

WELLNESS

HELLO

and welcome to the January issue of our Wellness Newsletter.

JANUARY 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD



Katrina Francis
ESS Nutrition and Wellbeing
Engagement Officer

**Hello... and
"Happy New Year!"**

We hope you enjoyed the festive period and are as excited as we are for 2022!

A new year... often a time when people decide to make resolutions and for many this includes a health kick after the Christmas indulgence. Some people turn their lives upside down and change everything to make themselves 'healthier' but this approach is unsustainable and can be a struggle to maintain for the long term - and many are unsure what 'healthy' even means or looks like!

This newsletter reminds you that small changes that fit your lifestyle are best. We also have, **Emily Robinson**, Senior Nutritionist and Sustainability Lead for Compass Scotland, sharing her top tips to make our new year more sustainable, as now more than ever it's time to look after our world too.

This month we're thinking about going vegan for **Veganuary** - this can be tricky for some but read on to find out more about plant-based diets and get inspiration for delicious plant-based recipes by heading over to our Instagram 'WeAreESS'.

Dry January steps in to help us reduce our alcohol intake following the festive period.

Blue Monday isn't all doom and gloom - **Allan Errington**, HSEQ Manager, shares his top tips to beat the blues and feel happier at this time of year. Finally, **Cervical Cancer Prevention Week** is another reminder of how important it is to get checked to reduce the risk of cervical cancer.

Health and Wellbeing Initiatives in January:

- **Veganuary** - 1st-31st January
- **Dry January** - 1st-31st January
- **Blue Monday** - 17th January
- **Cervical Cancer Prevention Week** 17th-23rd January

WELLNESS

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NEW YEAR'S RESOLUTIONS

New Year's resolutions can vary, but the majority are around becoming a better and healthier you, whether that be to lose weight or swap old habits for better ones!

However, even with the best will in the world, many will be abandoned after a month.

The key is to think about some realistic, long term lifestyle changes that fit well to you and your lifestyle. After all, there is no point saying you will run 5 times a week when you currently don't leave your sofa after work!

Below are some simple suggestions for changes you could make to your diet and lifestyle to boost your overall health and wellbeing. Why not try some of the below goals for your New Year's resolution?



UP YOUR FIBRE

Bulk out your meals with vegetables (keep the skins on if possible!), beans, pulses (like lentils and chickpeas) and opt for wholegrains (think wholemeal bread, pasta and rice). This could help you to stay fuller for longer.

- Increase the number of meals that contain wholemeal carbohydrates each week.
- Aim to include at least one each day – e.g. porridge oats for breakfast, a wholemeal bread sandwich at lunch or brown rice with your dinner.



STAY HYDRATED

Good hydration is vital for your brain and body to work at their best. Aim for 6–8 glasses of fluid a day (about 1.5 litres), this can include water, lower-fat milk and no added sugar drinks, including tea and coffee.

- Fruit juice should be limited to 150ml a day.
- Have a glass of water first thing in the morning after you wake up.
 - Have a glass of water with each meal.
 - Invest in a reusable water bottle and aim to fill it up at least twice a day.



EAT MORE PLANTS

For a healthier you and for the planet, incorporate more plant-based protein into your diet, e.g. beans, peas, lentils, tofu. These can be higher in fibre and lower in saturated fat than some meat.

- Go Halfist – try making meals half plant-based and half meat at least once a week, e.g. 50/50 lentil and mince shepherd's pie.
- Have at least one meat free meal a week. Can you join in on #MeatFreeMonday?



HOORAY TO 5 A DAY

Try to get your 5 a day and include a variety of differently coloured fruits and vegetables.

- Increase your veg intake by making sure half of your plate is made up with vegetables.
- Plan your weekly meals to ensure you reach your 5 a day every day.
- Try a new fruit or vegetable each week in January.
- Add fruit to your breakfast in the morning.

DITCH THE SUGAR

Try and reduce the amount of free sugar you consume.

