Hi, I’m Damien, an academic representative on the Wellbeing & Engagement group. It’s a real pleasure to introduce the December issue of Well Now.

December is often a short working month, offering the opportunity to re-charge our batteries for the new year. However, it is crucial we maintain our commitment to well-being activities. In this issue you’ll find CAPOD courses offered in December and January to help, but during any winter break you may take it’s down to you!

At this time of year, taking care of mental health is particularly important. Shorter days and the drop in temperature pose physical and psychological barriers; in particular, reduced sunlight exposure can lead to Vitamin D deficiency which is associated with Seasonal Affective Disorder - a type of depression. If you feel you may be experiencing SAD, it's important you contact your General Practitioner. Getting outside and being active in the natural beauty that Scotland has to offer can also help ward off those winter blues.

Wishing you a happy and healthy December, and a prosperous new year.

Tell us what you think!
Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk
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Jump Out of January 2018

Kick-start your year:
- 6-week programme
- Personal Trainer Consultation
- Weekly classes

For more details and how to apply, book your place now on the Fit and Healthy for 2018 workshop
Friday 19th January 2018 12pm

Book now on PDMS at:
https://www.st-andrews.ac.uk/pdms/?CourseID=7966
Join the Edible Campus team at a garden near you

Did you know...

Gardening provides an amazing array of social, physical and mental health benefits including:

- Strengthening muscles and improving stamina
- Promoting flexibility
- Boosting your vitamin D levels and supporting your body’s circadian rhythm with exposure to sunlight
- Stimulating your brain with sensory awareness and learning new skills
- Encouraging mindfulness by connecting to the present moment

### The Health Benefits of Gardening

<table>
<thead>
<tr>
<th>Stress Relief</th>
<th>Immunity Booster</th>
<th>Work Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gardening can help reduce the level of stress hormone Cortisol</td>
<td>Direct exposure to dirt and plants can help boost your immune system</td>
<td>3 hours of moderate gardening could equal a 1 hour gym session</td>
</tr>
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<table>
<thead>
<tr>
<th>Bacteria Friends</th>
<th>Green Diet</th>
<th>Brain Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soil contains a natural antidepressant that can make us happier</td>
<td>Those who grow veggies are more conscious about having a healthy diet</td>
<td>One study revealed that daily gardening can reduce risk of dementia by 36%</td>
</tr>
</tbody>
</table>

The Edible Campus team run regular gardening sessions across the university estate.

Scroll down to find your local Edible Campus garden...
**Everyone** (student, staff, residents) are welcome at all gardening sessions on a drop-in basis. If you work at the university find your local garden and the time of any regular sessions below.

To see a full list of gardens and up-to-date event information, go to the Transition Edible Campus and Facebook pages:
http://www.transitionsta.org/low-carbon-living/community-garden/
https://www.facebook.com/ediblecampusstandrews/

For more information email Helena Simmons at: hks3@st-andrews.ac.uk
EATING WELL

This informal and interactive session, designed by Health Promotion Fife, provides an overview of key healthy eating messages and encourages participants to think about the content of everyday foods. The session promotes increased awareness of:

- foods containing hidden sugars
- the fat content of a range of foods
- foods containing hidden salt

This session will be led by Madeleine Hardus, Ph.D, Nutritionist & Lifestyle Coach

Thurs 18 January 2018 | 10.00-12.00
C5, Bute Building

Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=7907
Have you been WWOOWWED YET?

Walking is one of the simplest and best activities for strengthening bones and muscles, preventing health conditions, and lifting mood.

The Wee Walk Once a Week (WWOW) programme at St Andrews, supported by Paths For All, aims to provide a structure to encourage all staff to incorporate more movement into their working day.

WWOW is exactly what it sounds like - a walk once a week for 30 minutes with a trained walk leader and colleagues from across the university, on a variety of routes in and around our beautiful town. The WWOW ethos is simple:

- Sign up
- Turn Up
- Walk!

Visit the WWOW webpage for information on this semester’s schedule, route maps and more: https://www.st-andrews.ac.uk/staff/wellbeing/wwow/

If you haven't been able to join a walk yet, let us know what would help you to attend by emailing us with suggestions at: wellgrp@st-andrews.ac.uk
NUTRITION AND ORAL HEALTH

Book your place on this interactive training session examining the link between nutritional choices and oral health outcomes.

This workshop will explain the role of sugar in oral health, the differences between intrinsic and extrinsic sugars and how to examine food labels to identify cariogenic sugars.

This session will be led by Alison Ramsay, Oral Health Promoter with NHS Public Dental Service.

