

HELLO

and welcome to the February issue of our Wellness Newsletter.

FEBRUARY 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD



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In this edition we highlight the importance of looking after our physical

health to reduce our risk of chronic diseases in support of **National Heart Month** and **World Cancer Day**.

We also need to pay attention to our mental health and look out for others too. So, this month we cover **National Eating Disorders Awareness Week**, focusing on spotting the signs and symptoms early to start treatment, **Time to Talk Day** to continue conversations around mental health and **Random Acts of Kindness Day** to create a kinder world.

We mustn't forget about our little ones and how they can experience poor mental health too. **Children's Mental Health Week** highlights they may feel confused or concerned about things and encourages us to talk to them and help them to grow.

Health and Wellbeing Initiatives in February:

- **National Heart Month**
- **World Cancer Day** - 4th February
- **Time to Talk Day** - 3rd February
- **Children's Mental Health Week** 7th-13th February
- **Random Acts of Kindness Day** 17th February
- **Eating Disorders Awareness Week** 28th February-6th March

NATIONAL HEART MONTH

HEALTHIER BODY

Find your pulse in your neck or your wrist using your index and middle fingers.

Take a moment to appreciate your heart beating and keeping you alive. Now consider what you do to look after your heart.

- Are you a healthy weight?
- Do you smoke or consume too much alcohol?
- Do you exercise regularly?
- Is getting 7–9 hours' sleep a night a priority?
- Do you follow a healthy and balanced diet?
- Have you tried plant sterols and stanols? (for more information refer to our Q&A on page 7)

Cardiovascular disease is the leading cause of death worldwide – responsible for an estimated 32% of all deaths¹.

National Heart Month reminds us of the importance of taking care of our hearts through a healthy lifestyle. Focusing on your heart health has never been more important as people with poor cardiovascular health are also at an increased risk of severe illness from COVID-19.

There are things you can do to improve your chances of avoiding heart disease. Previously we held a webinar on how to look after your heart health and you can catch up on that **HERE**. It covers the importance of

heart health, and provides dietary and lifestyle recommendations for good heart health.

CHECK YOUR HEART HEALTH

The **British Heart Foundation** and **NHS Choices** have created a tool that allows you to check your risk of having a heart attack or stroke. If you're 30 or over, you can use this to get an idea of your 'heart age' plus access lots of advice about improving your heart health. Click **HERE** to use the tool.

FIND OUT HOW TO LOOK AFTER YOUR HEART

Tune into our WeAreESS Instagram **HERE** at 14:00 on **Wednesday 16th February** to find out some practical tips to look after your heart health and to ask our Nutrition and Wellbeing Team any questions!

WORLD CANCER DAY

HEALTHIER BODY

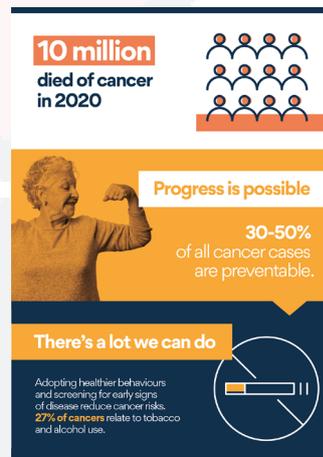


No matter who you are or where you live, everyone deserves access to cancer care services.

World Cancer Day steps in with the aim to 'Close the Care Gap'. This year's campaign is all about understanding and recognising the inequalities in cancer care around the globe. Let's look at some of the facts:

- Inequality in cancer care costs lives.
- Income, education, location, and discrimination based on ethnicity, gender, sexual orientation, age, disability and lifestyle are just a few of the factors which can negatively affect care.
- The gap affects everyone, including you and your loved ones.

Find out more at: <https://www.worldcancerday.org/>



TIPS TO REDUCE YOUR CANCER RISK

HEALTHIER BODY

WELLNESS WEDNESDAY WEBINAR

1 in 2 of us will experience cancer in our lifetime.

