Hello, I’m Annie Rickard the Student Communicator in the Careers Centre and also a member of the Wellbeing and Engagement Group. I set up this newsletter during a student internship back in 2015 so I am delighted to be asked to introduce this edition today.

For everyone who is taking part in the Step Count Challenge 2018, I hope you and your teams are enjoying Week 1 which started on 30th April. Why not take part in the Wee Walk Once a Week (WWOW), or the 10k for Marie Curie on 23rd June, to help you reach your personal step target? Find our more on our Wellbeing webpages.

This month we're focusing on Stress, which is the topic of this year's national Mental Health Awareness Week (14-20 May). Join our ‘Mini-Workshop’ with expert speakers on the 9th of May. The session aims to develop your understanding of possible stress causes and triggers, and give you new ideas for how to manage these.

I hope you find the 21st edition of the newsletter interesting!

Tell us what you think!

Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk
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WE'RE OFF!

THE STEP COUNT CHALLENGE HAS BEGUN...

This year's challenge began on 30th April with over 70 teams taking part! Good luck to all our teams - send us your photos and let us know how you're getting on...

Don't forget about the New Awards introduced this year, which include:

• **The Spirit of Step Count Award**: recognising a captain or team member who has personified the ideal of being more active, not necessarily by achieving a massive step count!

• **The Team Captain of the Year Award**: acknowledging a team captain who has gone above and beyond to support their team (nominated by team members, not the captain...)

• **The Best Idea for Steps at Work Award**: let your creativity run wild with walking meetings, walking coffee breaks, walking lunches - you get the picture.

• **The Best Individual Walk Photo Award**: exactly what it says. No animals, humans, or plants should be harmed or endangered in the pursuit of this photo opportunity.

• **The Best Group Walk Photo Award**: as above but five times the fun!

• **The Community Award**: recognising a team that use their participation to contribute to the community, either by raising money for charity or other good deeds along the way.

• **The Best Team Name Award**: no explanation needed. Puns, rhymes, acronyms, quotes, song titles, the name of your dog - the word’s your oyster!

For more info email wellgrp@st-andrews.ac.uk with ‘Step Count 2018’. http://www.st-andrews.ac.uk/staff/wellbeing/stepcountchallenge
STRESS: ARE WE COPING?

Join our expert panel, including the Mental Health Foundation Scotland's Head of Programmes Julie Cameron, therapist Sylvia Hillman, and the School of Physics & Astronomy's Graham Smith, for an interactive discussion and mini-workshop on this important topic.

Our panel will tackle some of the biggest questions out there around stress, such as 'What do we mean when we talk about stress?' and 'Why are we all so stressed out?'. This session aims to develop your understanding of stress, as well as deepening your knowledge of tools and resources to manage and alleviate stress. We hope you'll take away a more developed sense of your personal 'stress management toolkit'.

Wed 9 May 2018 | 12.00-14.00
Byre Studio, Byre Theatre
Book now on PDMS: https://www.st-andrews.ac.uk/pdms/?CourseID=8163
FEELING STRESSED? YOU'RE NOT ALONE...

85% of UK adults are experiencing stress regularly

Over a third of British residents feel stressed for at least one full day per week

The most common cause of stress is money, followed by work, health concerns, failure to get enough sleep, and household chores

39% of UK adults admit they feel too stressed in their day to day lives

54% of people who are stressed worry about the impact it is having on their health

32% of people use exercise to overcome stress

The theme for national Mental Health Awareness Week this year is Stress: Are We Coping? Probably a question many of us have asked ourselves at some point during our lives, and with more people than ever reporting feeling stressed it’s certainly a valid question. Check out the tips on the next page on how to manage stress.

WHY NOT START OFF BY TAKING THE BE MINDFUL ONLINE STRESS TEST?

https://www.bemindfulonline.com/test-your-stress/
FEELING STRESSED?
8 TIPS YOU SHOULD KNOW...

Happify.com offers science-based games and activities aimed at increasing you resilience and overall levels of happiness. You can even measure how happy you are before you start using it, and track your increase in happiness over time! Check out Happify's 8 tips to stress less...

1. Get a Massage
Getting a massage can reduce levels of the stress hormone cortisol by 1/3 and increase levels of feel-good brain chemicals serotonin and dopamine by around the same amount.

Find out more and sign up at:
https://my.happify.com/

FEELING STRESSED? WHY NOT TRY...

Happify.com’s tips on how to stress less...

2

Meditate
Mindfulness meditation has been shown to reduce levels of everyday stress by as much as 39%.