Fri 23 Feb 2018 | 10.00-12.00
C5, Bute Building

Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=7946
DINAVIEW: WELLBEING BASICS

Join Professor Dina Iordanova on her Wellbeing Basics series as she explores the central role a thoughtfully conceived and executed routine can play in our sense of wellbeing.

These five 1-hour workshops will focus on core elements such as posture and breathing, and demonstration of simple techniques that can become initial building blocks of a conscious routine toward wellbeing.

Mon 30 January 2018 onwards | 12.00-13.00
Students' Association & other locations

Book now on PDMS at:
https://www.st-andrews.ac.uk/pdms/?CourseID=7930
LOVE LATER LIFE

Previously run very successfully by Age Scotland, this workshop has now been brought in-house and tailored specifically to the needs of University staff.

The workshop is for everyone who wants to think about how to get the most out of later life and provides an opportunity to reflect on the factors to consider when the time comes to stop working.

Each of the sessions, delivered by local professionals, is designed to get you thinking through personal reflection and small group discussion so that you leave with a clear personal action plan of next steps: what to do, where to go, and who else to talk to about your specific situations. All advice will be impartial. Topics covered will include finance and tax, legalities, wellbeing and workplace options.

Mon 19 March 2018 | 0930-1645
C5, Bute Building

Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=7951
'Tis the season to be Hygge

Usually best known for their pastries and noir TV, in 2016 our Danish neighbours 957 miles to the east suddenly became famous for unleashing the concept of hygge (hoo-guh) on the rest of the world. Deeply ingrained in Danish culture, hygge is a feeling of cosy contentment that celebrates every day comforts and pleasures, especially during the long, dark Danish winters.

Instantly the world was fascinated by the fact that the Danes are the happiest nation in the world and the enticing idea that perhaps we could become happier by living in a more hygge way. Whilst there has been debate about whether hygge is always beneficial (see Charlotte Higgin’s article linked below) hygge can, in its most basic form, be interpreted as a prompt to appreciate and enjoy something every day.

A key element of hygge is that it should be restorative and low-key; drama and expensive activities are definitely not hygge. As we head into the darkest part of the year, one which often sees us taking time off work but busy with other activities, why not decide your own ways of embracing hygge. Perhaps making time to create some new hygge winter traditions could help us all feel well this holiday season...

Do

- Take a walk in the cold then have coffee wearing your comfiest socks
- Make a new woodwork project
- Take the time to learn a new recipe
- Play board games with friends by candlelight
- Put aside an hour to read with no digital interruptions

Read Online

Hygge, Fika and How Getting Cozy Can Make You Happier

A 'happiness consultant' explains why he thinks Denmark is the happiest country in the world

How living like a Danish woman made me happier

The hygge conspiracy (Charlotte Higgins)
https://www.theguardian.com/lifeandstyle/2016/nov/22/hygge-conspiracy-denmark-cosiness-trend

Books

Hygge: The Danish Art of Happiness by Marie Tourell Søderberg

The Little Book of Hygge by Meik Weiking

Hygge: Comfort & Food for the Soul by CookNation
Eating well can seem like hard work, so each month we'll be featuring two recipes using seasonal ingredients to get nutritious food on your plate in less than 30 minutes! Get involved by sending your recipes to: wellgrp@st-andrews.ac.uk

Next month's ingredients: Jerusalem Artichoke, Pear, Potato

Creamy goat's cheese with chive & pomegranate
(from bbcgoodfood.com) Serves 6

Ingredients:
150g pack soft, rindless goat's cheese
250g tub ricotta
50g pomegranate seeds, from a tub
½ small bunch chives, snipped
1 tbsp clear honey
2 tsp red or white wine vinegar
loaf of crusty bread, to serve

Method:
1. Mash the goat's cheese and ricotta together in a bowl
2. Use a spatula to roughly spread over a large plate
3. Scatter with the pomegranate seeds and chives and set aside until ready to serve.
4. Serve with crusty bread, crackers, oatcakes or crudites.

