

## Safeguarding Bulletin – Food, Mood and Kindness

As lockdown is changing and you are back in school, you may find that your regular healthy eating habits may slip into more frequent snacking on unhealthy foods. Evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel. Eating a wide variety of fresh, wholesome foods and cutting back on high sugar, processed food can really alter how we feel both physically and mentally. An improved diet can help improve your mood, give you more energy and help you think more clearly.

This short MIND video below runs through how different food can help improve our physical and mental health

<https://www.youtube.com/watch?v=CSHO9VdVRfg>

As well as eating well performing simple acts of kindness can also give us a boost in mood. Doing something kind for others releases feel-good chemicals, called dopamine and serotonin into our brain. These can help us to feel happier and more positive. With this in mind why don't you cook and share this Food for Mood recipe with your family; not only is it packed with goodness the act of doing something kind for someone else could give you a positivity boost too!

Don't forget as well as being kind to others be kind to yourself, isolation can be hard to deal with and no two people will react in the same way. Remember to reach out to trusted others for support if needed.

### **The Mind Meal – Pasta with pesto and oil-rich fish and side of avocado salad and seeds**



This recipe is an example of how you could combine a range of proteins, omega-3 fats, vitamins, wholegrains and healthy gut foods in a single meal. It's also low in sugar, caffeine and additives.

Serves: 2–4 people

Time: about 20 minutes

Skill level: very easy

Cost: under £10\*

\*This is based on our experience of making this meal. Some ingredients work out cheaper if you buy slightly larger packets, such as pasta, dried fruits, nuts and seeds.

#### **You will need to make the main meal:**

- 250g packet of wholemeal pasta
- 100g jar of pesto
- 180g tin of tuna in brine or water

Why not swap in: gluten-free pasta; nut and dairy-free pesto; any oil-rich fish, such as salmon, sardines or mackerel; soybeans; roasted butternut squash.

**How to make it:**

1. Cook the pasta in boiling water following the packet instructions, then drain the water.
2. Add 3 tablespoons of pesto to the drained pasta and mix together.
3. Open the tin of fish, drain the liquid, stir the fish into the pasta and serve.

**You will need to make the side dish:**

- 250g mixed lettuce leaves
- 1 ripe avocado
- 50g of seeds (sunflower and pumpkin)

Why not swap in: spinach or watercress leaves; other seeds, such as flaxseed, linseed or a mixture; a light drizzle of olive oil.

**How to make it:**

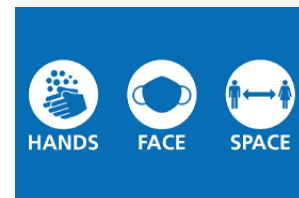
1. Wash the salad leaves, and place on a dish.
2. Remove the skin and stone from the avocado, slice it up, and add the slices to the salad.
3. Sprinkle the seeds over the top and serve.

**If you have an eating disorder:**

It is not known if coronavirus will affect those with eating disorders more or not, so to be safe keep following the guidelines – maintain hygiene by washing your hands regularly and maintain your distance from others.

You may find buying the foods you usually do eat more difficult, and you may be feeling more isolated which may be triggering. Therefore it is important you:

- maintain contact with friends and family via video and voice calls
- follow a daily routine
- use self monitoring and distraction techniques
- limit your use of social media to helpful sites (see below)

**As a result of the recent pandemic there has been an increase in cases:**

There are many articles highlighting an increase in young people having an eating disorder since the start of the pandemic. This may be because your child is no longer meeting up with friends, stress due to exam cancellations (and the unknown circumstances), anxiety due to family health or family financial issues.

**What to do:**

If you spot any changes in your child's eating habits contact your GP or helplines (see below). The young person can also get help from Beat (link below).

## The Sanctuary

The Sanctuary is an online chat group created specifically in response to coronavirus and the anxieties this could lead to for people with an eating disorder. It is a safe, online space for people with an eating disorder to share concerns and advice on how they are coping with the pandemic.

*Eating disorders thrive in isolation*, so it is important to stay connected and support each other through this.

Go to the chat room by clicking on this link:

<https://www.beateatingdisorders.org.uk/support-services/online-groups/chat-rooms>

## Sanctuary dates and times

Unlike our other online groups, The Sanctuary is open daily 9am - 8pm during weekdays and 4pm - 8pm at weekends & on Bank holidays.

### Useful contacts Mind's services

- Helplines – all our helplines provide information and support by phone and email. Our Blue Light Infoline is just for emergency service staff, volunteers and their families.
  - o Mind's Infoline – 0300 123 3393, [info@mind](mailto:info@mind)
  - o Mind's Legal Line – 0300 466 6463, [legal@mind](mailto:legal@mind)
  - o Blue Light Infoline – 0300 303 5999, [bluelightinfo@mind](mailto:bluelightinfo@mind)
- Local Minds – there are over 140 local Minds across England and Wales which provide services such as [talking treatments](#), [peer support](#), and [advocacy](#). Find your [local Mind here](#), and contact them directly to see how they can help.
- SidebySide was formerly known as Elefriends is a supportive online community for anyone experiencing a mental health problem. See our [SidebySide](#) website for details.

**Association for nutrition** - Provides a register of nutritionists  
[associationfornutrition.org](http://associationfornutrition.org)

**b-eat** - Charity for people with eating disorders and their families  
[b-eat.co.uk](http://b-eat.co.uk) adult  
helpline: 0808 801 0677  
youthline: 0808 801 0711

**Change4Life** - An NHS campaign for England and Wales, providing information and tips on healthy eating and living.  
[nhs.uk/change4life](http://nhs.uk/change4life)



# SELF-CARE TIPS FROM PIXAR CHARACTERS



LIVE EVERY  
MOMENT



COOK SOMETHING YUMMY!



SING A SONG!



TALK TO A FRIEND



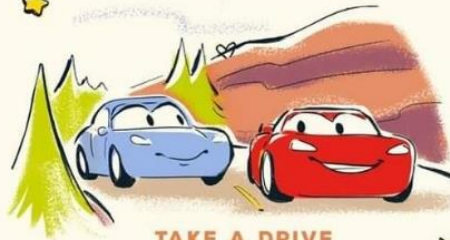
FIND JOY IN THE  
SMALL THINGS!



DANCE!



GO FOR A RUN!



TAKE A DRIVE



WRITE IN YOUR  
DREAM JOURNAL



READ A BOOK



MEDITATE

## Useful places to go for information for your son/daughter:

Samaritans: 116 123

Childline 0800 1111 specifically online safety 0808 800 5002

<https://www.nspcc.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://youngminds.org.uk/> 0808 802 5544

<https://www.kooth.com/>