3

Just Smile!
Smiling reduces the intensity of your body’s response to stress.

4

The Best Medicine
LAUGHING

Increases endorphins released by your brain
Soothes tension in your body
Cools your stress response

Find out more and sign up at:
https://my.happify.com/

FEELING STRESSED? WHY NOT TRY...
Happify.com's tips on how to stress less...

5
ADD MORE HUMOR TO YOUR DAY

Hang up comic strips
Listen to a stand-up podcast
Be able to laugh at yourself
Spend time with funny people

Get Moving!
EXERCISE

Reduces levels of stress hormones
Improves your self-image
Gives you a break from your worries
Stimulates the production of feel-good brain chemicals

Find out more and sign up at:
https://my.happify.com/
**FEELING STRESSED? WHY NOT TRY...**

Happify.com's tips on how to stress less...

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**7. ENJOY THE GOOD STUFF**

Savoring—taking the time to be mindful or notice the good stuff—helps us stress less.

A recent study found that people who are good at it have less trouble juggling their work and family life.

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**8. GIVE MORE, STRESS LESS**

If you’re feeling rushed, try volunteering. Studies show that giving away our time actually makes us feel like we have *more* of it.

Plus, 78% of people who volunteered in the last year say that it lowers their stress levels.

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Find out more and sign up at: [https://my.happify.com/](https://my.happify.com/)

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Research shows Men more likely to experience job-related stress

A survey from Mind released in 2017 showed that men are twice as likely to have mental health problems related to their feelings about work, compared to problems outside of work, but are less likely to open up about it...

‘One in three men (32 per cent) attribute poor mental health to their job, compared to one in seven men (14 per cent) who say it’s problems outside of work.

Women, on the other hand, say that their job and problems outside of work are equal contributing factors; one in five women say that their job is the reason for their poor mental health, the same as those who say problems outside of work is to blame (19 per cent).*

The research, which comes from a survey of 15,000 employees across 30 organisations.

The data also shows that men are less prepared to seek help and take time off than women. While two in five women (38 per cent) feel the culture in their organisation makes it possible to speak openly about their mental health problems, only one in three men (31 per cent) say the same. Two in five women (43 per cent) have taken time off for poor mental health at some point in their career, but this is true for just one in three men (29 per cent).

This suggests that although men are more likely to have mental health problems because of their job, women are more likely to open up and seek support from their line manager or employer. Previous Mind research suggests that men often try to find ways of dealing with their problems independently rather than reaching out and sharing their problems.

Instead of talking about their problems, men prefer to watch TV, exercise or self-medicate, such as drink alcohol. Mind urges men to open up and ask for help earlier on, so they can receive the support they need, before they reach crisis point.**

Read the full article here by clicking on the link below.

Get your mates together for a Curry & Chaat evening

The aim of Curry & Chaat is simple: get together with friends, enjoy a great curry and raise money for the Mental Health Foundation.

The idea for Curry & Chaat came after the Mental Health Foundation realised only 10% of Tea & Talk (their flagship fundraising event) sign-ups were male.

It’s vitally important to reach out to hard-to-reach audiences like men - Suicide is the biggest killer of men under the age of 45.

Maintaining positive relationships in our life has a significant benefit on our mental health, so give your friends a chance to open up to you.

Find out more at: https://www.mentalhealth.org.uk/blog/curry-chaat-what-it-and-why-are-we-doing-it

Download a free pack at: https://www.mentalhealth.org.uk/get-involved/curry-and-chaat/free-pack
RESEARCHER RESILIENCE DAY

Resilience is key to a researcher’s ability to succeed in life, whether they pursue a career in academia or decide to transition to a new career path. Come along and learn from the experiences of senior academics and hear from the University support services who are here to help you build and maintain your resilience, along with external guests from the Institute of Physics and Vitae.

Reflect on your strengths and build a resilience toolkit over the day, which will help you as you progress through your career. Lunch is provided.

 Tues 29 May 2018 | 10.30-15.30
 Byre Top Floor Studio

Book now on PDMS: https://www.st-andrews.ac.uk/pdms/?CourseID=8179
New research shows Exercise can slow down ageing

Janet M. Lord is Professor of Immune Cell Biology at the University of Birmingham. Her latest research project, conducted with colleagues at the University of Birmingham and Professor Stephen Harridge at King’s College London, seeks to understand which facets of the human ageing process are unavoidable, and which are the consequence of modern lifestyle choices.

