

## What To Eat When Recovering From Illness

After recovering from an illness, the body needs to rest and repair. Cells need to regenerate. Toxins need to be flushed out.

- Drink plenty of water. A teaspoonful of sugar and a pinch of salt in a glass of water periodically helps to replenish and rehydrate the body.
- Light soups and broths made with slow cooked vegetables can be soothing and nutritious.
- Steamed or boiled vegetables - such as peas, cabbage, carrots, potatoes, spinach are easy to digest.
- Rice and split peas boiled together along with onion, garlic and ground turmeric and cumin. This is not only tasty but also helps the stomach to settle and the spices have antibacterial properties.
- Rice or soba noodles with steamed vegetables are also excellent for digestion.
- Fruits like berries, grapes, oranges, bananas and apples help to gently energise the body.
- Bread, spaghetti, rice, noodles all contain essential carbs useful for building up energy in the body and should be had in moderate quantities to allow for the body to assimilate them properly.
- Yogurt and yogurt drinks help normalize bacteria in the gut.



## Returning to work after Mental Illness

“Work is often a very positive experience for people recovering from mental illness. The development of social networks, a sense of accomplishment and purpose, in addition to a salary, make employment a key part of many people’s recovery” according to the Canadian Mental Health Association.



If you or a co-worker are returning to work following an episode of depression or a mental disorder then it is important to avoid stress.

It is important to know work expectations before returning, so a meeting before hand is recommended. Written instructions may be a good way to help proceed with difficult tasks. Trying to juggle too many things at one time can create significant stress. Work life balance can help to lessen the emphasis that work stress places on a person. Maintain hobbies outside of work. Hobbies which are fun and interesting are probably better than those which demand harsh discipline such as Iron man competitions or home renovations.

Take time throughout the day to go for a lovely walk or have a picnic lunch in the park.

It takes time to feel better so all people involved need to be aware and tolerant. Be kind and forgiving to yourself and co-workers and before long the adjustment should take place.

## Sage Tea



Sage tea has been used throughout history since the time of ancient Egyptians.

The benefits of drinking sage tea are listed below;

- Sage is antiseptic and antibacterial and helps with throat infections, dental abscesses, infected gums and intestinal infection.
- Is an antispasmodic and helps with muscle tension.
- Sage is a relaxant
- Relieves indigestion
- Reduces menopausal symptoms
- Improves memory

Salvia Officinalis

The genus name, Salvia, derives from the Latin word “salvere,” which means “to heal.”

Sage is easy to grow in the garden. Buy a small plant and watch it grow into a beautiful specimen in just a short time.

## Summer Fun Ideas

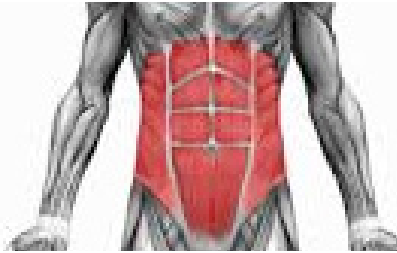


- Go Geocaching
- Make root beer floats
- Call friends for a game of Scrub
- Pick blackberries
- Collect shells on the beach
- Roast wienies at the beach
- Nap in a hammock
- Make a daisy chain



Wellness can be a day by day process of implementing healthy habits into our busy lives. Below is a look at daily options for a relaxed approach to start your own wellness ways.

## Good Reasons To have Strong Core Muscles



Having a six pack may be a goal for some people, but there are other benefits to having a strong core. Many of the key muscles for strength are hidden beneath the exterior musculature that people usually try to develop. The deeper muscles include the transverse abdominals, multifidus, diaphragm, pelvic floor, and many other deeper muscles. These are the muscles that actually help with strength and offer support to the spine, internal organs and surrounding musculature.

Most physical activities incorporate a succession of muscles engaging and supporting every part of your body including the arms and legs. Everyday movements which include making beds, reaching for dishes in a cupboard or picking up a child depend on core strength. Vacuuming, raking and shovelling may seem low risk for injury but if the core is weak it's like a ticking time bomb. Sooner or later an injury will occur. Even sitting at a desk involves strength to support the back, neck and shoulders.

The core helps to stabilize and create a feeling of balance helping to execute a golf swing or tennis shot or to cast a fishing line.

The best exercises for a strong core and healthy back engage both the lower abdomen and the pelvic floor. Care must be taken to perform healthy exercises which do not cause injury. Physiotherapists often suggest excellent exercises that keep back and neck safety in mind.

## GRATITUDE THANKFULNESS APPRECIATION

So often we don't appreciate the special things in life until they are gone. Youth, mobility, summer days, parents, family and friends seem like they will always be here. It's easy to take the things we love most for granted. I have certainly done that in my life and especially in my younger years. I'm sure we can all think of times when we just didn't appreciate what we once had.

Gratitude for what we have is a practice that requires a conscious effort to be thankful. One could start by being thankful for the air we breathe and the water we drink. To fully appreciate the glass of water which we pour from the tap, just think of what it would be like if our water was polluted or if the taps were shut off. The idea of living with appreciation is that we begin to acknowledge and appreciate the most basic things around us.

When we appreciate people we need to give them credit for having large lives which include interests, talents, skills, knowledge, past adventures, experiences and relationships. Thinking of people this way also helps us to have compassion and compassion feels good. The opposite of compassion is animosity, which is not good for anyone.

As for myself, I notice a feeling of calm when I make a point to be thankful for the small things. I breathe easier and it takes away the feeling of needing more. Our culture is driven by consumption and competition. We live with the reminders to buy, renovate, get fit and look younger. When we appreciate what we already have, that drive for more disappears. In fact it can vaporize into thin air until we realize that it's all just so good.

## Quinoa Mango Lime Salad

For the salad:

- 1 cup uncooked quinoa
- 1 1/2 cups beans (pinto or black)
- 1 1/2 cups chopped fresh cilantro
- 1 red pepper chopped
- 1 mango chopped small
- 1/2 red onion sliced thinly
- chopped avocado (sprinkle on top)

Dressing:

- 6 tablespoons fresh lime juice
- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 3 teaspoons pure maple syrup
- 3/4 teaspoon sea salt

Directions:

1. Rinse quinoa and add into pot along with 1.5 cups water, bring to a boil, reduce heat to low, and cook for 15 minutes. Refrigerate.
  2. In a large bowl, mix quinoa, beans, cilantro, mango, red pepper and onion.
  3. Whisk together the dressing in a small bowl or jar. Pour onto salad and toss to combine. Sprinkle top with chopped avocado and season with salt and pepper.
- Don't forget that quinoa is not the only grain that can be used in salads, try mixing in farro, barley, teff, millet, rice, or amaranth.



To contribute ideas to the Wellness Newsletter please contact Sue Tompkins