But, did you know there are certain lifestyle and dietary habits you can adopt to reduce your chance of getting cancer? Join our **Wellness Wednesday Webinar** on **Wednesday 2nd February** to find out what you can do to reduce your risk. Click [HERE](#) to join.

TIME TO TALK DAY

Conversations have the power to change lives.

Got a feeling that someone you know isn't behaving how they normally would? Or just isn't themselves? Trust that gut instinct and act on it.

Starting a conversation and commenting on any changes could help that family member, friend or work colleague to open up. Even if they don't, that person will know you're someone who cares enough to ask.

However, we know it can be difficult to raise the conversation with them. Discussing mental health can be difficult if you don't know how.

Try these three tips that will make it a little easier:

- 1 Timing isn't everything.**
There's no perfect time to have 'the conversation', but some situations can help someone to open up. Raising the conversation during an activity such as driving, exercising or eating can remove the initial pressure and intensity of the topic.
- 2 Ask Twice.** 'You okay?' has become a standard greeting and, despite not always being okay, it's human nature to reply with a polite 'I'm good, how are you?'. Asking twice shows you are interested in more than just the pleasantries.
- 3 Open up.** A conversation requires two – by sharing your emotions and feelings, you will encourage the other person to do the same.

A small conversation about mental health has the power to make a big difference – together we can end mental health stigma.

time to
talk day

03/02/22

 mind

Rethink
Mental
Illness.

GOOD NEWS STORY!

We are lucky to have 131 Mental Health First Aiders (MHFA) in the business who are happy to talk to you – on Time to Talk Day or any other day!

If you would like a list of all the MHFAS send an email to:
ess.wellness@compass-group.co.uk

RANDOM ACTS OF KINDNESS DAY

HEALTHIER MIND

Can you do three things which will brighten somebody's day?



RANDOM ACTS OF KINDNESS
FOUNDATION®

Offering thoughtful gestures of kindness, no matter how big or small, can make someone's day! Here are a few ideas:

- Offer to make a tea or coffee round in the office.
- Say well done to somebody for doing a good job.
- Place a note in your child's lunchbox.
- Smile as you pass people on the street.
- Give a friend or family member a call and ask them how they are – don't forget to ask twice.
- Compliment someone – notice if they have had a haircut or are wearing something new.

Kindness should not be limited to one day – remember to be kind throughout the year!

CHILDREN'S MENTAL HEALTH WEEK

HEALTHIER MIND

Just like us, children can experience challenges and setbacks which might leave them feeling a bit stuck.



This is part of growing emotionally, which is a gradual process and one which we can't see, so it can be difficult to understand what is going on.

The theme of this year's **Children's Mental Health Week** is 'Growing Together' – growing emotionally and finding ways to help each other grow.

As parents and carers you play an important part in your child's mental health and you are a role model for your child. Remember this does not mean you need to be perfect – in fact seeing you make some mistakes can be really useful! What is important is to show children we can continue to develop and grow even when things are hard or go wrong.

Below are some tips to help you support your child by showing them the different ways they have grown:

- 1 Talk about when your child was younger** – recall stories that highlight how your child has developed and changed, e.g. how much you enjoyed teaching them to ride a bike or swim or how proud you were when they took part in a school assembly.
- 2 Notice when your child has developed and grown** – recognise and praise emotional growth such as letting them know how proud you are that they have learnt to walk away from a sibling rather than fight.
- 3 Encourage your child to try new things** – new foods, an activity or an experience. Praise their willingness to give things a go rather than whether they are 'good' at it or not.
- 4 Listen to your child's hopes and dreams** – highlight how things they are doing now are tiny steps towards what they may want to do in the future, e.g. staying away for the night is a step towards leaving home to study in the future or helping another individual will develop skills for jobs such as being a nurse, teacher or counsellor.
- 5 Support your child to learn from tough situations** – acknowledge difficult feelings such as falling out with a friend or having a problem with a teacher. But, encourage them to see that these situations help us to grow so we can cope with life's ups and downs.

Find out more here: <https://www.childrensmentalhealthweek.org.uk/>

NATIONAL EATING DISORDERS WEEK

HEALTHIER MIND



Eating disorders are not about BMI or about weight. They are not a choice; they are, in fact, serious mental illnesses which are hugely misunderstood.

