

HELLO

and welcome to the November issue of our Wellness Newsletter.

NOVEMBER 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

The leaves are falling and so is the temperature!

To keep you feeling warm and fuzzy this November, grab yourself a cup of something warm, get comfortable and have a read of our newsletter! This month's issue is filled with information to support your health and wellbeing. Following the hints and tips in this edition will help you take care of your health and wellbeing, which should always be top of your priority list – **Self Care Week** (14th-20th November) reminds us of that!

November is widely known for growing moustaches for good causes, with much creativity along the way, but it's important to remember the message behind the campaign. This month we caught up with **Paul Barney**, Operations Coordinator – Energy, Government & Infrastructure, to discuss men's health.

We all experience stress at some point in our lives. Recognising stress early and finding helpful coping mechanisms can reduce the risk of potential health risks associated with it. Read on for more information on **Stress Awareness Day** (2nd November) including an article from **Jay Averill**, Regional Executive Chef – ESS Wales & West Midlands.

For **Diabetes Awareness Day** (14th November), we place a spotlight on type 1 diabetes, a form of the disease which can be challenging to deal with due to the lack of cure. Read on to find out what you can do to support someone with type 1 diabetes.

In this edition, we also highlight **World Kindness Day** (13th November), **International Survivors of Suicide Loss Day** (19th November) and **Anti-Bullying Week** (14th-18th November).

Harjeet Moore

Head of People

NATIONAL STRESS AWARENESS DAY

2ND NOVEMBER

We can all feel stressed at times...

...we may say things like 'this is stressful' or 'I'm stressed', but it's not always easy to pin down exactly what stress means and where it might be coming from. Feelings of stress are often triggered by things happening in our lives, whether to do with our health, family, money, housing, employment, or something else... But there are some general changes we can make to our lifestyles to help us cope with stressful situations. If we don't, stress over a long period of time can play havoc with our health.

National Stress Awareness Day



WHAT ARE THE HEALTH IMPACTS OF BEING STRESSED?

When we are stressed, it triggers a 'fight or flight response'. In the short term, we release a number of hormones to help us in this situation, they are:

- **Adrenaline** – this causes an increase in heart rate, blood pressure and gives us a boost in energy.
- **Norepinephrine** – shifts blood to areas which may need it most, e.g. muscles preparing them to fight or run away.
- **Cortisol** – this is released if we experience stress over a prolonged period of time and suppresses processes which are seen to be 'unessential' if we are preparing for fight or flight, including impacts on our digestive system, reproductive system and growth.

In the short term these responses can be beneficial to help us overcome and manage stress, however, if we are continuously experiencing stress in the long term, high amounts of these hormones can have a negative impact on our health. This could include digestive issues, increased risk of cardiovascular disease, type 2 diabetes, depression and anxiety, weight gain or loss and a weakened immune system.

COPING WITH STRESS

We are all likely to cope with stress in different ways, but it is good to have a 'toolbox' of useful coping strategies to try to avoid falling into unhelpful habits to help us cope with stress. Some things you can try include:

- Taking care of yourself, eating well, sleeping well and exercising regularly.
- Taking a break and making time to unwind.
- Speaking with others to get things off your chest and hearing things from another perspective.
- Avoiding drugs and alcohol.



Jay Averill,
Regional Executive Chef – ESS Wales & West Midlands,
discusses stress and how he has learnt to cope with his.

I must admit when I was first asked to talk about stress, I did struggle to find what to say. I believe I am a very laid-back individual who does not experience stress as much as others may, which I recognise is very lucky. However, there are certain things which cause me stress. The main thing is running late – whether that be running late to meal service or being stuck in traffic on my way to site.

As a chef in our business, there are usually three deadlines a day – breakfast, lunch and dinner – and being late to one of those can cause much stress. I like to think this doesn't happen too often as I am very organised and like things done on time. However, in these situations, I cope with stress by stopping and

reassessing the situation. I think it's extremely important to communicate and talk about things as a team to find a solution together to overcome it. Taking a methodical approach to things is something I'm very good at.

