Well Now...

WELLBEING NEWSLETTER
OCTOBER 2017

Keeping you up to date.

CAPOD | The University Of St Andrews | No SC013532
Hi, I'm Katherine Gill and I recently joined the CAPOD team as Organisational Development Coordinator. I'm delighted to welcome you to the October-November edition of Well Now.

Returning to St Andrews thirteen years after graduating, I've been amazed and impressed by the breadth and variety of wellbeing and engagement initiatives happening across the university, and am excited to be working to support these.

There are some great opportunities coming up over the next six weeks, including the Movember 2017 competition, and I hope you and your colleagues are able to get involved!

Tell us what you think!
Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk
Join thousands of people in feeling healthier and raising funds for Macmillan Cancer Support at the same time by signing up to Go Sober for October
https://www.gosober.org.uk

For every University employee who signs up, we will make a donation to Macmillan Cancer Support on your behalf. To get started, please sign up to the campaign at https://www.gosober.org.uk/users/sign_up

During October, enter our photo contest by submitting photos of activities you are doing in place of drinking to: wellgrp@st-andrews.ac.uk.

At the end of the month, the most interesting and creative photo submission will win you a £30 shopping voucher from a local retailer.

See more information and tips for making the most of Go Sober for October on our Wellbeing pages.

https://www.st-andrews.ac.uk/staff/wellbeing/wellbeingcalendar/
Join the Movement for Men's Health

Men are facing a health crisis that isn't being talked about. They are dying too young, before their time.

What can you do for men's health this Movember?

Grow Your Mo

For 30 days, champion the Movember Moustache to raise awareness for men's health.

And may the best Mo win!

Submit a photo of your Mo to wellgrp@st-andrews.ac.uk for a chance to win a complimentary Classic Hot Shave, Cut and Finish with Spoiled Men in St Andrews - valued at £50!

Photo submission deadline is Monday, 4 December 2017
Don’t want to grow a mo?

Wear orange on Friday 20th October!

Support Stand Up To Cancer by donating £1 and wearing orange on Friday 20th October.

If your team or group wishes to participate, please sign up directly, or let CAPOD know and we will gladly collect funds raised and donate on your behalf.

Email wellgrp@st-andrews.ac.uk
"Research shows that one in four people will experience a mental health problem in their lifetime.' [Business in the Community 2016]

Ending the stigma associated with mental health is an organisational imperative and ISMA [UK]'s focus for 2017 will be on mental health and the promotion of wellbeing in the workplace."

Carole Spiers MIHPE, FISMA
Founder, National Stress Awareness Day, Chair ISMA UK

The University of St Andrews tries to help staff avoid stress by providing a number of resources and areas of support.

Access these and a variety of useful resources and tips on stress from the International Stress Management Association (ISMA) on our dedicated Wellbeing page at:

https://www.st-andrews.ac.uk/staff/wellbeing/community/health/mental/stress/

Wednesday 1st November 2017

SPEAK UP AND SPEAK OUT ABOUT STRESS!
LEARN MORE ABOUT
STAYING PRESENT WITH
CAPOD'S MINDFULNESS
SESSIONS

Mindfulness practice teaches us to **stay in the present** moment, rather than reliving the past or pre-living the future.

Many people find becoming mindful helps to **reduce stress** and emotional upset, **deal with life’s challenges** more effectively and **enhance feelings of joy** and contentedness.

In this **introductory mindfulness session** begin to **discover hands-on** what mindfulness is by trying some **experiential practices** and **short guided meditations**.

**Book Now for sessions on:**

**Friday 10 November 2017, 1300-1600:**
https://www.st-andrews.ac.uk/pdms/?CourseID=7848

**Tuesday 20 February 2018, 1300-1600:**
https://www.st-andrews.ac.uk/pdms/?CourseID=7849

**Thursday 19 April 2018; 1300-1600:**
https://www.st-andrews.ac.uk/pdms/?CourseID=7850
Care for Carers

1 in 4 employees between the age of 45-60 have carer responsibilities for a loved one

58% of carers are women and 42% are men

Every day another 6,000 people take on a caring responsibility – over 2 million people each year

By 2037, it's anticipated that the number of carers will increase to 9 million

Book now to attend CAPOD's
Wellbeing for Carers

5th December 2017

Caring can be extremely complicated and getting the right information at the right time can make all the difference. This course will be run by a former lecturer in mental health and will provide advice and guidance beneficial to staff who have a caring role as well as working.