- Reduce or remove the sugar you put in your tea or coffee. 1 teaspoon of sugar equals 16 calories – this is an extra 11,648kcal per year if you have 2 drinks with 2 sugars a day!
- Cut down on sugary treats, including fizzy drinks.

SNACK SAVVY

Snacks can be incorporated into a healthy diet but it's important to avoid having too many snacks which provide no nutritional benefits or ones that are high in fat, saturated fat, sugar and salt.

- If you currently have 2 biscuits with your cuppa, reduce this to 1 or, even better, limit having biscuits with your tea to 2 days a week.

Easy snack swaps:

CONSUME LESS...	OPT FOR...
<ul style="list-style-type: none"> ● Crisps ● Chocolate ● Sweets ● Biscuits ● Cakes ● Pastries 	<ul style="list-style-type: none"> ● Fruit and vegetable sticks with low fat dips or hummus. ● Low fat yoghurts ● Unsalted nuts ● Wholegrain crispbreads, oatcakes or rice cakes ● Low fat dips and humous



TAKE SCREEN BREAKS

Reduce the amount of time you spend sat staring at a screen, whether that be endless hours of scrolling your phone, watching the TV or sat at your desk.

- Take 1 hour before you go to bed to do something different, e.g. read a book or do a puzzle.
- Try and get away from your desk in your lunch breaks and take regular breaks.



TRY SOMETHING NEW

Check out your local leisure centre and sign up to a swimming, running or walking club, try kayaking or join a football or netball team.

- Book yourself into numerous free taster sessions and give them all a go. Once you've decided on an activity you enjoyed, sign up!
- Give yourself at least 10 minutes a day to do something you have always wanted to do but not had time to, e.g. knit, cook, read.

STEP IT UP

Get out walking regularly with friends, family or a local walking group. Or, if you feel fit enough, try jogging or work up to this. Ideas for how to increase your step count include:

- Go for a 10-minute walk 3-5 times a week. Gradually increase your walk by 5 minutes bi-weekly, until you reach 30 minutes, 5 times a week.
- Aim for 10,000 steps a day.



SHOULD I FOLLOW THE LATEST FAD DIET?

WELLNESS WEDNESDAY WEBINAR



Read lots about a specific diet and wondered if that's the best way to lose that extra festive weight?

Tune into our **Wellness Wednesday Webinar** with **Katrina Francis**, ESS Nutrition and Wellbeing Engagement Officer, on **Wednesday 12th January at 14:30** to find out what fad

diets are and if they really work, plus some top tips to encourage sustainable and healthy eating to maintain or lose weight. Click [HERE](#) to join.

TOP TIPS FOR A SUSTAINABLE NEW YEAR

As we know, it's really important that we all start to make some changes to the way we live to look after our planet.



We can't all do everything, but **everyone** can do **something**.

Emily Robinson, Senior Nutritionist and Sustainability Lead for Compass Scotland, shares her tips and tricks to help you do your bit!



1. DITCH SINGLE USE PLASTIC

Did you know around **7 million coffee cups are thrown away in the UK every day** or that **90% of seabirds have plastic in their stomachs**?¹

If you haven't already, go **#PlasticFree** this year. Invest in a keep cup for your takeaway coffee, a reusable water bottle to have on the go and reusable shopping bags. Think about your choices when you're out shopping – do you have to buy a plastic bag of bananas or could you grab them loose?



2. STOP FAST FASHION, BUY SECOND HAND

Fast fashion is a concept that has only come into light over the last few years, but while we all love a bargain and to follow the latest trend, we need to consider the impact our purchases have on the planet.

Buying new goods always requires new resources – plastics, fabrics, dyes, etc. Making or farming these resources, as well as manufacturing the product itself, uses a lot of energy and generally isn't very good for our environment. What's more, many of our cheap clothes end up in landfill.

This year why not set yourself the challenge of only buying second hand. Look online at **eBay**, **Depop** or in your **local charity shops**. There are also many companies that offer dress rentals for formal events. Buy less and re-wear what you have already.