Yaki udon
(adapted from bbcgoodfood.com) Serves 2

Ingredients:
250g dried udon noodles
2 tbsp sesame oil
1 onion, thinly sliced
¼ head white cabbage, roughly sliced
10 shiitake mushrooms
4 spring onions, finely sliced
For the sauce:
4 tbsp mirin
2 tbsp soy sauce
1 tbsp caster sugar (or alternative)
1 tbsp Worcestershire sauce (or vegetarian alternative)

Method:
1. Boil some water in a large saucepan. Add 250ml cold water and the udon noodles. (As they are so thick, adding cold water helps them to cook a little bit slower so the middle cooks through).
2. Drain and leave in the colander.
3. Heat 1 tbsp of the oil, add the onion and cabbage and sauté for 5 mins until softened.
4. Add the mushrooms and some spring onions, and sauté for 1 more min. Pour in the remaining sesame oil and the noodles
5. Stir-fry until sticky and piping hot.
6. Sprinkle with the remaining spring onions.
Wild Rice Purple Salad
(from ameliafreer.com) Serves 4-6

Ingredients:
300g black or Carmargue rice – pre
soaked 12-24 hours
1 red onion, halved and sliced
juice of half a lemon
1 raddichio, or 2 red chicory
1 pink grapefruit (+ one more for dressing)
1 pomegranate (the kernels)
red amaranth sprouts – optional

Dressing:
1 tbsp apple cider vinegar
2 tsp balsamic vinegar
3 tbsp extra virgin olive oil
2 tsp wholegrain mustard
2 tbsp fresh pink grapefruit juice (roughly
half a grapefruit)
1 tsp salt

Method:
1. Whisk the dressing ingredients together
2. Toss the sliced onion in lemon juice and
set aside for 10 minutes
3. Rinse the rice well then cover in water,
bring to the boil, then simmer for 20-25 mins
4. Thoroughly drain in a sieve, put back in
the hot pan for 30 seconds to burn off any
remaining liquid
5. Turn off the heat cover and leave to
steam for 5-10 minutes
6. Allow to cool before tossing with the
rest of the ingredients and dressing.

Parsnip & maple syrup cake
(from bbcgoodfood.com) Serves 8

Ingredients:
75g butter, plus extra for greasing
250g demerara sugar
100ml maple syrup
3 large eggs
250g self-raising flour
2 tsp baking powder
2 tsp mixed spice
250g parsnips, peeled and grated
1 medium eating apple, peeled, cored, grated
50g pecans, roughly chopped
zest and juice 1 small orange
icing sugar, to serve

For the filling:
250g tub mascarpone
3-4 tbsp maple syrup

Method:
1. Heat oven to 180C / 160C fan / gas 4
2. Grease 2 x 20cm sandwich tins and line the
bases with baking parchment
3. Melt butter, sugar and maple syrup in a pan
over gentle heat, then cool slightly
4. Whisk the eggs into this mixture, then stir in the
flour, baking powder and mixed spice, followed by
the grated parsnip, apple, chopped pecans,
orange zest and juice
5. Divide between tins, then bake for 25-30 mins
6. Cool cakes slightly in tins before turning out
onto wire racks to cool completely.
7. Just before serving, mix mascarpone and maple
syrup, spread over one cake and sandwich with
the other. Dust with icing sugar.
On Friday 20th October staff across the university got creative with orange as part of Stand Up to Cancer and donated funds to this great cause.

Well done to the IT and HR teams for their fantastic efforts!

For more information on the work done by Stand Up to Cancer, visit: https://www.standuptocancer.org.uk/
Autumn Step Count Challenge complete!

The autumn Step Count Challenge finished on 26th November - huge congrats to all teams who took part! Look out for information on the 2018 Step Count Challenge coming in the new year!

Thank you to team 'To Say Nothing of the Dog' from Psychology & Neuroscience for these beautiful pictures from some of their team walks.

We polled the teams who took part so that we could share their wisdom with you...

What did you enjoy about the challenge?
“Getting back inside!”
“I think we’ve all enjoyed the team aspect. We all get into town early most mornings so have made a point of going out for a walk before work on as many days as possible, as well as getting out for a walk at lunchtime; this and a determination not to be deterred by the shortening days has helped us keep the steps up.

Do you have any tips for future walkers?
“Don’t do it! On a more serious note… Pace yourself and remember it’s meant to be fun. It’s not all about rankings. I personally enjoyed the social side of it most of all”
YOUR WELL NOW
SHARE YOUR NEWS!

TELL US WHAT YOU'RE UP TO!
SHOWCASE YOUR HEALTH & WELLBEING EVENTS, ACTIVITIES, FUNDRAISERS AND SOCIAL GROUPS.

Email:
wellgrp@st-andrews.ac.uk
with the Subject Heading "Your Well Now"
Yes!

Please sign me up!

If this newsletter has been forwarded to you, you can sign up to have future editions sent directly to you.

Click on the button below to sign up.

See the Wellbeing webpage for more news, resources and information

http://www.st-andrews.ac.uk/staff/wellbeing/