As a society, we increasingly move less, and many of us stop playing sport or doing exercise once we've left school. Professor Lord’s research investigated the link between physical activity and the ageing of body systems such as muscle, bone and the immune system.

125 men and women aged between 55 to 79 who had cycled very frequently throughout their adult lives were examined. Whilst not professional cyclists, the study participants were experienced and fit cyclists able to cycle 100km in under 6.5 hours for the men, and 60km in under 5.5 hours for the women. The result of the study showed that the cyclists had experienced only slight bone thinning and had not lost muscle mass or strength despite their age.

The study also looked at the cyclists’ immune system. Traditionally the immune system declines with age due to shrinking of the thymus, which begins after puberty. The thymus produces new immune T cells, and, as we age and the thymus shrinks, the number of new T cells produced decreases. This lowers our immune system and makes us more vulnerable to infections. The study found that the cyclists’ thymus looked like those of a much younger person, and (significantly) were still producing as many T cells as that of a young person. Their sustained high levels of physical activity seemed to have slowed the ageing of the cyclists’ immune systems.

Exercise also releases endorphins which can help relieve feelings of stress - get your natural buzz with a walk, jog, dancing, netball, football... The choices are endless!

Read the full article at: https://theconversation.com/exercise-can-slow-the-ageing-process-a-professor-explains-how-93020

Web content: Exercise can slow the ageing process, https://theconversation.com/exercise-can-slow-the-ageing-process-a-professor-explains-how-93020, Accessed April 2018
INTRODUCTION TO DEMENTIA & MAKING THE MOST OF RETAINED SKILLS

Join Dr Maggie Ellis, leader of the Dementia Friendly St Andrews campaign, at this workshop for anyone interested in learning more about dementia or those who are caring for an individual with a diagnosis. The basics of dementia and its impact will be covered as well as some strategies for making the most of retained skills for individuals with a diagnosis and those who care for them.

"Brilliant workshop, really helped me to get an understanding of how dementia affects the patient and families. Very helpful for me personally as I now understand more about my Grandfather's deteriorating health."

Thur 31 May 2018 | 09.30-13.00
C5 Seminar Room, Bute Building

Book now on PDMS:
https://www.st-andrews.ac.uk/pdms/?CourseID=8100
10k for Marie Curie
Saturday 23 June

Open to staff, students, families, friends & dogs! Walk for a cause and increase your step count! For every kilometre walked, the Wellbeing & Engagement Group will make a contribution to Marie Curie. Email wellgrp@st-andrews.ac.uk to register your interest.

WWOW
Wee Walk Once a Week

Wee Walk Once a Week offers you a 30-minute, led walk once a week in your lunchbreak. Take a break, meet other members of staff, see a variety of routes, and enjoy our beautiful town!

https://www.st-andrews.ac.uk/staff/wellbeing/wwow/

SAINTS SPORT

Every Wednesday lunchtime, Saints Sport hosts a timed 5 km run around the sports pitches at University Park. The run begins at 12:30 each week from just outside reception, and is FREE for Students, Staff and Community

https://www.st-andrews.ac.uk/sport/sport/staffandcommunitysport/recreationalsport/saintsrun/

parkrun

St Andrews parkrun is a FREE timed weekly 5km event for runners of all standards, every Saturday at 9:30am.

Parkrun takes place in Craigtoun Country Park, and can really be whatever you want it to be, whether that’s for fun or as part of a training plan.

http://www.parkrun.org.uk/standrews/aboutus/
LOVE LATER LIFE

*If full please add yourself to the waiting list and save the date in your diary - places became available at short notice last time!*

This Age Scotland workshop (now tailored specifically to the needs of University staff), is for everyone who wants to think about how to get the most out of later life, providing an opportunity to reflect on 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.

Wed 20 June 2018 | 0930-1645
C5, Bute Building

Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8042
Mental Health: The last taboo?

1 in 4 people in the UK experience a mental health issue each year. This statistic sounds surprising at first. Many of us know someone, or even a few people, who have had or currently have a mental health issue. But a quarter of the people we know? This only makes sense when we realise that many of us are experiencing mental health problems-and aren't talking about it.

If a friend, family member, or colleague has a sore throat, you might jokingly ask them to stand a bit further away from you than they normally would, then kindly offer them a hot drink. Other than that, you'd probably treat them just the same as usual. When an issue is a mental rather than a physical one, we seem to find it more difficult to talk about. This could be due to a lack of knowledge on our part, as mental illness covers a huge variety of different conditions. It could also be due to the fact that the term 'mental health' is often used to mean 'mental health problem'.