3. REDUCE FOOD WASTE

More than 1/3 of the food produced in the world for human consumption every year gets lost or wasted – **approximately 2.5 billion tons!**² Food waste is estimated to contribute to 8-10% of total man-made greenhouse gas emissions. If food waste were a country, it would be the world's third largest emitter after China and the USA.³

Let's adopt simple habits like:

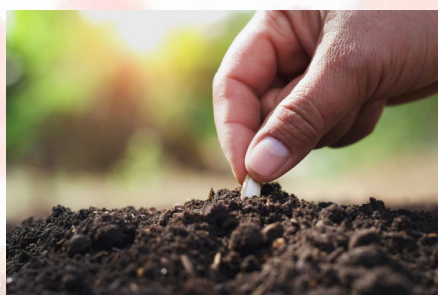
- Planning your meals and writing a shopping list.
- Picking the wonky veg instead of the perfect ones.
- Gaining an understanding of use-by dates (don't eat beyond this date) and best-before dates (use your senses to decide).
- Storing food properly (e.g. bread in a dark, dry place or in an airtight box or bag).
- Get creative with leftovers: turn potato skins into crisps, stale bread into breadcrumbs or use broccoli stalk in stir fries!
- Freezing leftovers, fruit, bread: you can even freeze milk and cheese!

4. RECYCLE AND REUSE

Brits are getting much better at recycling – we are recycling double the amount of waste that we did in 2000! But we need to get it right as when we put something in our household recycling which can't be recycled, it sometimes leads to none of the waste being recycled.

Check your local recycling here: <https://www.recyclenow.com/local-recycling>

Make sure you rinse your dirty containers to remove all food and liquids, check packaging labels to see if it is recyclable and avoid home recycling used takeaway pizza boxes (grease-stained won't be recycled), receipts (they have a plastic coating) broken glassware and most crisp packets.



5. GROW YOUR OWN

The closer the fruits and vegetables you consume are grown, the less miles they have to travel meaning they have a smaller carbon footprint before they land on your plate.

ESS has recently announced a partnership with **Incredible Edible** – a network of 6,000+ volunteers who grow healthy food for their communities on disused plots of land in over 150 locations across the UK and globally. ESS will work with Incredible Edible to accelerate the growth of its grass roots movement which brings people together to celebrate great, locally-grown produce and its importance in engaging younger generations, supporting local economies and tackling climate change.



6. TRAVEL RESPONSIBLY

The choice to walk or cycle more often can positively contribute to the planet as well as our health. It will result in fewer emissions that are warming our atmosphere, create less noise and air pollution and help to protect our green spaces and biodiversity. Similarly, taking the train instead of a plane or car – travelling on light rail emits around 1/6 of the equivalent car journey.



7. EAT SEASONALLY

Eating seasonal fruits and veg...

- Can help avoid local and seasonal produce going to waste.
- Supports local farmers and the economy.
- Is better for the environment as it's likely produce can be cultivated without extra heat or protection (pesticides).
- Can reduce the demand for growth and transport of non-seasonal produce.
- Tastes better as the products are full of flavour and at their nutritional peak!

In January, seasonal produce such as apples, beetroot, brussels sprouts, artichokes, parsnips, cabbage, squash, turnips (and many more!) are at their best. And as one third of our diets should be made up of fruit and vegetables, this year is a great time to pack as much fruit and veg into our diets as possible. Why not try adding different vegetables to curries and sauces or roasting them up to put in your packed lunches during the week.

VEGANUARY

Considering what your New Year's resolution could be?

Veganuary has the answer! Try a vegan diet this month along with the 600,000 others predicted to take part this year.

Veganuary's mission is to inspire and support people to try vegan or eat a plant-based diet.

If a vegan or plant-based diet is not planned well, it can restrict specific essential nutrients, for example, protein, calcium, vitamin B12, iodine, omega-3 or iron. However, this does not need to be the case - check out **The Vegan Society** who have developed a **Vegan Eatwell Guide!** This shows you what kinds of foods to eat, as well as recommending using fortified foods and supplementation wisely to help you get all the nutrients you need without the need for animal-based foods in your diet.