Being late to a site or meeting can also cause me stress, however I always try to be organised, and plan things into my calendar to prepare myself. If I'm going to be late, again I think it's very important to communicate it rather than getting worked up, which I feel can often take the stress away.

Last minute requests can sometimes make my blood boil as it doesn't agree with my very organised and prepared schedule and plan. When I do receive an email or message where I don't know how to respond straight away, I will take a relaxed approach, read things through thoroughly so I fully understand the requirements, take time away and respond later rather than replying in a flash.



Other things I do to manage my stress include taking 30 minutes out each day to switch my laptop off, go on a walk or do something else to take time away. If I'm working away from home, I will call my family in the morning and at night to ensure I have spoken to someone.



I recognise I deal with stress very well and I think that has stemmed from my previous career serving in the British Army. In the Armed

Forces, you expect the unexpected and you expect change at often very short notice. The more you are aware of the bigger picture, the reasons why and the expected outcomes, the less stressed you feel. The saying 'fail to prepare, prepare to fail' has subconsciously stuck with me and I use that philosophy when dealing with issues that may arise that could cause me stress.

SELF CARE WEEK



14TH - 20TH NOVEMBER

Putting yourself first isn't selfish.

Prioritising our own needs not only makes us feel better, it also ensures we are better equipped to look after others.

This year the theme for **Self Care Week** is 'Exercise Self Care for Life' which encourages us to practice self-care for life and to exercise throughout our lives to support ourselves.



Here are our top tips to look after yourself:

- Exercise can have a positive effect on our mood due to the release of feel-good hormones and can increase our self-esteem if we see benefits such as weight loss or an increase in fitness levels.
- Live healthily, eat healthy foods, get enough sleep, and avoid drugs and alcohol.
- Practice good hygiene to reduce the risk of illness and improve the way others view you and the way you view yourself.
- See friends to build your sense of belonging. Consider joining a support group to make new friends.
- Try to do something you enjoy every day. That might mean dancing, watching a favourite TV show, working in the garden, painting or reading.
- Find ways to relax like meditation, yoga, getting a massage, taking a bath or walking in the woods.

These activities should help to manage your stress levels too!

WORLD DIABETES DAY

14TH NOVEMBER

98% of individuals with diabetes have either type 1, type 2 or gestational diabetes – the ones we hear the most about!

But did you know there are over 10 different types of diabetes?

Diabetes is a serious condition where your blood glucose level is too high. It can happen because your body doesn't make enough insulin, or your body doesn't use insulin correctly. Insulin is an essential hormone – it helps your body turn food into energy and controls your blood sugar levels.



What are the most common types of diabetes?

- **Type 1 diabetes** – your body is unable to produce the essential insulin. This happens because your body attacks the cells in the pancreas that make the insulin, meaning it can't produce it properly.
- **Type 2 diabetes** – your body still produces insulin however it is not enough, or it doesn't work properly.
- **Gestational diabetes** – this type develops during pregnancy however usually goes away after giving birth.

We often talk about type 2 diabetes as this is commonly triggered by leading unhealthy lifestyles such as not consuming a healthy diet, being inactive, not achieving enough rest and experiencing chronic stress – meaning we can do something about it to reduce our chances of getting it.

On the other hand, type 1 diabetes is nothing to do with diet or lifestyle and, unfortunately, there is no known cure for it. Everyone with type 1 diabetes needs to take insulin in some way or another, one example is having to inject it following meals. This can make living with this condition very difficult and may mean an individual needs some support.

