

Issue 8

 Bath

FREE

Wellbeing

Bath and North East Somerset

We welcome guest
Editor Jodie,
Press & Publications
Intern at Bath Mind!

**Spend time
in nature**

**Wear It Blue for
Bath Mind
on World
Mental Health
Day!**

**Mindful
Colouring**
from Toogood Tatteeo

**Jodie's
Budgeting
Tips**

**Easy Low Cost
Recipes**
from Food for Thought

For more information and resources visit
www.bathmind.org.uk

Wellbeing in BaNES



Hello! I'm Jodie, I am 22 years-old and I study Film and Screen Studies and Media Communications at Bath Spa University. I'm currently working as Press and Publications Intern at Bath Mind!

It's a great pleasure to introduce myself as the guest editor for this edition of the Wellbeing in Bath and North East Somerset magazine.

I am passionate about mental health and supporting others with their own. I have recently been elected as President of the Mental Health Society at Bath Spa University. Outside of my internships and studies, you will usually find me spending a lot of my free time (and money) at The Little Theatre cinema, here in Bath!

In this issue, we feature

Jodie's Budgeting Tips

Read Jodie's tips on how to help your budget stretch a little further.

Recipes from Food for Thought

Healthy, tasty recipes from Bath Mind's 'Food for Thought'.

Wear it Blue! and the Bath Mind Mental Elf Run!

Make a stand for mental health and support Bath Mind's great fundraising events!

Mindful Colouring from Toogood Tattoos

Relax and immerse yourself in these great colouring pages from Toogood Tattoos.

Time in Nature

Spend time in nature to help with relaxation. Engage your 5 senses.

Creative Writing

How creative writing can support your wellbeing.

Box Breathing

Take time out to breathe and achieve a sense of relaxation.

If you have something you'd like to contribute, we would love to hear from you!

We need your feedback! Please let us know what you think about Wellbeing in BaNES magazine by answering a few questions at <https://www.bathmind.org.uk/wellbeing-in-banes-magazine/> **Thank you!**

World Mental Healthy Day

Wear it Blue!

on 10th October

Join us on World Mental Health day and Wear It Blue to show your support for better mental health for all. Help us raise funds and make a difference to the mental health of those living in your community.



Wear your favourite blue something on 10th October!

Donate to Bath Mind to help fund our vital services which support the mental health of thousands of people living in BaNES.



Start a conversation - get talking about mental health. By talking, we can support ourselves and others.



Capture the moment - share your pictures with us. If you use social media, tag @bath.mind and hashtag #WearItBlue.

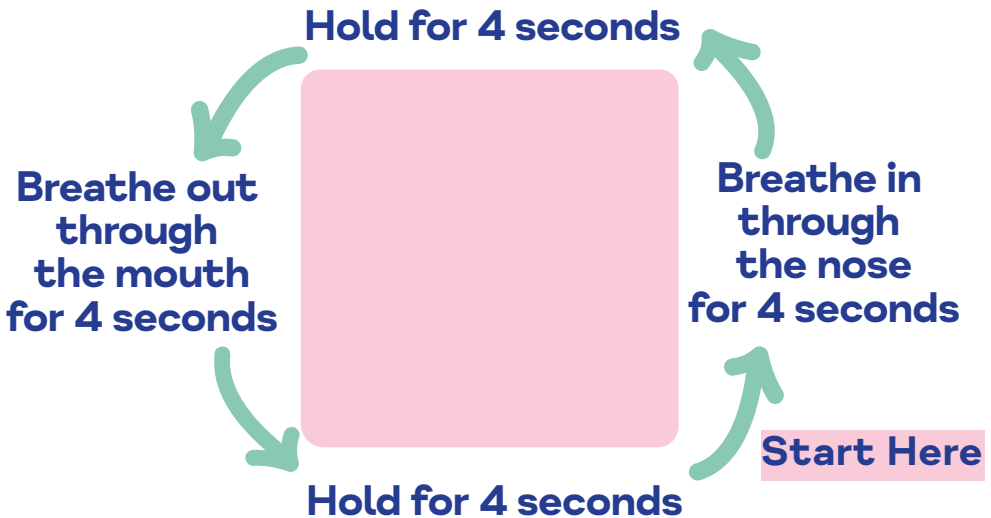
More more information and resources, visit <https://www.bathmind.org.uk/wearblue/>