Going vegan, or simply switching to eating more plant-based meals, has never been so easy... Watch our YouTube top tips video for vegans **HERE** and keep reading for everyday foods that you can include.

WHAT CAN I EAT WHILE FOLLOWING A VEGAN DIET?

Below are a few ideas:

BREAKFAST

- Muesli, porridge or bran flakes as a starchy wholegrain carbohydrate topped with 30g of dried fruit such as dried apricots or sultanas for iron and fortified plant-based milk with added calcium, iodine, vitamin D and B12.
- Sprinkle breakfast cereals or porridge with ground flaxseeds for omega-3 and nuts for iron.
- Nut butter on wholegrain toast with a banana and a glass of fortified milk.
- Plant-based sausage and mushroom sandwich with 150ml of fruit juice or smoothie for vitamin C.
- Scrambled set tofu for protein and calcium on seeded with grilled tomatoes.

LUNCH

- Falafel, humous, beans or vegan alternative sandwich slices in a veg packed salad.
- Grain-based dishes such as quinoa or brown rice salad.
- Soup packed with vegetables and beans.

DINNER

- Lentils, tofu or soya mince paired with rice, noodles or wholewheat pasta.
- Grains, pulses and nuts are a good source of iron, add cashew nuts to a curry or beans into a stew.
- Steamed broccoli for extra calcium.
- Plain unsweetened soya yoghurt as a topping for vitamin B12 and protein.
- Veg packed tomato pasta with yeast flakes with vitamin B12 added to sauces.

SNACKS

- Veg sticks and hummus for some protein.
- Fortified plant-based milks or smoothies for a snack full of protein and calcium.
- Cereal bars, trail mix, fresh or dried fruit, peanut butter on crackers.
- Nuts, fruit and fortified soya yoghurt.
- Roasted pumpkin and sesame seeds.



WANT TO FIND OUT MORE ABOUT A VEGAN DIET?

Tune into our WeAreESS Instagram **HERE** at 14:00 on **Wednesday 19th January** for some fun facts on vegan diets and ask our Nutrition and Wellbeing Team any questions you may have.



DRY JANUARY[®]
by Alcohol Change UK



DRY JANUARY

It's the UK's one month alcohol-free challenge!

In 2021, 6.5 million people took part - will you join them this year?

WHY DO DRY JANUARY?

It's the perfect start to the New Year! Need some more reasons? Research conducted found that 70% of people sleep better, 86% of people save money and 65% of people notice generally improved health¹.

What's more, one month alcohol-free may reduce your risk of diabetes, lower cholesterol and blood pressure.

WHAT ABOUT WHEN JANUARY ENDS?

Not drinking has become fashionable during the month of January. When January ends this does not mean reverting to old habits such as an evening glass of wine and a few too many beers at the weekend. It's a good idea to keep an eye on your drinking habits throughout the year.

The government's recommend maximum is 14 units per week, over a minimum of 3 days - this is equivalent to 6 medium glasses of wine, 6 pints of beer or 6 double shots.

Don't forget, alcoholic drinks are also high in calories - pure alcohol contains 7kcal/gram - which means a pint of beer (5%) contains 117 kcal and a medium glass of wine (12%) contains 124 kcal. In addition, mixing spirits with sugary fizzy drinks and juices will increase calorie intake - for example, a single vodka and cola contains 161 kcal - so drinking too much alcohol may easily lead to gaining a few extra pounds.

1. <https://alcoholchange.org.uk/get-involved/campaigns/dry-january/why-do-dry-january-1/why-do-dry-january>

CERVICAL CANCER PREVENTION WEEK

17th-23rd JANUARY

Ladies, let's talk cervical cancer. Although this is an uncomfortable topic to talk about for many, it is essential we do.

What are the symptoms of cervical cancer?

