



WELLNESS



HELLO

JANUARY 2021

... and Happy New Year! We hope you managed to enjoy the festive period, albeit a slightly different one this year.

- VEGANUARY • DRY JANUARY • SUGAR AWARENESS WEEK •
- CERVICAL CANCER PREVENTION WEEK •

With 2020 now safely behind us and vaccines becoming available to help contain COVID-19, we are feeling optimistic that 2021 will bring lots of positivity.



HEALTHIER MIND



HEALTHIER BODY



HEALTHIER FOOD



HEALTHIER WORLD



Last year really highlighted the importance of looking after ourselves, our friends and family, our colleagues and the wider community. At ESS, we are committed to supporting the physical and mental health of everyone who is impacted by our business.

With that in mind, January kicks off a new year of ESS Wellness activity! Throughout 2021, we will promote nationwide health initiatives, as well

as bringing you bespoke wellbeing activity designed specifically for our sector by our Nutrition and Wellness Team.

We are beginning the year by promoting national campaigns from **Dry January**, **Veganuary** and **Cervical Cancer Prevention Week**. Some of you may also be trying to kick start your own wellbeing journey – read on for some handy hints and tips to support you along the way.

I hope that you enjoy this edition of our Wellness newsletter and that 2021 is a healthy and happy year for you all!

Mark Webster,  
ESS MD

# NEW YEAR, NEW YOU!

It's that time of year again when everyone feels guilty about how much they've eaten during the Christmas period!

This is when it can be easy to latch onto yet another 'detox', fad diet or celebrity endorsed exercise plan. These often use extreme methods to reduce weight, they do not promote a healthy balanced diet and are not sustainable in the long term. Furthermore, many people who begin the New Year with a lifestyle overhaul in the hope of losing weight often revert back to their old habits within a matter of weeks! Our Nutrition and Wellness Team have come up with some top tips to follow which will help you to maintain a healthy weight, improve your overall wellbeing and start 2021 with a spring in your step.

## Drink plenty of fluids – no that doesn't mean alcohol!

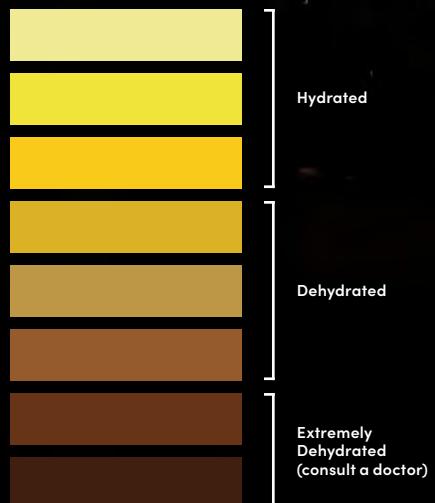
It's recommended that you consume 1.6l of fluid per day for women and 2l of fluid per day for men. We are made up of nearly 2/3 water which, when you think about it logically, makes

perfect sense, i.e. blood, urine and sweat are all fluids. That's why it is so important to ensure we keep our fluid levels topped up.

Water or fluid is also really important in helping to maintain our hydration levels which can affect both our physical tasks and our concentration levels throughout the day. It is best to drink little and often throughout the day as we are often dehydrated before we feel thirsty. *In fact, we are dehydrated by approximately 2% before we feel thirsty!*

One way of knowing if you're drinking enough water is by your urine colour - the darker the colour, the more dehydrated you are. So, what counts towards maintaining your hydration levels? Well, most liquids count - for example, tea and coffee (which contain caffeine) count due to water being the main ingredient, however alcohol does not. It is important to think

about what fluid you are consuming, particularly from a calorific point of view as you can unknowingly consume excess calories. Sugar free varieties of squash and fizzy drinks are good; however water is usually the best option.



## Get up and go

You don't have to join a gym to be physically active; studies have shown that just doing 150 minutes moderate physical activity (i.e. when your heart rate and breathing increase, but you're still able to hold a conversation afterwards) each week

can reduce the risk of:

- Type 2 diabetes
- Osteoarthritis
- Coronary heart disease and stroke
- Depression
- Premature death

The government recommends 150 minutes of moderate intensity activity a week (30 minutes x5/week) or 75 minutes of vigorous intensity activity a week. You should do strength training activities on at least two days a week to keep muscles, bones and joints strong and break up long periods of sitting down with some activity.