Here are five ways you can support someone with type 1 diabetes:

- 1 Talk to them** – each person will have their own way of managing the condition and it's best to ask them how you can be there for them.
- 2 Look out for symptoms of low sugar** – watch out for fatigue, weakness, shakiness, pale skin, sweating, hunger, irritability, dizziness or anxiety as these can all be signs that they are experiencing a sugar low which can be life-threatening.
- 3 Serve a variety of foods** – if you are cooking dinner, be mindful to serve a balanced option of foods – vegetables, fruit, protein – and don't hesitate to serve carbohydrate-containing foods and sweets as these can be enjoyed by someone living with diabetes too.
- 4 Be a workout buddy** – being active plays an important role in managing diabetes. Exercise is good for everyone so will help you too.
- 5 Offer emotional support** – it can be stressful having to constantly monitor your blood sugar levels. If you think your loved one is struggling, you can be a source of support.

MOVEMBER

Men are dying on average five years earlier than women, and for largely preventable reasons.

Movember's aim is to unite experts from around the world to collaborate on projects that will change how men in need are treated and supported.

They prioritise the three biggest health issues men face: mental health and suicide, prostate cancer and testicular cancer.

- Across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.
- Around 10.8 million men globally are faced with a prostate cancer diagnosis.
- Globally, testicular cancer is the most common cancer among young men.



MEN'S HEALTH: A CATCH UP WITH...

This month, **Katrina Francis** – Nutrition and Wellbeing Engagement Officer, caught up with **Paul Barney**, Operations Coordinator – Energy, Government & Infrastructure, to discuss how he looks after his health.

K: Hello Paul, thank you for taking some time out of your day to talk to us. Would you mind sharing with the readers why is it so important to you to maintain good health?

P: I'm going to turn the big 5-0 next year and I like to think of my body as a car – if you look after your car you are going to get the mileage out of it, and I believe that to be very true with our bodies too.

K: What specifically do you do to keep healthy?

P: I try to align what I do with my normal working day. In terms of my diet, I focus on eating seven pieces of fruit a day and drinking two big bottles of water a day to add up to two litres. I keep active by going to the gym two or three times a week and taking the dog for a walk, either at lunchtime if I work from home or a night-time walk.

Admittedly, I'm not always healthy eating – I'll have the odd takeaway here or there, and sometimes don't feel like going to the gym, but I know after I will feel happier with myself.

K: Working in our Energy sector, you must be aware of how working offshore compares to onshore. What advice would you give to our people working offshore to support their health?

P: It can certainly be difficult, especially for chefs and stewards on the rigs. I would advise they have a water bottle somewhere so they can keep reaching for it and staying hydrated and try to be mindful of what they are eating and thinking about how they are fuelling their bodies.

They can stay active by using the gyms out on the rigs, even if it is just walking on the treadmill, and challenge themselves by counting the number of steps they do and try to beat a certain number, e.g. 10,000 a day.

K: And finally, will you be growing a moustache throughout November to support the Movember campaign?

P: Yes, I am going to shave so it is all clean and ready to start growing on the 1st November!

VEG PLEDGE

We are often reminded that half our plates should be made up of fruits and/or vegetables but this does not have to mean adding boiled, steamed or grilled veg to the side of your dish (which could get boring). There are plenty of ways to get your veggies in! Here are a few ideas:

- **Add veggies to sauces** – next time you're having a traditional tomato pasta or spag bol, puree, grate and chop veggies into the sauce, for example carrots, bell peppers, onions or greens like spinach. Check out the Spaghetti Bolognese recipe.
- **Experiment with veggie pasta** – try spiralisating courgettes to make spaghetti or slicing them longways to make lasagne sheets.
- **Mash** – add swede or carrots to your mashed potato to give it a nutritional boost and a kick of sweetness.
- **Wrap it up** – instead of using a traditional wrap try using lettuce leaves.
- **Blend** – try blending fruit and veggies which are about to go off to make a tasty smoothie or heat it up and make it a soup. Although whole fruit and veg is better (more fibre), 150ml of smoothie still counts as one of your five a day!
- **Reinvent veggies** – try a cauliflower pizza base, cauliflower rice or cauliflower 'wings'.



