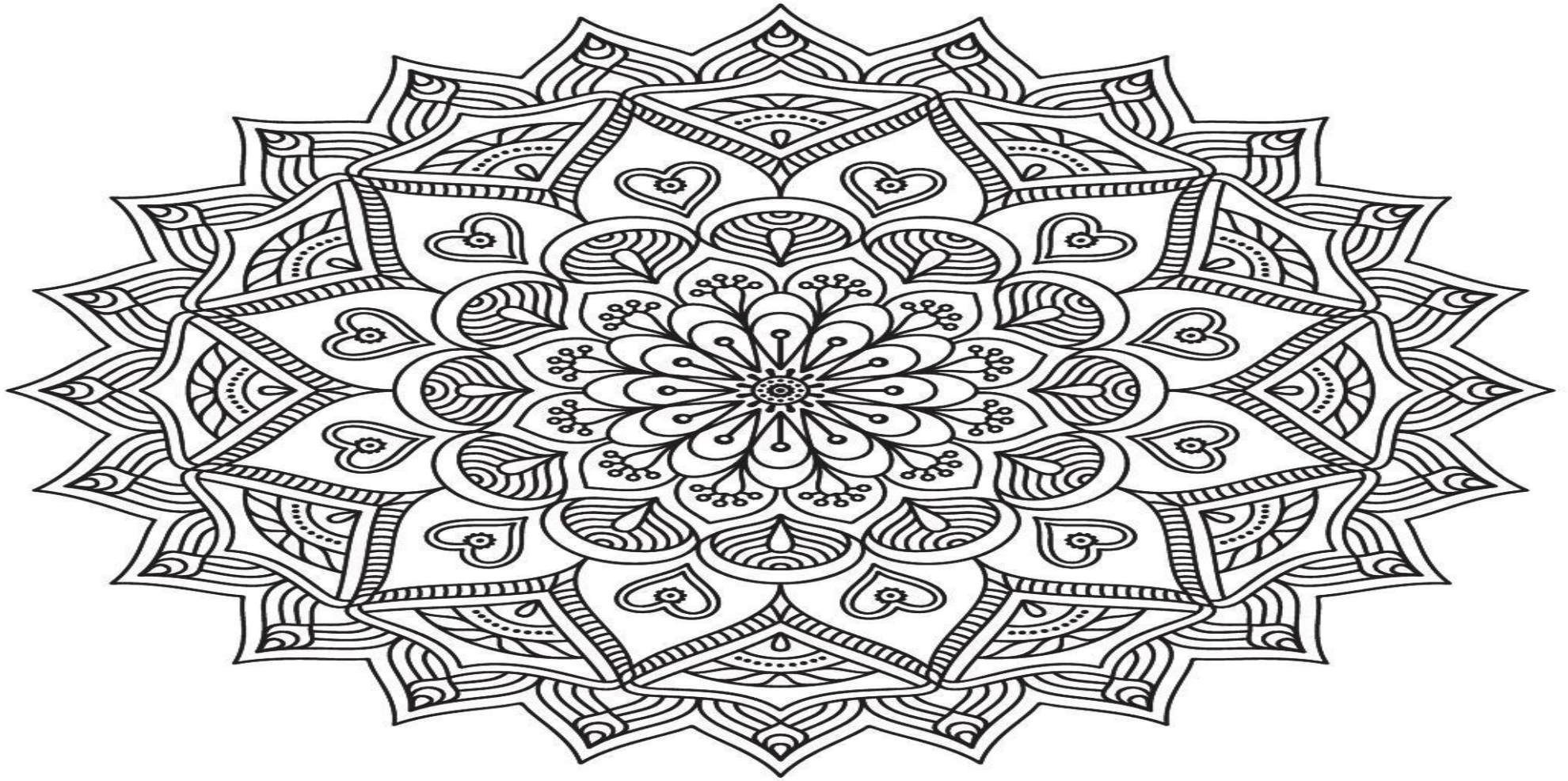


7 interesting facts

1. High in antioxidants. Although you cannot eat fresh, whole eucalyptus leaves, dried leaves can be made into tea. ...
2. May relieve cold symptoms. ...
3. May treat dry skin. ...
4. May reduce pain. ...
5. May promote relaxation. ...
6. Can help keep your teeth healthy. ...
7. Can act as a natural insect repellent

Mindfulness drawing

try to relax yourself by getting creative



Feeling low? Do some daily affirmations to help your day go better....