Bath Mind is a local, independent charity. Whilst affiliated with national Mind, we are responsible for our own funding and income generation and rely on local fundraising to support our work throughout BaNES. Registered Charity No: 1024630

BOX BREATHING

**Bring your mind to the present moment
to help calm the mind.**

Imagine you are breathing around the 4 sides
of a box, each side representing 4 seconds.



You can adapt how long you do this for to find what works for you - for example, change each stage to 2 or 3 seconds.

Build up gradually, aiming to continue the exercise for around 5 minutes.

SAFE SPACE

Free peer support group
for young people
aged 16-25

- Connect with others
- Take part in new activities to support your wellbeing

Group held both online
and in-person.

Mondays 5pm - 6.30pm

Email to join:
wellbeing@bathmind.org.uk

Scan to join:





Jodie's Budgeting Tips

With the cost of living crisis continuing to affect us, national Mind conducted a survey which shows that 'the mental health of nearly 8 in 10 Britons (78 per cent) surveyed has been affected by the cost of living crisis'.

Here are some tips which could help you save money:

Eating on a budget

Growing your own food: Seeds can be found for as little as £1 and some things like cress can grow really quickly. Potatoes and carrots are also easy to grow and maintain, so if you have some space it's worth doing.

Too Good To Go: This app not only helps you save money, it also saves food waste. Download the app and you'll have the option to keep notifications on for the places you like and you can pick up food at greatly reduced prices.

Share cooking: Try sharing cooking with flatmates or friends. It can be a fun way to socialise and get to know them a bit better, but also splits the cost and reduces energy bills.

Reduced items in supermarkets: Picking up reduced items in supermarkets can reduce the cost of your food shop. If it's something you might not need now, you can freeze it and save for future use.

Discount codes

- ! Look out for discount codes or multi-buy savings when you shop.
- ! Many workplaces offer discounts in certain places, or even subsidised rates for healthcare - such as eye tests.

Reuse and recycle

- ! Charity shops, Facebook Marketplace, Gumtree and eBay offer second-hand items and clothing. Be sure to check listings and make sure offers are genuine when using Gumtree and Facebook Marketplace.

Questions to ask yourself before buying items:

Prior to buying anything, you could stop and ask yourself a set of questions to make sure your purchase is necessary:

- Do you need it?
- If it's an item of clothing, can you think of 5 times you will wear it and 5 outfits that you will be able to wear it with?
- Do you urgently need it - right now? Give yourself a set amount of time (a week) before making a decision to buy something. 9 times out of 10 you may realise that it's not something that you need and is usually just the urge to buy. As well as this, you may be lucky and find that the item has been reduced since you last looked at it!

Top Tips for Students

As a student, you may be juggling your studies with living on a tight budget. Here are some tips to help you through:

- Searching for part-time or casual jobs at your university is one way to earn extra money.
- Make use of the university's Student Union bar for nights out, they are usually much cheaper than a regular pub.
- Ask about student discounts in stores - many places don't advertise very well that they offer discounts for students.
- It is worth signing up for student discount websites like UniDays, as they offer discounts for the duration of your course.
- Enter competitions and surveys that are run by the university or your accommodation; many offer cash or voucher prizes.
- Look into your university services - some universities offer bursaries or one off payments for those who may be struggling financially.

Visit Bath Mind's website for more tips and support for your mental health and wellbeing

<https://www.bathmind.org.uk/resources/>

Wellbeing Anagrams

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For more Wellbeing Activities, visit our website:
www.bathmind.org.uk/wellbeing-activities



Access Community Mental Health

If you need support with your mental health, the team will walk alongside you every step of the way.