BEAT estimates that eating disorders affect 1 in 50 people in the UK¹.

Early intervention is critical for recovery. But, on average, 149 weeks pass before those experiencing eating disorder symptoms seek help. That's almost three years. Research suggests it may be because few people are aware of any signs and symptoms of eating disorders. So we rely on GPs to spot early warning signs and on average GPs receive less than 2 hours in their entire medical degree learning about eating disorders¹.

Below are some common eating disorders and their signs and symptoms:

| EATING DISORDER | COMMON SIGNS & SYMPTOMS |
|---|--|
| <p>Anorexia Nervosa Characterised by self-starvation and excessive weight loss because of distorted body image.</p> | <ul style="list-style-type: none"> ● Weight loss, leading to a weight that is clearly too low. ● Inadequate food intake with the person avoiding 'fattening' foods. ● A self-perception of being too 'fat' with an intense fear of weight gain. ● Normal hormonal function is affected, with absence of periods in women and loss of sexual interest in men. |
| <p>Bulimia Nervosa Episodes of excessive eating followed by behaviour which prevents subsequent weight gain, e.g. vomiting, abuse of laxatives, excessive exercise or fasting.</p> | <ul style="list-style-type: none"> ● Repeated episodes of eating very large amounts of food in short periods of time. ● Preoccupation with food and experience of strong desires to eat food. ● Compensation for food binges by self-induced vomiting, purging or starving ● A self-perception of being too 'fat'. |
| <p>Binge eating Involves episodes of excessive eating (this is not the same as overeating).</p> | <ul style="list-style-type: none"> ● Eating significantly larger than normal amounts of food in short periods of time. ● Feeling out of control about eating, i.e. person feels they cannot stop eating. ● Often associated with eating more rapidly than normal, eating when not feeling hungry, eating alone, feeling guilty after the binge and clear distress. |

1. The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)

MINDFUL MOMENT LIVE PANEL: SUPPORT FOR THOSE WITH AN EATING DISORDER

HEALTHIER MIND



This month our live panel **Evan Judge** - Senior HSE Manager, **Harjeet Moore** - Head of People, **Katrina Francis**, ESS Nutrition and Wellbeing Engagement Officer, and **Scott Freeman**, Culinary Director, discuss how to support those with an eating disorder and signpost you to some useful resources for yourself and those you are supporting. Click [HERE](#) to join at 13:30 on Wednesday 23rd February.

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: Can plant sterols and stanols reduce my cholesterol?

A: Plant sterols and stanols are naturally found in a range of plant based foods such as fruits, vegetables, beans, lentils, cereals, vegetable oils, seeds and nuts. There are also a range of products available to buy where plant sterols and stanols are added to them such as some fortified dairy products and fat spreads.

Plant sterols and stanols have a very similar structure to cholesterol, so they work to reduce the absorption of cholesterol in the gut. This in turn means more will be lost in our faeces and will help lower total cholesterol and LDL 'bad' cholesterol in our bodies.

It is not essential to buy products fortified with plant sterols and stanols to help manage your cholesterol. There are simpler and less expensive changes you can make to your lifestyle such as regular exercise and eating a balanced diet including foods which naturally contain them.

However, people at high risk of heart disease, especially those with high blood cholesterol levels, may benefit from consuming products fortified with plant sterols and stanols as part of a healthy diet and lifestyle. An intake of 1.5-3.0g per day may lower cholesterol by 7-10%¹.

To provide 1.5-3.0g of plant sterols/stanols you need to consume either:

- One plant sterol or stanol fortified mini yoghurt drink per day
- OR**
- 2-3 portions of foods providing at least 0.8g of plant sterol a day; 2 tsp fortified spread, one fortified yoghurt, a glass (250ml) of milk.



There is no benefit for people with normal levels of cholesterol to consume products fortified with plant sterols and stanols. They are also not recommended for those who are pregnant, breastfeeding or for children aged under five.



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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