SPAGHETTI BOLOGNESE (with hidden veggies)

Ingredients

- 1 tbsp olive oil
- 1 large onion, diced finely
- 1 stick celery, diced finely
- 1 red pepper, diced finely
- 1 carrot, peeled and grated
- ½ courgette, grated
- 1 clove garlic, crushed
- 450g minced beef, extra lean
- 4 tbsp tomato puree
- 250ml beef stock
- ¼ tsp dried oregano
- 1 tbsp fresh basil, finely chopped
- 480g cooked wholewheat spaghetti

Method

- 1 Heat the oil in a large frying pan and sauté the vegetables and garlic for 10 minutes, until soft. Transfer to a blender and add the tinned tomatoes. Blitz until smooth.
- 2 Wipe the pan with a piece of kitchen paper and add the mince and fry over a medium heat until browned.
- 3 Add the tomato and vegetable sauce to the mince then stir in the tomato puree, stock and oregano. Bring to a simmer and cook for 30-40 minutes until the sauce is thick.
- 4 Stir in the fresh basil. Serve with spaghetti, cooked according to the packet instructions.

Each 375g portion contains

Energy	Fat	Saturates	Sugars	Salt
414kcal	9.8g	2.9g	6.6g	1.2g
21%	14%	15%	7%	20%

of an adult's reference intake
Typical values (as sold) per 100g:1176kJ/282kcal

VEG PLEDGE

...is a campaign which encourages you to try a vegetarian or vegan diet for the month.

If this sounds like a bit too much of a stretch for you, there are other ways you can get involved too. Why not mix things up and challenge yourself to eat meat-free one day each week for a month, or challenge yourself to eat in season...

There are plenty of reasons to eat locally and in season:

- **Higher quality of food** – It's no secret that locally grown food tastes better. It has had less opportunity to experience moisture loss, nutrient degradation and potential microbial spoilage.
- **It's more nutritious** – Ripe fruits and vegetables contain the most nutrients. From the minute they are picked, their nutrients begin to diminish.
- **Investing in your community** – Every time you buy produce from someone other than a local producer, your money leaves the local economy. By shopping locally, you keep money in your area which helps to sustain local producers and create local jobs.
- **Lower carbon footprint** – Choosing to buy your food from local sources eliminates the need for fuel-intensive transportation.



BONFIRE NIGHT

Traditionally, Bonfire Night was to celebrate the anniversary of the Gunpowder Plot; a failed attempt to blow up the Houses of Parliament.

On November 5th people across the UK will light bonfires, let off fireworks and burn effigies of a man named Guy Fawkes.

Are you planning a bonfire this year? When bins are full and you can't take your rubbish to the tip, it can be tempting to light a bonfire in your back garden and get rid of it all. But did you know there are certain rules on what you can add to your fire to ensure you don't put yourself and others at risk? Not only can bonfires go wrong and cause uncontrollable fires, but they can also pollute the air with harmful fumes, particles and smoke. If you are thinking about having a bonfire, it's important to familiarise yourself with current guidance.

Bonfire rules:

- You should not burn certain types of waste, including domestic household waste such as food and plastic packaging, treated wood, tyres, hard plastic and rubber.
- You should not allow smoke to drift across any nearby roads.
- Let your neighbours know and don't let the bonfire affect them, e.g. smoke and ash drifting into their property and garden (and so they can bring the washing in!).
- Only burn dry material as damp waste creates more smoke.
- Do not use petrol, spirits or aerosols to fuel the fire as it can get out of control and spread fumes.

Items you can add include small amounts of paper, leaves, wood and cardboard. You can also enjoy some toasted marshmallows and s'mores!

WORLD KINDNESS DAY

13TH NOVEMBER

World Kindness Day is celebrated annually on 13th November.