Freephone: 0808 175 1369

Email: access@bathmind.org.uk

Open: 9am-5.30pm Monday to Sunday

Breathing Space - Evening Support

Experiencing poor mental health, struggling with emotional distress, suicidal ideation or feeling overwhelmed?

Freephone: 0808 175 1369

Email: breathingspace@bathmind.org.uk

Lines open: 5.30pm-11pm Monday to Sunday



Spend time in nature

There are many benefits to spending time in nature, not only can it help to improve your mood and reduce stress levels, it can also improve your physical health.

The 5,4,3,2,1 method can help sooth anxiety and calm your mind by engaging your 5 senses. Find a quiet spot and see if it helps you:

What can you see? - Find 5 things you can see

Look around - what can you see.

What can you touch? - Find 4 things you can touch

Put your hands in the grass, or feel the bark of a tree. Try to become grounded in nature.

What can you hear? - Find 3 things you can hear

Listen carefully - what can you hear? Birds? Noisy insects? What else can you hear?

What can you smell? - Find 2 things you can smell

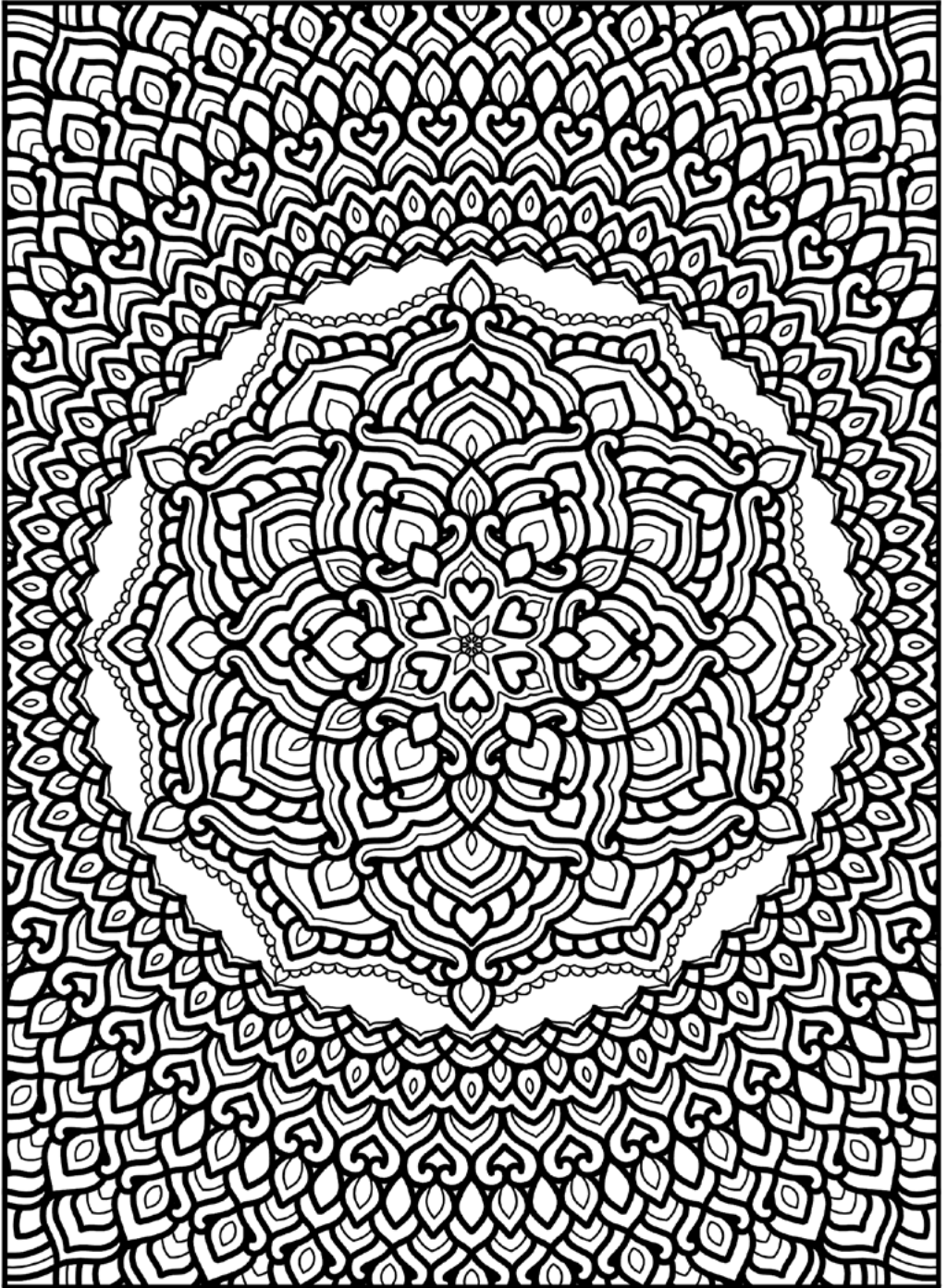
Can you smell any fresh grass, or flowers? What smells are strongest?