We need to re-think this. We all have mental health. It's natural that over the course of our lives with trials and tribulations, changing circumstances, and evolving relationships, we might have periods of good mental health and periods of less good mental health. Being aware of our mental health as something that needs to be cared for (in the same way as our physical health) is key. Talking about what you do to support good mental health can open a door into a more honest conversation about mental illness. Mental health problems are part of the reality of homes, schools, universities, offices (and ultimately being human) everywhere, so it's time to explore, not ignore, the topic.

Do

- Take the Time To Change quiz to see how much you know about the frequency of mental health issues: https://www.time-to-change.org.uk/mental-health-quiz
- Deepen your knowledge of mental health conditions with Sane's information sheets: http://www.sane.org.uk/resources/mental_health_conditions/
- Join a 'The Good Men Project' interest group online to discuss mental health: https://goodmenproject.com/featured-content/2017-feb-social-interest-groups-lbkr/
- Get involved in the Time To Change campaign which aims to end the stigma associated with mental health

Read Online

See Me: Understanding Mental Health Stigma and Discrimination
https://www.seemescotland.org/stigma-discrimination/understanding-mental-health-stigma-and-discrimination/

Graham C.L. Davey Ph.D.: Mental Health & Stigma

Michael Kasdan: I May Be Crazy (But It Just May Be a Lunatic You’re Looking For)
https://goodmenproject.com/ethics-values/business-crazy-mkdn/

Michael Friedman Ph.D.: The Stigma of Mental Illness Is Making Us Sicker
https://www.psychologytoday.com/us/blog/brick-brick/201405/the-stigma-mental-illness-is-making-us-sicker
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: Asparagus, Courgettes, Gooseberries

**Aubergine stuffed with chilli jam and feta in polenta crust**
(by Andrew Dargue) Serves 4

https://www.theguardian.com/lifeandstyle/2013/oct/19/10-best-aubergine-recipes

**Ingredients:**
- 2 large aubergines
- 100g chilli jam
- 240g feta
- Milk
- 6 tbsp polenta, seasoned
- Olive oil

**Method:**
1. Preheat the oven to 180C/350F/gas mark 4. Cut each aubergine in half lengthways, then make a slit in the side of each slice to form a pocket.
2. Carefully open the slice and spread the inside with the chilli jam, then stuff in the feta cheese. Press down to flatten and prevent cheese falling out.
3. Dip each slice in a bowl of milk, shaking off any excess. Then roll each one in the seasoned polenta to coat.
4. Fry the slices in a little olive oil over a medium-high heat until they have turned golden, then transfer on to a baking tray and cook for 10 minutes, or until soft and cooked through.

**Raw Apricot, Orange and Coconut Bites**
(by Madeleine Shaw)


**Ingredients:**
- 150g of dried apricots (try and get ones that are sulphate free)
- 100g of desiccated coconut
- 30g of coconut oil
- 1 orange

**Method:**
1. Zest the orange.
2. Place the zest and all the rest of the ingredients into a food processor. Blend until everything is mixed together.
3. Flatten out the mixture with a spatula into a small roasting tray, allowing the mix to be about 1cm high.
4. Place in the freezer for 1/2 an hour.
5. Use a sharp knife and cut the bars into 2cm by 4 cm rectangles.

Place in the fridge and enjoy.
Chickpea, Tomato & Spinach Curry

Serves 6

https://www.bbcgoodfood.com/recipes/1260646/chickpea-tomato-and-spinach-curry

**Ingredients:**
1 onion, chopped
2 garlic cloves, chopped
3cm/1¼ in piece ginger, grated
6 ripe tomatoes
½ tbsp oil
1 tsp ground cumin
2 tsp ground coriander
1 tsp turmeric
pinch chilli flakes
1 tsp yeast extract (we used Marmite)
4 tbsp red lentils
6 tbsp coconut cream
1 head of broccoli, broken into small florets
400g can chickpeas, drained
100g bag baby spinach leaves
1 lemon, halved
1 tbsp toasted sesame seed
1 tbsp chopped cashew, to mix with the sesame seeds

**Method:**
1. Put the onion, garlic, ginger and tomatoes in a food processor or blender and whizz to a purée.
2. Heat oil in a large pan. Add the spices, fry for a few secs and add puree and yeast extract.
3. Bubble together for 2 mins, then add lentils and coconut cream.
4. Cook until lentils are tender, then add the broccoli and cook for 4 mins.
5. Stir in chickpeas and spinach, squeeze over lemon and swirl through sesame and cashew mixture.

Serve with brown rice, if you like.
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.