



NEWSLETTER



ISSUE # 20

NOV / DEC BUMPER 2019

Keep updated: Check out the BeWell Yammer page for more Health & Well-being info [Yammer](#)

NEWS: Have your say in the BeWell campaign

In early 2020 we will be distributing a survey asking you how we can improve the BeWell campaign and gather suggestions of initiatives we can run across the New Year! All ideas welcome!

Stress Management at Christmas

DON'T CHASE PERFECTION

Forget about the perfect gift, the perfect tree, the perfect dinner and let Christmas unfold in all its messiness and imperfections.

HAVE SOME 'ME' TIME

Take time out from the hustle and bustle and restore some balance. Go for a walk or have a long bath and clear the head.

CREATE A MORNING RITUAL

Take 20-30 mins in the morning to set your intention for the day - write down what you need to do, read a book, meditate. It will help to centre you before the rush of the day takes over.

BE GRATEFUL

Stress occurs when we focus on what we don't have so turn your attention to what you have instead.

BUY EXPERIENCES

Experiences can make us happier than things so buy someone an experience you can enjoy together - a gig, play, spa day, afternoon tea.

START A HOME WORKOUT

Don't berate yourself for falling out of exercise over the season. There are lots of workouts online that you can do from home. Incorporate into your schedule. Check out The Body Coach on YouTube for quick home workouts.

Apps for 2020 to kickstart the New Year

- MyFitnessPal - track your diet and exercise (FREE)
- Finish - add & check off tasks, assign timeframes, organise (FREE)
- Mint - track expenses, set budgets, work to financial goals (FREE)
- Simple Habit - do 5 mins meditation to relax & reduce stress (FREE)
- Duolingo - learn a language outside of the classroom (FREE)
- Booking.com - book a break away (FREE)

Ingredients:

- 1 large onion, chopped
- 1 green & red pepper, chopped
- 2 tbsp of curry paste
- 2 garlic cloves, crushed
- 300g of leftover turkey, diced
- 300g of leftover cooked potatoes (boiled or roast), diced

Quick & Easy Turkey Curry

Use up your leftover Christmas Dinner!

- 400g chopped tomatoes
- 2 tbsp of mango chutney
- Chopped coriander (optional)
- Rice or naan bread to serve



Method:

- Heat oil in a pan and cook the onions and peppers for 3-4 minutes
- Stir in garlic and curry paste and cook for a further 1-2 minutes
- Add the chopped tomatoes with 150ml of water. Bring to the boil and bubble for 5-10 minutes
- Turn down the heat and stir in the turkey and potatoes and cook for another 5 minutes
- Season with salt and pepper and add mango chutney
- Sprinkle over the chopped coriander and serve with rice or naan or enjoy on its own!

What's on this month?



Christmas Films on at the Lighthouse Cinema
Dec 1st - 31st Dec

<https://lighthousecinema.ie/events/naughty-or-nice-christmas-season-1>



- Artwork displays
- Food
- Music
- Friends & family

31st Dec & 1st Jan

For info and tickets:

<http://nyfdublin.com/>