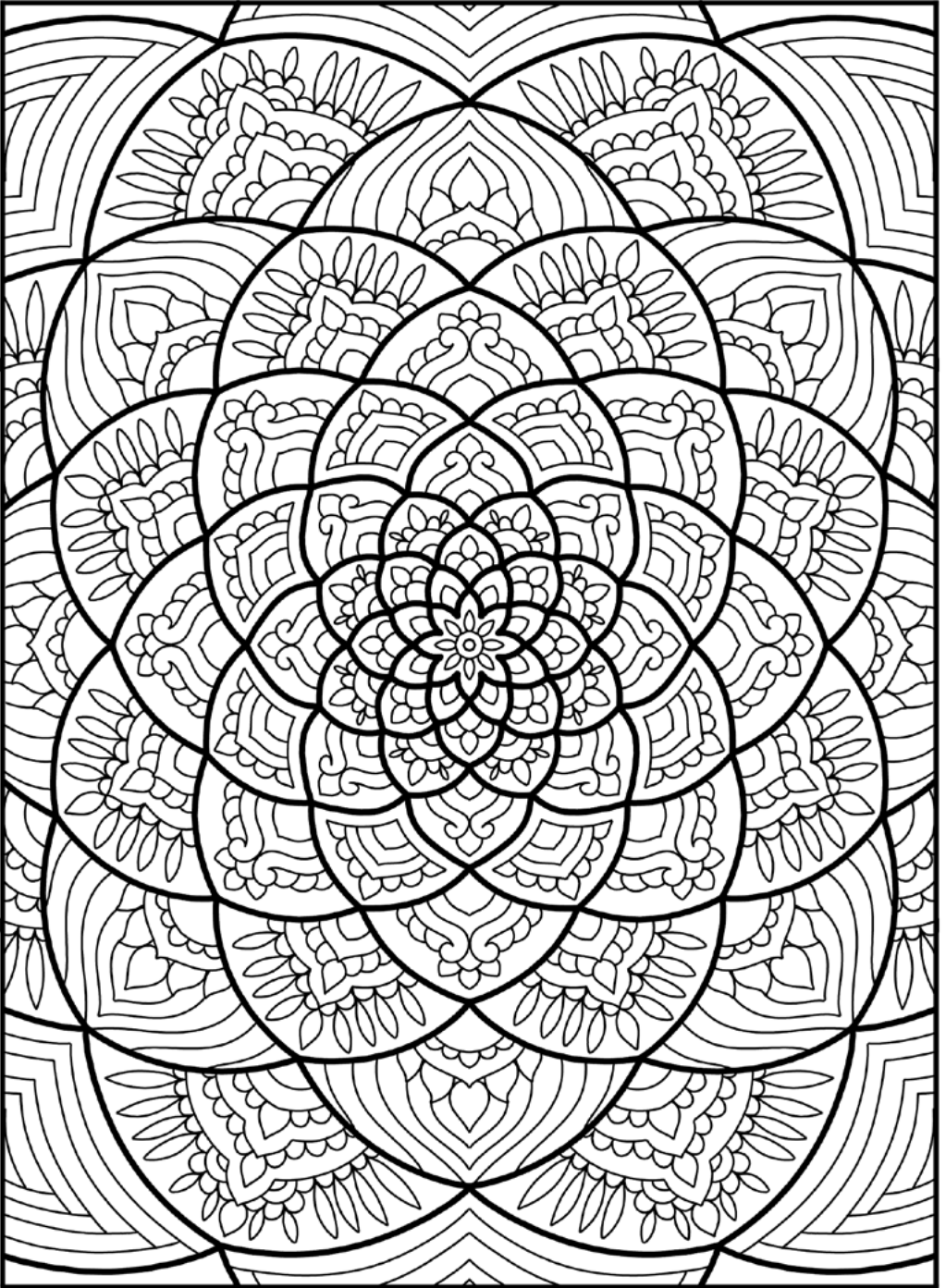
What can you taste? - Find 1 thing you can taste