It is a day to celebrate and promote kindness in all its forms and unite people in kindness globally. How can you get involved?

- Send a World Kindness Day message to your team showing your appreciation for their hard work.
- Organise an office treat such as bringing in some biscuits for the team.
- Donate coats, blankets and towels to a homeless or animal shelter charity.
- Plant a tree to show kindness to our planet.
- Create a box filled with goodies to give to a community or charity to distribute them.

HEALTHIER MIND

INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY

19TH NOVEMBER

With every suicide death, family, friends and colleagues are left behind to make sense of the loss.

Talking to those who have lost a loved one to suicide can be challenging and feel uncomfortable. The following are some helpful tips to deal with these conversations in a kind and thoughtful way:

- 1 'I don't know what to say but I am here for you' can be reassuring.
- 2 Refrain from saying 'I understand what you're going through' as we all experience things differently.
- 3 Avoid harmful clichés such as 'they are in a better place' or 'everything happens for a reason'.
- 4 Don't be afraid to talk about who died.
- 5 Be patient.
- 6 Don't disappear as people may be struggling for months or years and not just in the early days.

HEALTHIER MIND



International Survivors of Suicide Loss Day

ANTI-BULLYING WEEK

14TH -18TH NOVEMBER

The theme for Anti-Bullying Week 2022 is Reach Out.

It was chosen to empower individuals who are being bullied to do something positive to counter the harm and hurt that bullying causes.

The week will kick off with **Odd Socks Day**, where adults and children wear odd socks to celebrate what makes us all unique.

Share your odd socks across social media on **Monday 14th November** to show your support.

#AntiBullyingWeek #ReachOut.

HEALTHIER MIND

ANTI-BULLYING ALLIANCE



MYTH BUSTER



'To reduce your risk of type 2 diabetes, you just need to cut down on sugar.'

Often diabetes prevention focuses on reducing the number of free sugars and carbohydrates you consume in your diet but unfortunately there is much more to it than just sugar! General guidance includes the following:

Get enough fibre in your diet.

It is recommended that we consume at least 30g of fibre per day. Regular consumption of wholegrain foods has been linked by researchers to a reduction in the risk of several diseases including type 2 diabetes, heart disease and cancer.

Wholegrain foods provide many nutrients such as fibre, resistant starch, and certain minerals and vitamins. They also contain several compounds such as antioxidants and phytoestrogens which may be important in disease prevention.

Maintain a healthy weight.

Anyone can be diagnosed with diabetes but being overweight or obese can increase the chance of insulin resistance.

Cut down on fat (especially saturated).

Evidence shows that saturated fat increases the risk of type 2 diabetes.

Participate in regular exercise.

Regular physical activity has many benefits. It improves insulin sensitivity and glucose tolerance in those with impaired glucose. In those that are at high risk of type 2 diabetes, regular physical activity can reduce risk by up to 64%.

To conclude, eating a healthy balanced diet, taking regular physical activity and maintaining a healthy body weight can help to prevent or delay the onset of type 2 diabetes.

People with diabetes should try to maintain a healthy weight and eat a diet that is low in fat (particularly saturates) and salt but contains plenty of fruit and vegetables (at least five portions a day) and starchy carbohydrate foods such as bread, rice and pasta (particularly whole-grain versions).



ESS WELLNESS WEBINAR: BOOSTING IMMUNE HEALTH



WEDNESDAY 2ND NOVEMBER AT 14.30-15.00



Tired of not feeling your best during the colder months?

This month's webinar is all about how we can support our immune system to be on top form in the hopes of escaping the sniffles this autumn and winter.

We will also be busting some common immune health myths and discussing some popular foods that so many of us crave when we feel unwell. Click [HERE](#) to join or catch up on our YouTube channel later in the month @WeAreESS.

WELLNESS

ASK YOUR NUTRITION SPECIALISTS & WELLBEING PARTNER

Ask anything to do with nutrition, health and 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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