Cervical cancer may not cause any symptoms, or the symptoms may not be obvious. The most common symptoms include:

- Vaginal bleeding that is unusual for you, including after the menopause, after sex or between regular periods.
- Changes to vaginal discharge.
- Pain or discomfort during sex.
- Unexplained pain in your lower back or between your hip bones (pelvis).

Cervical Screening

We are extremely lucky to have preventive measures to detect cervical cancer early so let's use them. Cervical screening, otherwise known as a smear test, is highly effective at preventing cervical cancer and it saves around 4,000 lives every year in England alone.

Cervical screening is a free health test that helps prevent cervical cancer. It checks for a virus called high-risk human papillomavirus (HPV) and cervical cell changes.

Everyone has different experiences of cervical screening. If you are looking for ways to make it better for you, there are lots of things you can try. Here are our top tips:

- 1 Talk to your nurse or doctor** – expressing any concerns you may have means the person doing the test can try to give you the right support.
- 2 Ask for the first appointment of the day** – if you feel uncomfortable in waiting rooms or anxious with the wait, an earlier appointment may mean it's quieter and there is less time for you to get worked up over it.
- 3 Ask for a longer or double appointment** – you may want to check with your GP if they offer this, but it can help to take in any information about the test and process everything that happens.
- 4 Ask for a nurse or doctor of a particular gender** – this may make you feel more comfortable knowing that either a female or male will be doing your cervical screening.
- 5 Take someone you trust with you** – it could be a friend, family member, partner or someone else. They can be in the waiting room or examination room to offer support.
- 6 Wear a skirt or dress** – this can make you feel more covered during the test and only require you to take your underwear off.

7 Ask for a smaller speculum – if you find the standard size too uncomfortable, you can ask to try another size.

8 Lie in a different position – you don't have to lie on your back, you can try lying on your side with your knees bent.

There are also some other things we can do to try and reduce our risk of cervical cancer:

- **Have an HPV vaccine** – this is free for some under the age of 25, to check if you are eligible speak to your GP.
- **Stop smoking** – smoking weakens the immune system so makes it harder for us to fight off HPV.
- **Have safer sex** – using condoms has been shown to offer some protection.

BLUE MONDAY

17th JANUARY

January, the start of a new year, the time to fulfil our New Year's resolutions and achieve all that we have set our minds to!

Sound too good to be true? January is often cold, rainy and the lack of daylight can sometimes leave us feeling a bit down after the festive celebrations end. But don't worry, we can beat those Monday Blues!

Monday arrives four or five times a month, so that Monday morning feeling can come around very regularly. However, for some of our colleagues such as those working offshore, it can be slightly different.



Allan Errington, HSEQ Manager, Energy, discusses some of the challenges working offshore and some tips to reduce potential stress and anxiety for everyone.

For those colleagues working offshore, the 'Monday feeling' comes around less regularly, due to their work rotation. However, the 'Monday feeling' can start earlier, with the last few days of leave being affected owing to the upcoming thought of returning to work for an extended period of time.

Although it seems that they have fewer Mondays to face compared to their onshore colleagues, the impact on mental wellbeing can seem overwhelming over time.

Once back into their work rotation all days can seem the same, with consecutive 12 hour shifts for a period of 14 days, or in some case, 21 days. This can have a potential detrimental cumulative effect on mental wellbeing.

Over the last few years within the Energy sector, we have focused on mental wellbeing, mindfulness and human factors to create coping mechanisms for our colleagues, to help counteract potential stresses and anxieties associated with work patterns.

Below are some simple tips I recommend to help reduce that 'Monday feeling':

- Set realistic goals in terms of exercise and wellbeing.
- Spend quality time with family and loved ones.
- Plan your work and free time to improve work/life balance.
- Eat a balanced and nutritious diet (this will aid sleep to combat fatigue).
- Practice mindfulness and meditation techniques, to take some time out for yourself.
- Take part in exercise such as yoga, Pilates, swimming and running.
- Prioritise issues, deal with the important things, eliminate tasks that provide no value.
- Reduce criticism of yourself and others.
- Laugh and smile more often, you will be amazed the effect this has on mood.
- Don't stress when targets are not met.
- Utilise the free resources via My Learning/You Matter.
- Speak to someone such as one of our Mental Health First Aiders.
- Contact our Employee Assistance Programme at point of crisis.
- Remember to always be kind to yourself!