Taste a cup of herbal tea, or a sweet - savour the flavour.

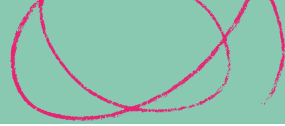
The 5 Ways to Wellbeing







Creative Writing for Wellbeing



Creative writing can help us in many ways, you don't need to be an experienced writer to benefit from putting your pen to paper. As well as being fun, insightful, relaxing (and free!), creative writing doesn't need to be complicated. Here are some ideas to get you started on your writing journey:

First, decide why you are writing, is it for self-expression or creativity? You might want to consider what you want to write. Here are some different forms of creative writing that you might enjoy:

- Journalling
- Poetry
- Short stories
- Lists
- Fiction
- Memoir/Autobiography
- Letters

Journalling:

If you are looking to gain awareness about a particular issue, or you just want a way to express yourself, journalling can be a helpful support.

Prompts can include:

Did something happen today? Is there a special moment you'd like to remember? How did an encounter with someone make you feel?

Top tip: don't worry about spelling or punctuation, just allow the words to come.

Letters:

Letters are a great way to tell someone how you feel or let someone know what you have been doing. It is also worth remembering that letters don't have to be sent.

Why not write a letter to your future self? Or write to ancestor you wished you had known?

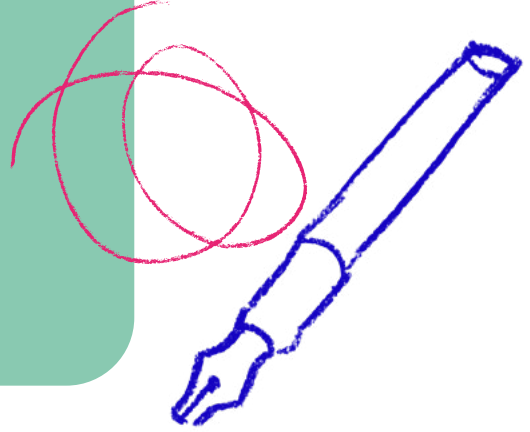
Top tip: you can tap into your imagination to write a response to yourself to gain deeper insights.

Writing Fiction:

Stories can be fun and creative. They can be dark and serious, captivating, and mysterious. If there's a story you want to write, just give it try. Why not bring in some characters and dialogue to bring your story alive!

Top tip: read stories and other genres by other authors to learn different styles of writing.

Things to consider when writing for your wellbeing



- Safety - avoid getting overwhelmed. We recommend you set a timer, it's amazing how much you can write in just 5 minutes.
- Follow a prompt – a blank page can be a daunting prospect, decide on a couple of words to start with, and let the rest follow.
- Are you an early bird or a night owl? - choose a time of day that feels right, perhaps you'll find it easier to write with the sun rising or when dusk is falling?
- Move your body - give your hands a stretch and a pat on your back after writing.
- Don't rush - set your writing aside and read it later. It's personal choice if you want to keep it, edit or throw away any cathartic writing.

