

AMIAN HEALTH & WELLBEING

MAY 2017

- **MENTAL HEALTH BEGINS WITH ME!**
- **5 QUICK BREAKFASTS TO IMPROVE YOUR HEALTH**

Mental health BEGINS WITH *Me*

Being mentally healthy doesn't just mean that you don't have a mental health problem. If you have good mental health, you can: Make the most of your potential, cope with life, play a full part in your family, workplace, community, and among friends. Some people call mental health 'emotional health' or 'wellbeing'. Mental health is everyone's business. We all have times when we feel down, stressed or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us. Everyone is different. You may bounce back from a setback, while someone else may feel weighed down by it for a long time. Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages in your life. Unfortunately, stigma can be attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.

It's important to take care of yourself and get the most from life. Below are 10 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up loads of time. Anyone can follow this advice. Why not start today?

1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

4. Drink sensibly

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.

When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan.

If things are getting too much for you and you feel you can't cope, ask for help. **AMIAN Counselling**, provides all Bolton University Staff with unbiased, impartial, independent, free advice and support and is a practical and positive way to help resolve concerns and difficulties. The service is completely confidential and is available 24 hours a day, 365 days a year. The service is available to all employees.

7. Take a break

A change of scene or a change of pace is good for your mental health.

It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

What do you love doing? What activities can you lose yourself in? What did you love doing in the past?

Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem

9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others

'Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.'

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

Five Quick Breakfasts That Will Improve Your Health



POACHED EGGS WITH CHICKPEA MASH & SPINACH

Chickpeas are an amazing breakfast food - high in fibre, protein, and good carbohydrates, and extremely filling. While your egg is poaching, sauté some canned chickpeas in a little coconut oil, cayenne, sea salt, thyme and lemon. Add some fresh parsley to liven it up and you're done. Since the chickpeas are already cooked, it will only take a few minutes to heat them through. Add a handful of greens and you're set.

BANANA PANCAKES

Grain free, filling, high in protein and a good source of energy from the banana. Instead of maple syrup, try fresh berries & seeds, a scoop of yogurt or extra cinnamon and coconut oil. The recipe is super simple, and a great way to use over ripe bananas.

(Serves 2)

- 2 eggs
- 2 extra ripe bananas
- 5 tsp ground almonds OR coconut flour
- 1/8 tsp baking powder
- 1 tsp cinnamon (optional)
- coconut oil, for frying

BLACK BEAN, AVOCADO & TOMATO SMASH WITH PUMPKIN SEEDS

This is a comforting, filling, incredibly healthy breakfast and is perfect if you've fallen into an egg rut (equally, you can add an egg if you must!). There's only 280 kcal in 1 cup of cooked black beans (which is a very filling portion, I would do 3/4). With that you're getting 14g protein and 17 grams of fibre, so this will be sure to keep you going into the early afternoon. The rest is just for flavour and texture.

Suggestion: Heat up the beans and add avocado, fresh tomato, coriander and pumpkin seeds. Top it off with some lemon, salt and pepper.

OVERNIGHT OATS

Soaking the oats makes them more digestible and the great thing about overnight oats is the longer they sit, the better they taste. They'll last 3-5 days, so you can double the recipe below if you know you want an easy, quick week of breakfasts.

- 1 cup whole oats
- 1/2 cup chia seeds
- 3 cups plant milk
- Orange zest
- Juice of 1 orange
- Vanilla

Stir everything well to prevent the chia seeds from clumping together.

- **Suggested toppings :**
- Walnut, pear, and cinnamon
- Almond, raspberries, coconut
- Goji, blackberry, pumpkin seed
- Papaya, fresh coconut, lime

THE ULTIMATE BREAKFAST SMOOTHIE (BOWL)

(serves 2)

- 1 frozen banana
- 1 cup frozen raspberries
- 1/2 avocado
- 1 tbsp cashew butter
- 1 very large handful of spinach
- 1 medjool date
- 1 tsp vanilla
- Almond milk - start with 200 mls and blend. Add if you need some extra liquid.

Throw it in a bowl and top with mixed seeds, cacao nibs and coconut.

AMIAN Counselling and support service provides all Bolton University Staff with unbiased, impartial, independent, free advice and support and is a practical and positive way to help resolve concerns and difficulties. Not all staff accessing our service require counselling, some just need the assistance from someone outside of the situation to help explore possible options and provide advice, support and information.

The service is completely confidential and is available 24 hours a day, 365 days a year. The service is available to all employees.

If you have any further questions or wish to book an appointment, please do not hesitate to contact AMIAN:

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