Moderate intensity exercise could be activities such as cycling, fast walking

or housework where you are able to still hold a conversation but are breathing faster. Vigorous intensity exercise is where your breathing becomes hard and fast and you are unable to hold a conversation – for example, running up the stairs.

The best way to achieve your exercise goals is to try and factor it into your daily routine. This doesn't have to mean going to the gym before or after work. It could be as little as getting off the train or bus two stops early and walking the rest. Obviously, the time this would take would need to be factored into your schedule.



## Make weekly resolutions and set realistic goals

Most people begin the New Year with a set of resolutions that aim towards improving their lifestyle in some way. However, many people are unable to stick to them. One common reason may be that they've tried to attempt all their resolutions at once, resulting in not having the outcome they had hoped for. This ultimately leads to frustration and can result in people giving up entirely.

To make sure the same thing doesn't happen this year, start off with one achievable target within a reasonable time frame and then build on it. For example, if you're trying to lose weight, you could set a target of losing one

or two pounds (0.4-0.9kg) per week – this controlled and gradual weight loss is safer than dramatic weight fluctuations, which you may get when losing weight rapidly through a fad diet. Another example could be not adding salt to your food when you're cooking or eating out.

Once you're in a position where you can sustain that change, then you can add another target and progress from there. A good example would be running, starting off with short distances and working up to longer runs, or setting targets to run your preferred distance in a certain time limit.



## Allow yourself some time for you

It is important that you look after yourself and make some time for you. If you don't things can catch up with you, leading to detrimental health implications that may be harder to overcome.

It is good to get in the habit of practicing some form of mindfulness. This is where you live in the present or the current moment. **Professor Mark Williams**, former Director of the Oxford Mindfulness Centre, defines mindfulness as: '*An awareness of our thoughts and feelings as they happen moment to moment. It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives.*' Most of us have things that we find hard to let go of and mindfulness can help us to deal with them more productively. We can ask: '*Is trying to solve this by brooding about it helpful, or am I just getting caught up in my thoughts?*' By being more in the present we will appreciate our surroundings and understand ourselves better – we may even begin to experience things that we have been taking for granted.

Living mindlessly can increase the risk of stress, anxiety and depression which can lead to other physical health implications. We all are living in a hectic world with daily pressures;

we may be on autopilot, unable to let go of the past, having negative thoughts that can spiral out of control resulting in depression, or always be concentrating on 'the next thing'. This all prevents us from living in the now and appreciating what we have around us, whether that be our family, friends or even nature.

Practicing mindfulness can help deal with daily pressures, reduce stress, anxiety and depression. Mindfulness is also recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression in people who have had three or more bouts of depression in the past.

There are many forms of mindfulness and so it is important that you find one that suits you. It could be meditation, a mindful walk, mindful eating or a mindful body scan. It does take practice so don't give up at the first hurdle. Aim to get into a routine of practicing a mindfulness method that works for you. Start with a few minutes and build it up to a little longer.

If you would like the Wellness and Nutrition Team to hold a mindfulness session for you and your team, please get in touch by e-mailing [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)





### Variety is the spice of life

This is also true when it comes to food. There are so many 'diets' out there, especially at this time of year, that claim to help you lose weight fast. They often restrict you to certain foods and cut out key food groups making the nutritional profile of your diet poor. These types of diets are often hard to maintain, are boring and, as a result, you can't keep to them and perhaps end up overindulging and piling on the pounds again.

It is so important to have a positive association with food, rather than deprive yourself of key food groups. Balance and variety are key to ensuring you get all the nutrients you need to sustain good health. If you want to reduce your weight, small step changes to your usual food habits, monitoring your portion sizes and being conscious about why you are eating the foods you do will all help. Practicing mindful eating by taking time out to eat and eating slowly will encourage you to realise why you

are eating, recognise the signs of becoming full and hopefully reduce what you eat overall. Other tips to help you eat more healthily but maintain variety are:

- Steam, grill and poach over frying food - dry fry or use a spray oil if you must fry
- Choose leaner cuts of meat such as 5% over 20% fat mince, turkey and white fish
- Aim for one portion of oily fish per week
- Plate up vegetables first
- Don't add butter or margarine to vegetables
- Choose lower sugar, fat and salt options
- Eat mindfully, i.e. eat more slowly, which will help you recognise when you are full
- Reduce your portion sizes and plate up less than you think you will need - if you aren't full you can always have a little more.

