



WELLBEING @ BROADWATER

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Issue 13

BY INCREMENTS
CONQUER



Five Ways To Wellbeing

RESILIENCE CALENDAR: JUMP BACK JULY 2020

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

We can't control what happens to us, but we can choose how we respond

1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't... yet!"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time
9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them	12 When things go wrong, be compassionate to yourself
13 Challenge negative thoughts. Find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"
17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter	19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?
21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong
25 Notice when you are feeling judgemental and be kind instead	26 Get back in touch with a supportive friend and have a chat	27 Write down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath
29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone, we all struggle at times	

ACTION FOR HAPPINESS actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together **Keep Calm · Stay Wise · Be Kind**

Well here we are, July already!

Take a look at the 'Jump Back July' calendar and set yourself the challenge of completing as many activities as you can.

Remember: with the summer break approaching it would be good to have some goals to strive for!



TOP 10 TIPS FOR RESILIENCE

R

Remain positive

Look towards the future, think of what you want from life

E

Establish realistic & achievable goals

This helps give you focus

S

Strategies

Plan your coping strategies, ask for help

I

Identify

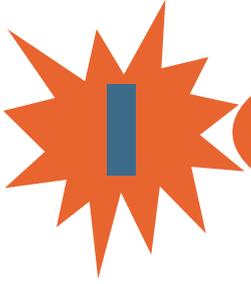
Identify your strengths and be confident in yourself

L

Learn from experience

Learn from experience and move on!





Introduce

Introduce a positive way of thinking, focus on the good!



Enjoy

Make time to do the things you enjoy



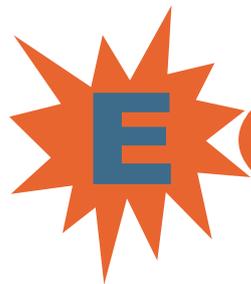
Needs

Take care of yourself. Keep healthy and fit



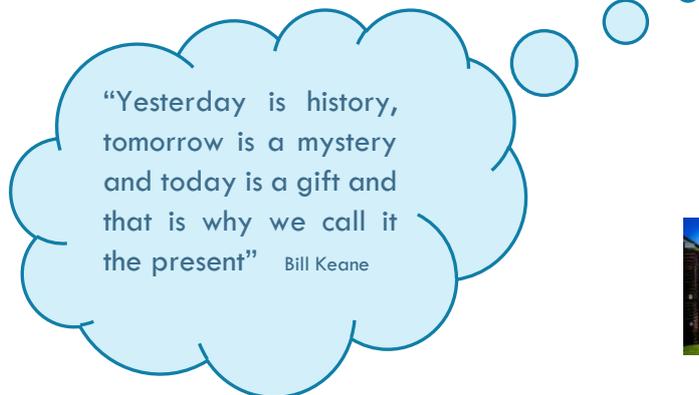
Connect

Build healthy relationships with family, friends and others



Embrace change

Don't dwell on the past. Put your energy into the present to shape your future



“Yesterday is history, tomorrow is a mystery and today is a gift and that is why we call it the present” Bill Keane





Mind Full, or Mindful?

Create a Wellbeing Mindfulness Journal

To start:

- ✓ At the end of each day write down 3 good things that happened
- ✓ Ask yourself 'why did they happen?'
- ✓ Ask yourself 'why did it feel good?'
- ✓ Now keep to this routine each day and you're on your way to creating your own mindfulness journal



Feeling hungry?.....

Spiced puffed rice chicken goujons with sweet potato wedges



- 5 medium sweet potatoes – scrubbed and cut into 2cm thick wedges
- 1 tsp olive oil
- 60g plain flour
- 1 tsp dried garlic granules
- ½ tsp fine sea salt
- 1 lemon
- 2 eggs
- 500g boneless chicken breasts cut into 1cm thick strips
- 400g fine green beans
- 1 tsp smoked paprika
- 100g puffed rice cereal (Rice Krispies)
- 2 tsp finely chopped fresh thyme leaves
- Freshly ground black pepper

This recipe serves 5 people

Method

1. Preheat the oven to 200°C/gas mark 6. Line two large baking trays with baking paper
2. Tip the sweet potato wedges onto one of the trays and drizzle with olive oil. Season well with black pepper then spread out in a single layer. Roast for 10 minutes while you prepare the chicken.
3. Tip the flour, garlic granules and salt into a bowl and finely grate the lemon zest over the top, then mix well. Crack the eggs into a second bowl, add the smoked paprika and plenty of black pepper and beat together. Tip the puffed rice cereal into a third bowl, add the thyme and stir well, then scrunch the puffed rice in your hands to break it up slightly.
4. Coat the chicken strips in the flour, ensuring they are completely coated, then dip them into the beaten egg mixture. (Do a few at a time, as you don't want to end up with sticky fingers.) Transfer them, a few at a time, to the puffed rice and toss until coated, then transfer to the second tray in a single layer. Repeat until all of the chicken is coated.
5. Stir the sweet potato wedges, then return to the oven with the tray of chicken strips and bake for 15 minutes or until the chicken is golden brown and cooked through and the wedges are tender.
6. A few minutes before the chicken and wedges are ready, cook the green beans in a saucepan of boiling water for 3 minutes until just tender, then drain. Cut the lemon into five wedges.
7. Serve the chicken goujons and potato wedges with the green beans and lemon wedges.

Tips:

If you want to add more spice then simply add a teaspoon of dried chilli flakes to the puffed rice cereal

Try serving with a yoghurt dip! Simply stir some snipped fresh chives through a little 0% fat Greek-style natural yoghurt and serve.

