

# Health and Wellbeing at Work



## WELCOME NOTE

Staff Health and Wellbeing is a core area of interest for Cork Kerry Community Healthcare and we are developing a number of initiatives, to promote wellness amongst our staff. This newsletter is one example and another was our Staff Health and Wellbeing day at the National Rowing Centre in Farran Forest Park, Cork on 23 Sept. This event was a resounding success and we would like to thank all those involved. Staff, friends and families enjoyed a great day of activities on the water and ashore. Their feedback has been really great, if you were there let us know what you thought and share some photos for publication.

Please print this Newsletter for your staff noticeboards & canteen areas to ensure all staff have access to it.

If you did not receive this Newsletter via email, can you please contact the [helpdesk.south@hse.ie](mailto:helpdesk.south@hse.ie) to be added to the mailing list and look out for us on Yammer (Health and Wellbeing Group). If you have any feedback or suggestions in relation to health and wellbeing priorities within your department, please feel free to email

[CorkKerryHandWBNewsletter@hse.ie](mailto:CorkKerryHandWBNewsletter@hse.ie)

My name is Tim Lane and I use mindfulness with "Rethinking anger groups" as part of work with the adult homeless service in Cork City. I believe that Mindfulness helps people get more enjoyment out of good times and handle bad times better. I use it to help draw my attention to the present.

Mindfulness is a very old technique which is becoming increasingly popular. I find it reduces stress and gives me greater sense of control over my life. For me it means being consciously aware of what I am doing while doing it. When I have thoughts I notice them and come back to the awareness of what I am doing. If I experience negative emotions I just notice the emotion – I don't try to deepen it – just come back to awareness.

It is living in the now. If you practice mindfulness, gently bring yourself back into the present moment every time you notice you have drifted in your mind back to the past, into the future or off in your imagination.



Jim Lane, Mental Health Social Work Team Leader,  
South Lee Mental Health Service

Cork Kerry Community Healthcare Staff pictured at the ergometer challenge at the Staff Health & Wellbeing Day in Farran Woods on Saturday, 23<sup>rd</sup> September.



## Quote of the month

"People don't realize that now is all there ever is: there is no past or future, except as memory or anticipation in your mind" –

Eckhart Tolle



## Healthy Eats

### **Spinach & feta stuffed chicken**

#### Ingredients

- 4 boneless chicken breast fillets (skin on)
- 85g frozen leaf spinach – defrosted
- 85g Feta cheese crumbled
- 2 tbsp olive oil
- 2 tbsp pine nuts

#### Method

Loosen the skin from the chicken. Drain the spinach in a sieve and press out as much water as possible. Mix with the feta and a little black pepper, then stuff between the flesh and skin of the chicken, smoothing the skin back over the stuffing. Season the chicken all over with a little salt and pepper. Heat the oil in a frying pan with a lid. Add the chicken, skin-side down, and fry until the skin is browned. Turn it over and cook on the other side, then add the pine nuts and fry until lightly toasted. Add 6 tbsp water, and then cover for 15-20 mins until the chicken is cooked through.



[www.cancer.ie](http://www.cancer.ie)  
[www.immunisation.ie](http://www.immunisation.ie)  
[www.arthritisireland.ie](http://www.arthritisireland.ie)

### **Lifestyle: Heart Healthy Habits**

The Irish Heart Foundation recommends adults exercise for 30 minutes, 5 days per week. Many individuals believe this is unachievable – 150 minutes of exercise per week sounds like a lot! Realistically speaking, very few people have the time or motivation to set aside 30 minutes a day to exercise. The key to following this recommendation is to break it up! Most people do not realise 30 minutes is a cumulative figure. Setting aside 10 minutes, 3 times per day equates to 30 minutes per day of exercise. Walking on your lunch break, taking the stairs instead of the lift and walking to the shop instead of driving are all heart healthy ways to build up to your 30 minute target. Remember: Small changes build up! Heart Healthy Habits start with a small change – keep it simple and consistent!

Sheelagh Broderick presenting Nessa O'Brien with her prize for the "Fastest Woman" at the ergometer challenge in National Rowing Centre



## Did You Know

There are many benefits to giving up smoking

- Circulation improves reducing your risk of heart attack
- Oxygen levels increase and carbon monoxide levels decrease
- After 2-3 months lung capacity increases by up to 30%
- After one year risk of heart attack drops
- Within five years risk of cancer significantly reduces

## H&WB Events

Dingle Maritime Weekend will be held at the Dingle Aquarium, Oct 28<sup>th</sup> & 29<sup>th</sup> 2017, further info available at [info@dingle-oceanworld.ie](mailto:info@dingle-oceanworld.ie)

Dingle Folkfest is on Oct 13<sup>th</sup> – 15<sup>th</sup>, further details available on [info@dinglefolkfest.ie](mailto:info@dinglefolkfest.ie)

The Taste Cork Week is on from Oct 16<sup>th</sup> – 22<sup>nd</sup>, further info available on <http://festivalcork.com/taste-cork.html>