If you're interested in joining a Creative Writing for Wellbeing group at Bath Mind, please contact wellbeing@bathmind.org.uk or call 07538 113890 to find out more.



Creamy Potato Soup (vegan)

RECIPE

Makes 4-6 portions



Ingredients

1 Medium Onion, Chopped
1 tsp Crushed Garlic
1 Tbsp Coconut Oil
½ tsp Dried or fresh chopped Rosemary
2 Large Carrots
4 Large Potatoes (1200g) peeled and chopped
4 cups Vegetable Stock (960ml)
1 Can Coconut Milk
Sea Salt and Black Pepper to taste
Chives for garnish

Instructions

Add the chopped onions and crushed garlic to a pot with the coconut oil and dried rosemary and sauté until the onions are slightly softened.

Add the carrots and potatoes (peeled and chopped) and sauté for a minute just to blend the flavours together. Pour in the vegetable stock.

Bring to the boil and then cover the pot, turn down the heat and simmer for around 30 minutes until soft and cooked.

Remove from the heat and blend with an immersion blender into a thick creamy soup. Then add the coconut milk and stir through.

Gradually heat the soup to a simmer again so that the coconut milk flavours blend properly.

Add sea salt and black pepper to taste.

Serve with chopped chives, if you like, and some wholemeal bread.

This can be frozen; gently defrost before reheating.

The role of fibre in a healthy balanced diet

What is Fibre?

Fibre is a term widely used for the indigestible portion of carbohydrates. In the past it was sometimes referred to as 'roughage'.

Please note: Some health conditions restrict fibre in the diet. Consult your doctor if you think this may apply to you.

There are two types of fibre - soluble and insoluble. They are present in a wide range of foods. Many refined foods such as white rice and pasta, cakes and biscuits do not contain any significant amounts.

Soluble fibre is gentle; Vegetables, oats, beans, lentils, apples, pears and berries are good sources.

Insoluble fibre is fibrous and can be harder on the gut. It is found in wholegrains (look for non-white rice, breads, flours, and pastas), nuts and seeds, and many of the wholefoods containing soluble fibre listed above, including vegetables, fruits, beans, lentils and peas.

How does Fibre help us?

It helps you to feel fuller, can slow digestion and help to even out blood sugar fluctuations to provide more even energy across a longer period of time.

It can also help to support a healthy, regular gut, and ease constipation:

(i) With sufficient water in the diet it can help food move along the gut allowing time to absorb nutrients, and importantly support timely removal of toxins.

(ii) Feed the healthy bacteria in our digestive tract which help to maintain a healthy gut wall and keep the less healthy bacteria from proliferating to the point of imbalance.

Adjusting your diet to incorporate more fibre?

Here are a few ideas to add a little, or increase the variety of fibre in your diet:

- (i) Swap a plain unsweetened oatcake for a sweeter biscuit,
- (ii) Try a snack of apple and a small handful of nuts.
- (iii) Alternate slices of white and wholegrain breads.
- (iv) Introduce 1-2 tbsp of cooked beans, lentils or peas to soups, and rice and pasta dishes.

To aid digestion:

- (i) Chew your food well, and ensure that you are drinking adequate amounts of water across the day – 1-1.5 litres for an average adult.
- (ii) Soak nuts, seeds, porridge oats in a little water for a few hours or overnight before eating raw.

Join our Christmas-tastic fun run!

Mental Elf 2023!

5K fun run

Sunday 10th December

Odd Down Sports Ground, Bath

Open to all ages.

Don't miss out on this
holly jolly opportunity
to run with a
festive twist.

Be an Eager Elf and register now
to run for mental health:

www.bathmind.org.uk/mentalelf