A previous attendee said, ‘A great course with a really supportive atmosphere. I left feeling so much more positive about things, and knowing that I am not alone. It was the best CAPOD event I have ever attended.’

Additional resources from Carers UK will be available at this event.

Book now by going to:
https://www.st-andrews.ac.uk/pdms/?CourseID=7866
What's that coming over the hill?

On 30th October, Paths For All are launching their autumn Step Count Challenge - the 4-week mini version of the Spring Step Challenge that the University has so successfully participated in over the last few years.

Whilst we won't be participating as an organisation, any teams who wish to 'warm up' for the Spring challenge by taking part independently can do so by signing up on the Paths For All website at: http://stepcount.org.uk/

Let us know if you're participating by emailing wellgrp@st-andrews.ac.uk
Join Fife Coast & Countyside Trust's rangers for Cracking Conkers, Coastal Wanders, Birdwatching and more...

- **Cracking Conkers**: 18 Oct 17
- **Coastal Wanders**: 20 Oct 17
- **Birdwatching**: 10 Dec 17

Find out more at [http://fifecoastandcountysidetrust.co.uk/Events_18.html](http://fifecoastandcountysidetrust.co.uk/Events_18.html)

Don’t just sit there!
Feel free to stand and stretch in this space.

Stretch!
After 90 minutes of sitting your metabolism slows down dramatically. Those who sit 8+ hours a day double their risk of contracting heart disease compared to those sitting less than 4.

Remember to move whilst working with free posters from Nutritious Movement...

To download, go to www.nutritiousmovement.com

Dementia Support Group
This is a small, friendly group aimed at university staff affected by dementia in any way and at any time.

We meet twice per semester, usually on a Tuesday or Wednesday at 1.05pm. Meetings are informal and people are free to bring their lunch and to leave when they need to.

For further information or to be added to the mailing list, please contact Julia Prest on jtp22@st-andrews.ac.uk
Take advantage of our Library resources.

Did you know...

Reading for just 30 minutes a week can have a positive impact on your health and wellbeing, sleep and creativity.

Click on the link below for our Wellbeing Reading List:

http://resourcelists.st-andrews.ac.uk/lists/A3B65461-5EAC-C236-A218-E8552B475B0B.html

Source: Learning and Work Institute
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: Pomegranate, Parsnips, or Cabbage.

Beetroot, Pear and Feta Salad
(recipe adapted from www.jamieoliver.com) Serves 4

Ingredients:
4 good-sized beetroots, different colours if possible, scrubbed, peeled and cut into fine matchsticks
3 ripe pears, peeled, cored and cut into matchsticks
Lemon juice and oil to dress
Sea salt
Freshly ground black pepper
200 g feta cheese
1 small bunch fresh mint
1 large handful sunflower seeds, optional

Method:
1. Wear an apron when chopping beetroot, and wash your board and hands afterwards.
2. Dress the beetroot and pear matchsticks in a little of the lemon oil dressing and season with some salt and pepper.
3. Taste and add a little more lemon juice to check the sweetness of the pears and beetroots if you need to.
4. Divide the salad between four plates or put it on a big platter, crumble over the creamy white feta, and sprinkle over the baby mint leaves and the sunflower seeds if you’re using them.

Kale Waldorf Salad
(recipe adapted from www.wholefoodsmarket.com) Serves 4-6

Ingredients:
4 cups packed finely chopped kale, preferably dinosaur kale
1 large red apple, chopped
3 large stalks celery, thinly sliced
1/2 cup walnuts, toasted and chopped
1/4 cup plus 2 tablespoons raisins
2 tablespoons Dijon mustard
2 tablespoons water, more if needed
1 tablespoon red wine vinegar
1/8 teaspoon sea salt

Method:
1. Place kale in a large bowl.
2. Add half the apple to kale along with celery, 1/4 cup walnuts and 1/4 cup raisins.
3. Put remaining apple in a blender along with remaining 1/4 cup walnuts, remaining 2 tablespoons raisins, mustard, water, vinegar and salt.
4. Purée until well combined and slightly thick, adding water if needed to thin.
5. Pour dressing over kale salad and toss to combine.

Tip: Turn this into a filling meal by adding shredded mackerel fillets.
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 by emailing wellgrp@st-andrews.ac.uk

See the Wellbeing webpage for more news, resources and information

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