THE 'WORST COLD EVER'

Common cold season is well under way.

As we head into winter, there are plenty of opportunities for infections to hop from person to person.

But why does the common cold seem worse this year?

While we were all avoiding COVID-19 by socially distancing, hand washing and wearing masks, we were also steering clear of the common cold. So, we are caught off guard by those nasty blocked noses and headaches this year.

How can I recover faster?

- Rest: as inconvenient as it may be, it's best to stay home and rest.
- Hydrate: keep a water bottle with you and drink plenty of water throughout the day.
- Stay warm: a warm soup can be warming and help you stay hydrated.
- Sleep well: find ways to help yourself relax and get a good sleep in - aim for 7-9 hours a night.
- Be prepared: have the right supplies ready, e.g. thermometer, paracetamol, tissues, lip balm, hand sanitiser and lozenges.
- Eat a balanced diet: this can help support your immune system.



Q&A



Our Nutrition and Wellbeing Team are here to answer all your questions.

If you have a nutrition or wellbeing query that we can help with, send us an email at ess.wellness@compass-group.co.uk!

Q: How can I eat healthily on a budget?

A: It's no secret that the food on the shop shelves is going up in price, but don't worry, you are still able to eat healthily and stick to your budget!

HERE ARE OUR TOP TIPS:

1. Stock up on cupboard essentials

Oats, rice, pasta, noodles – these are all starchy carbohydrates which we need at every meal to provide us with energy. Having them stocked up makes it easy to throw together a meal.

2. Add tinned pulses and beans to dishes

Chickpeas, lentils and beans can add bulk to our meals as well as being a brilliant protein source. You could try 50/50 meat and pulses to make the meat (often the more expensive part of the dish) go further. Think spaghetti bolognese and shepherd's pie with mince and lentils or chicken and chickpea curry.

3. Include more meat-free meals

You don't need to go completely veggie, but 1 meal a week can lower the cost of your shopping. This is a more sustainable and cheaper alternative.

4. Buy locally sourced, seasonal or wonky fruit and vegetables

Check out your local fruit and veg market or the wonky veg in your supermarket as its often much cheaper!

5. Go frozen

Often frozen fruits and vegetables are cheaper as well as lasting longer, so you won't end up wasting them (throwing away money too). Did you know frozen fruit and vegetables are often more nutritious too as they are harvested and quickly frozen - it helps to keep the level of nutrients as if they were freshly picked!

6. Buy cheaper cuts of meat

Chicken thighs are cheaper than chicken breasts and mince is very versatile. Remember to remove the skin from chicken and opt for 5% fat beef for a healthier option.

7. Buy canned oily fish

It is recommended to consume oily fish once a week, but these can sometimes be expensive. Opting for canned fish, such as sardines and mackerel, can be a cheaper way to reach this guidance.

8. Be wise eating out

Eating and drinking out can often result in a big bill at the end. Try to have a soft drink or ask for a jug of tap water as these are cheaper than alcohol. Don't be tempted to overindulge with 3 courses, instead be sensible and have 1 or 2, or have a main and share a starter and pudding to get the best of it all.



Have you got any burning questions related to nutrition, health and wellbeing?

Maybe you've seen something on the news you're unsure whether to believe it or not? Send any questions you have to:

ess.wellness@compass-group.co.uk

We are always happy to answer them.

WELLNESS

ASK YOUR NUTRITION & WELLBEING SPECIALIST

Ask anything to do with nutrition, health & wellbeing.

Drop us an email and we will get back to you as soon as possible.



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If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist at: ess.wellness@compass-group.co.uk.
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