We can all feel low at times, go through phases where our mood isn't lifting. To help kick start our day feeling better we can say some daily affirmations to ourselves.

I am worthy
and
deserving

I am whole

I am receptive
and open to all
the goodness the
world has to offer
me.

I am in
good health

I am
content and
free

I can achieve
everything I
set out to do

The Art of Distraction.

Feeling anxious? A few tips on how to distract yourself from these feelings.

Distracting oneself can be a good way to help deal with negative thoughts and feelings.

Eat your favorite snack
or have a hot drink

Exercise

Journaling your thoughts

Take a long walk

Read a book

Run a hot bubble bath

Draw or sketch

Watch an entertaining tv programme

Listening to soothing music

Aloe vera and its benefits

Aloe vera is a succulent plant species of the genus Aloe. Having some 500 species, Aloe is widely distributed, and is considered an invasive species in many world regions. An evergreen perennial, it originates from the Arabian Peninsula, but grows wild in tropical, semi-tropical, and arid climates around the world.



Some of the benefits is that it provides
It contains healthful plant compounds.
It has antioxidant and antibacterial properties.
It accelerates wound healing.
It reduces dental plaque.

More benefits include
It helps with constipation
It's good for skincare including helping and preventing wrinkles
It lowers blood sugar levels

Some aloe vera products you can purchase include
aloe vera gel, aloe vera juice, supplements, aloe vera oil and aloe vera powder.

Body image

Body image is how we think and feel about ourselves physically and how we believe others see us. Many people will feel insecure about the way they look at some point in their lives, its important to keep in mind beauty is in the eye of the beholder and it looks different to everyone. When you think there is only one way of being beautiful then this isn't correct as there isn't a right or wrong way to look at it.

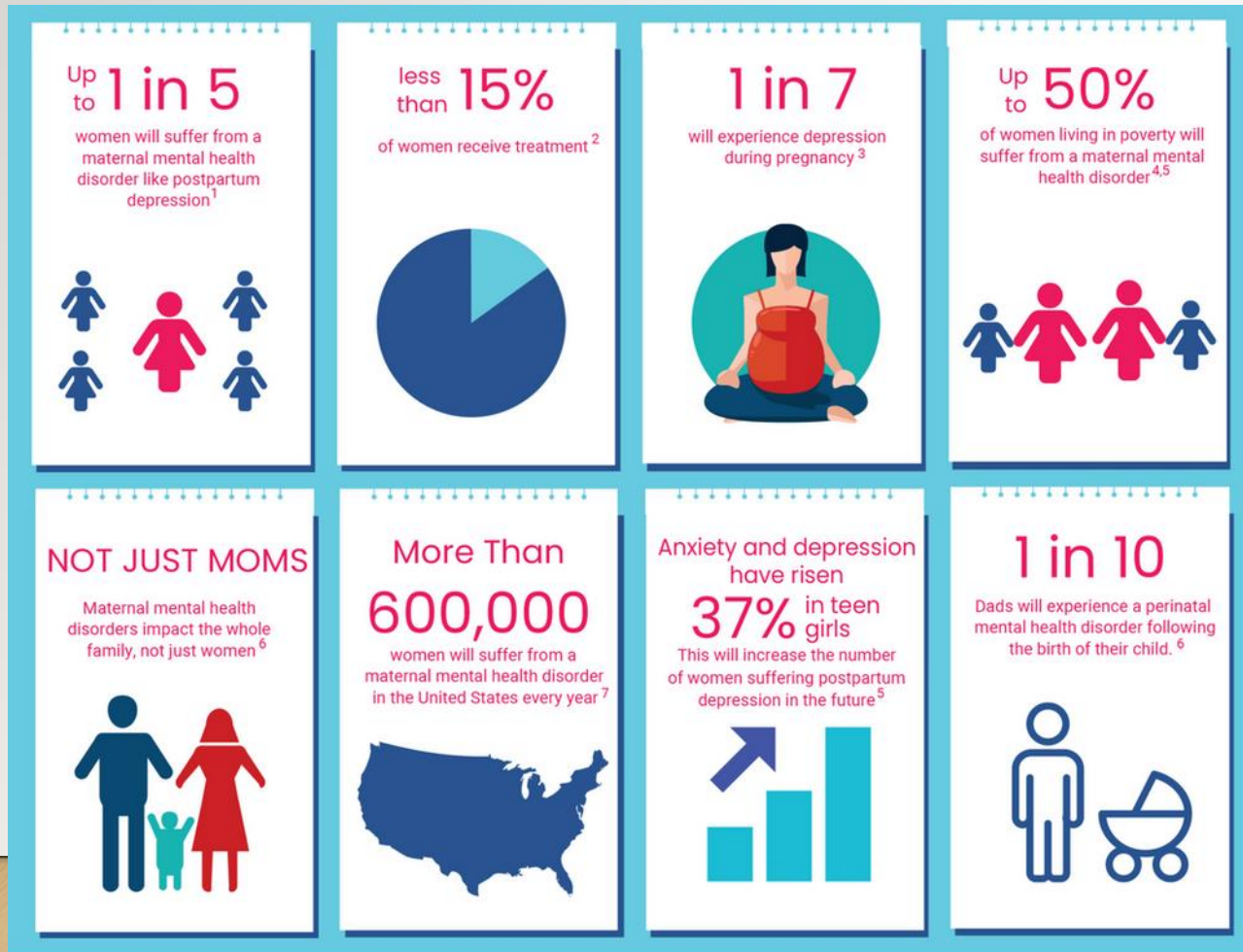
There are 5 things you can do to help your body image and how you see yourself.