# DRY JANUARY

**With 'Dry January' upon us, it won't be difficult to give up alcohol for a month, mainly because many of your friends and colleagues are probably doing it too.**

But it's not just in January when you can make a difference - it's good to keep an eye on your drinking habits throughout the year. *The government recommends a maximum of fourteen units per week over a minimum of three days.* That's the equivalent to six glasses of wine, four pints of beer, or fourteen single measures of spirits!

Another thing to consider is that alcohol contains 7 kcal/gram, which is nearly as much as fat (9kcal/gram). It provides us with 'empty calories' as we gain no other nutritional benefit. It is very easy to consume half or more of your daily calorie intake on a night out, especially when you consider the snacks you may have with your drinks, or the kebab you may buy on the way home!

Drinking high volumes of alcohol can also increase your risk of ill health in the long term, including certain types of cancer and diabetes.

That's not to say you must never drink. It is easy to enjoy a drink sensibly and to cut down on the excessive calories by doing the following:

- Ordering half pints of beer and having smaller glasses of wine
- Ditching the cocktails and drinking water or a soft drink between each alcoholic drink
- Opting for spirits over wine and beer – spirits contain 1 unit per 25ml measure and roughly 57kcal, whereas a 175ml glass of wine contains 2.3 units and roughly 159kcal, and a pint of beer can contain up to 3.4 units and roughly 182kcal!
- Ordering diet and sugar free soft drinks with spirits.

It's important to know that making the changes above does not mean you can drink twice as much - it's all about reducing your intake and consuming in moderation!

CHANGE  
ALCOHOL



# DRY JANUARY

Check out our 'WeAreESS' YouTube channel where you can find our webinar and tip video on reducing your alcohol intake.

A large, vibrant green salad is the central focus of the image. It consists of fresh arugula leaves, sliced ripe avocados, and lime wedges. The salad is dressed with a light vinaigrette and some small red pepper flakes. In the top right corner, there are two overlapping circles: a light blue one containing the text "HEALTHIER FOOD" and a dark green one containing the text "HEALTHIER WORLD".

HEALTHIER FOOD

HEALTHIER WORLD



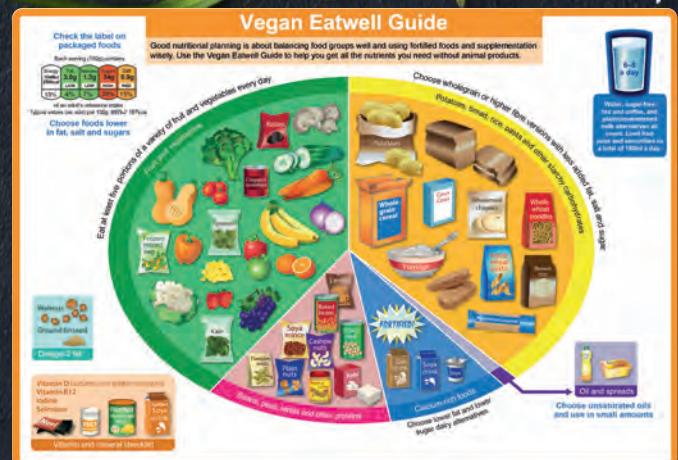
# VEGANUARY

Veganuary launched in 2014 with the aim to inspire people to become vegan and help end animal cruelty.

Its popularity has increased significantly with 400,000 people signing up in January 2020. There is also a greater awareness of how our meat is farmed and how far it has travelled to get to us, as well as environmental issues in general, making consumers more concerned about the impact of their food choices.

A vegan or vegetarian diet is often deemed healthier, but this is not necessarily the case - as always it depends on the foods you choose, how they are cooked and the variety in your diet. Check out the [vegsoc.org](http://vegsoc.org) and [vegan.society.com](http://vegan.society.com) who have developed Eatwell Guides suitable for both vegetarians and vegans.

They are based on the original Eatwell Guide developed by Public Health England. They all encourage a healthy balanced diet through having a variety of foods each day and week from each food group on the guide. Click on the Eatwell Guides below for more information on Veganuary, veganism and vegetarianism.





# DONNA WOOD TAKES US THROUGH HER REASONS FOR AND EXPERIENCE OF BEING A VEGETARIAN.

I was about eight years old when I realised I had an aversion to meat.

