

# Weekly Wellness

with Renee



#3



## Focus on what you can control

With little time people have adapted to new situations and taken control of what they can, learning, working remotely, virtual interactions and it's happened so quickly. These are some of the things that have kept us focussed and given us a sense of achievement.

This time remains uncertain and it's ok to feel uneasy and not 100% focussed.

We're all different in how much uncertainty we can tolerate in life. Some people enjoy taking risks and living unpredictable lives, while others find the randomness of life distressing. If we keep communicating and understanding each other no matter the difference in our coping methods, then we will get through this and come out a closer, more connected community.

Can you be absolutely certain in life? Does anyone have a job for life, guaranteed good health, or total certainty over what tomorrow will bring? The truth is no matter how much you try to plan and prepare for every possible outcome, life will find a way of surprising you. Striving for certainty only fuels worry and anxiety.

Being aware of your breath forces you into the present moment and can give you a sense of control.

Breathing is the only autonomous system of the body that we can control. This means that the body governs it but we can change how we breathe through conscious breathing practices.

A team of doctors in the UK have given the following advice to strengthen our respiratory system:

- Take five deep breaths in through the mouth, holding each breath for five seconds before exhaling through the mouth.
- Take a sixth deep breath, and then do a big cough (making sure to cover your mouth—because, coronavirus).
- Repeat two times.

After that, lie on your stomach in bed and take "slightly deeper" breaths for 10 minutes. The majority of your lung is on your back, not on your front, so, by lying on your back, you're closing off more of the smaller airways, and this is not good during the period of infection.



## Eating Well

After a chat with my Yiayia (Grandma) this week, it wouldn't be right if I didn't mention the Mediterranean diet when it comes to eating well. I come from a Greek heritage (don't let my Aussie accent fool you), and this week is Greek Orthodox Easter. It's the time where our loud families come together, we cook traditional food, and our elders judge us on it (even via phone call).

A Mediterranean diet is rich in antioxidants, healthy fats, fibre, vitamins and minerals. ... By increasing Greek staples like olive oil, seafood, herbs, fruits and vegetables in your diet, it can lead to a lower risk of various diseases, including obesity, diabetes, cancer, and cardiovascular disease.

There is an emphasis on plant foods, olive oil, fish, poultry, beans, and grains.

These recipes remind me of family and connect me to them even when we can't see each other.

[Black eyed beans with celery and thyme](#)

I've added the Greek Easter biscuit (Koulourakia) recipe as well, because, why not? Yum!

[Easter greek cookies koulourakia](#)



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## Working from home

Flexible working arrangements - such as working from home - are considered the top work perk by around 59 per cent of employees.

Working in an office or busy workplace can mean having to work around the distractions of a shared space or team.

But working remotely gives us the chance to change up our space, schedule, and ways of working.

Depending on your situation, working from home could mean fewer interruptions from colleagues dropping by with gossip or problems. You can still schedule this time in your day via Zoom or phone conversation, and make it a more effective or positive conversation.

Your breaks can involve things you couldn't do at your workplace, like playing an instrument or cuddling your pet. That's more refreshing than sitting in a communal break room.

School is also back via distance learning and we, as untrained teachers, are doing our best. Teach as much as you are able to - this does not need to be a time of overachievement but a time of balance. The flexible working hours mean that we control this balance, so you need to set the schedule.



## Social Connection

We don't always need to be connecting to people we know personally, there are other ways to connect with life, that are ever evolving in these times. It's truly amazing and has definitely made me think differently about virtual connection.

A concert in your living room has never been more possible, as Kiwi music stars keep fans entertained from the safety of their own homes.

Intimate performances are allowing us to interact with our favourite artists through their screens. This is a welcome trend being seen around the world from musicians who are still keen to engage with their listeners.

This song encourages Kiwis to stay at home during lockdown, while also using live-streaming to connect with our community.

Listen to it here [www.smarturl.it/TutahiStay](http://www.smarturl.it/TutahiStay)



Let's lead a more cognitively active lifestyle.



## Exercising Enough

We don't have to become athletes or lose weight during this changing time, however we do need to keep our bodies moving, and we can't forget training for our brains as well.

Social distancing may require us to take more deliberate actions to exercise our thinking skills, so let's keep those skills sharp.

A diversity of activities gives maximum opportunity to practise many important thinking skills. Crossword puzzles, for example, may be great to train language and short-term memory, but why not play a game of Tetris for a bit of a speed workout?

Stay safe team & keep yourselves well...

Please reach out if you need and remember we are in this together.