1. Speak to yourself kindly, you can be your biggest supporter so always be kind to yourself.
2. When looking in the mirror focus on the positives, if your not happy about something and feel as though you want to change it then try your best to, otherwise accept yourself as you are. You are beautiful regardless.
3. Spend time with people who make you feel positive about yourself. Having a good circle is important. Having people who value your inner qualities as well as your outside traits are good.
4. Think about what advice you would give to a friend, if they were struggling with the way they looked and then remember that advice every time you look at yourself and feel down.
5. Finally talk to someone you trust, family members and friends. If you feel unable to cope and are worried you can always speak to your GP who may recommend some local services or support groups that may be useful or they may suggest some specific treatment for the way you feel.



Maternal Mental Health

Maternal mental health? This is a topic that doesn't be discussed as much as it should be.



Managing existing mental health problems during pregnancy

If you have a mental health problem and you get pregnant, it's a good idea to talk to your doctor as soon as possible. You can also speak to your doctor about your mental health if you are planning to become pregnant in the future.

Your doctor can help you make plans to manage your mental health during pregnancy. They can also help you think about any extra support you might need.

Managing mental health when becoming a new parent

You can help yourself by building a good support network through talking to other new parents, sharing anxieties might help.

You could go to local parent and new baby groups to help. You can try accessing online support such a netmums, pregnancy apps if you are expecting.

Smoking? How bad is it?

- Smoking is one of the biggest causes of death and illness in the UK.
- Every year around 78,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses.
- Smoking increases your risk of developing more than 50 serious health conditions.
- Some may be fatal, and others can cause irreversible long-term damage to your health.
- You can become ill:
 - if you smoke yourself
 - if people around you smoke (passive smoking)



Health risks of passive smoking

Secondhand smoke comes from the tip of a lit cigarette and the smoke that the smoker breathes out.

Breathing in secondhand smoke, also known as passive smoking, increases your risk of getting the same health conditions as smokers.

For example, if you have never smoked but you have a spouse who smokes, your risk of developing lung cancer increases by about a quarter.

Feeling down...write about it.

- A journal? When life gets us down, sometimes it can help to write about how we feel. This can help us regulate our emotions and get things off our chest that are bothering us or may have hurt us. A wellbeing journal doesn't have to be an exquisite diary, it can just be a simple notebook you have and you can use it to write down your day/ feelings and use it as a way to vent out anything that you may want to write down.
- Some tips to help you getting started.
- Make it work for you. The first few pages could have space for a mind map and goals, which is great for thinking about the big picture before you get stuck in. ...
- Try to write every day. ...
- Don't put pressure on yourself.
- Set aside time to write, this could be before bed, first thing in the morning or whenever works for you.
- There are no rules, generally some people might be self critical of how they write or what the content is but its important to remember this is your journal so its very central to you.
- Try reflecting what's happened in the day, how it made you feel, could you have done anything differently if so what would you have done.



Meditation...

- "Meditation, which is the practice of focused concentration, bringing yourself back to the moment over and over again, actually addresses stress, whether positive or negative." Meditation can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure. See the tips below to help you get started.

Feel your breath

Set a time limit



Find a place to sit that calms you

Notice your body

Be kind to your wandering mind

Notice when your mind has wandered

Close with kindness, know how your body feels at the start and end of your meditation