

Weekly Wellness

with Renee



#6



Mindfulness

The outbreak of coronavirus has led to significant changes for many of us across the world. We are having to adapt to challenging circumstances in terms of our work, home life or financial situation, while making sense of moving most of our interactions with others into the online world.

Our mental health and ways we think about everything we do, has more attention now than ever before. We have become more resilient and flexible with the way we handle things.

With that being said some of us, our partners and children, may be starting to struggle with the extended time at home. Our interactions with others shape our ideas and understanding of both the world around us, and ourselves. We take our cue for the right thing to do from those around us, we base our understanding on what's correct or appropriate from the groups we belong to.

The emotions you are experiencing are right here, and right now, acknowledge them. We all have different situations and different ways to deal with our emotions, however you're feeling act without judgement to yourself and others.

We have been through ups and downs and may be moving into yet another routine very soon. Remember, we have done this before and with less notice and the ability to prepare. Routines are good and keep us focused, this doesn't mean that routines can't change. Now is the time to draw on the lessons we have learnt, changes we have made, and use those skills to help transition into our new normal. As Clare mentioned in her update the post COVID-19 Invercargill City Council may look quite different to the pre-COVID-19 Council, our experiences can give our daily lives more meaning and intent.



Move it or lose it!

Getting back to work and taking the stairs instead of lifts due to social distancing, may be a little bit of work for our legs after being physically isolated for some time. Not everyone has used this time to increase their fitness and that's ok. If we focus on getting our legs moving in the next weeks we will be better equipped to tackle our return to a larger physical world.

If you have stairs or steps at home, consider walking up and down 10 times, once or twice a day to get you started. Need some music inspiration while stepping, listen to - New Kids On The Block "Step By Step"

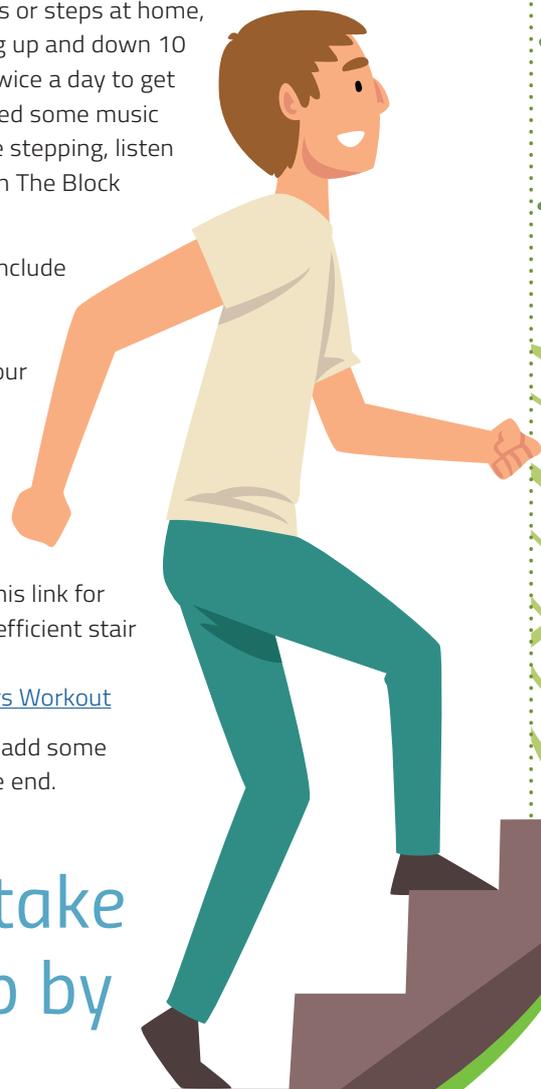
Stair workouts include cardio and strengthening moves, giving your whole body a workout, and they can be done in just a few minutes.

Have a look at this link for some easy and efficient stair workouts.

[Realsimple Stairs Workout](#)

For best results add some stretching at the end.

Let's take it step by step!



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Eating Well

There is no one perfect way to eat. We each have our own genetics, metabolisms, preferences, and priorities.

The benefits of mindful eating, will of course, be subjective. What's healthy for one person might not be healthy for another. If you're interested in mindful eating "Headspace" has some great information.

[Headspace Mindful Eating](#)

Jeong Kwan is a Buddhist monk and chef. After watching an episode of "Chef's Table" she inspired me to pay attention and take more care with basic ingredients. This is a must watch for food lovers. Her focus is local and seasonal ingredients and experiencing them in their entirety.

Think about how you can add locally grown foods to your menu. By doing so you are supporting the many benefits of locally grown food, important economic opportunities, provide health benefits and helps to reduce environmental impact.



Taking care of business

We may very soon, all be back at work. I'm sure we're all looking forward to catching up and getting back to 'normal'. Let's remember that our country has made this decision for a reason, and we will still need to be vigilant when we return to our working environment. Social distancing, good hygiene and respect for others and their situation is something we should all be thinking about.

Be present and understand that our 'social norms', have, and will change for some time. A hug and a handshake may be replaced with other ways to communicate, it's not bad, it's just different to what we have been told is socially acceptable in our society.

After all, bowing, waving and sign language, are all alternatives for greetings that already exist.

But how can we stop doing something that's so ingrained? Social distancing seemed impossible to adapt to at first but with time, and perhaps an uncomfortable transition period our 'social norms' may change as well.

Let's continue meeting via zoom, what an amazing resource that has really changed the way we do business. Consider taking your tea break or lunch via zoom, and I'll finally be able to eat sardines without becoming a social pariah.



Pūhā

Pūhā is an ever-popular green in Maori cuisine. Leaves and shoots can be eaten raw or stewed. Pūhā is chock-full of goodness, it contains the same amount of vitamin C as oranges. It may even be growing in your garden.

You can purchase Pūhā as well as other locally grown ingredients from "The Vege Basket". They also deliver, find them online [The Vege Basket](#)

Now that it's getting colder this warm soup made local and seasonal ingredients (Pūhā, Kumara, Leek and Pork) will be a nice addition to your weekly menu.

[Pūhā, Pork and Kumara Soup](#)



Stay safe team & keep yourselves well...

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