I remember the days of being reprimanded by my peers for not eating the meat on my plate; the sausage on my big breakfast, the corned beef hash for school dinners and finding shredded pork mashed into my potatoes in the hope that I wouldn't notice and would get the protein I allegedly needed to keep me fit and healthy.

For me, my choice of not eating meat in my early years was not because of any ethical reasons, but merely because I really didn't like the texture or taste of meat at all.

I recall the disagreements at the dinner table with my parents stating 'you need your meat to be healthy, strong and fight off disease!', 'you need iron in

your system!' and my favourite 'there are people in the world who would be grateful for that!'. Eventually my parents accepted my choice and distaste for meat in my diet, however they struggled to find vegetarian options for me - truth be known, I was more than happy to eat a Sunday roast with all the trimmings minus the meat!

When I started secondary school, I started researching animal cruelty and vivisection and attempted to become vegan. I soon realised that the staples of my diet at the time - cheese, milk and eggs - would have to be given up, so this choice was quite short lived for me.

For many of my early years and into my mid-20s, I survived on pasta dishes,

potatoes, bread and cheese. In the early 1990s, meat substitutes like Quorn and tofu were becoming more popular and not as expensive. However, to this day I don't like the texture or taste and refrain from eating any meat substitute at all - A Greggs vegan sausage roll? No thank you very much, I'll pass.

Being a non-meat eater has been challenging at times, eating out with my daughter (who is a meat eater) in restaurants or with family dinners.

Thankfully, vegetarian and vegan diets have become much more popular over the years and recipes and access to plant based foods are much more attainable and cost effective than 30 years ago.

In fact, did you know there now seven types of vegetarian diet?



**Vegan:**  
Diet excludes eating or using any animal products, such as meat, fish, eggs, cheese, leather or wool



**Lacto-vegetarian:**  
Diet excludes all meat, fish, seafood and eggs, but will include dairy and dairy products



**Ovo-vegetarian:**  
Diet excludes all meat, fish, seafood and dairy products, but will include eggs



**Lacto-ovo vegetarian:**  
Diet excludes all meat, fish and seafood, but will include dairy products and eggs



**Pescatarian:**  
Diet excludes all meat, but will include dairy products, eggs, fish and shellfish



**Pollotarian:**  
Diet excludes most meat, but will include dairy products, eggs, fish, shellfish and poultry



**Flexitarian:**  
Semi-vegetarian diet which is primarily a plant-based diet but will, on occasions, include meat, dairy, eggs, poultry and fish

Over the last ten years or so I have found a diet that works for me and my family. I also took the decision to re-introduce chicken to my diet on occasion - more so cooking it for the family. I really enjoy experimenting with new flavours - herbs, spices, beans, peas and pulses - and can rustle up a vegetarian curry in no time for the whole family to enjoy.

I often get comments on how tasty the veggie option actually is. Eating out is also much easier nowadays with almost all restaurants offering vegetarian and/or vegan options that don't just involve cheese and pasta. My diet is currently 95% lacto-ovo vegetarian and the chicken that I do eat I could honestly do without - and probably will when my family

have fled the nest. I consider my diet to be balanced and healthy, giving me all the nutrients I need.

The following is just one of my favourite recipes for you to try - the beauty of this dish is that it can be prepared and cooked in the slow cooker to enjoy after the working day is done.

# SLOW COOKER CHICKPEA CURRY



## Ingredients

- 1 teaspoon rapeseed oil
- 1/2 medium onion diced
- 1 Gala apple diced
- 2 tablespoons minced ginger
- 2 garlic cloves minced
- 1/4 cup mild curry paste
- 1 sweet potato peeled and cut into 1/2-inch dice (about 2 cups)
- 2 cups small cauliflower florets
- 2 1/2 cups chickpeas
- 1 1/4 ounce can chopped tomatoes
- 1 1/4 ounce vegetable broth
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 1/2 cup coconut milk
- 1 1/2 cups lightly packed spinach leaves, chopped

## Instructions

1. Heat the rapeseed oil in a large non-stick pan set over medium heat. Add the onion, apple and ginger, and cook until they are tender (7 to 8 minutes)
2. Add the garlic and cook for 30 seconds
3. Stir in the curry paste and cook, stirring, for three minutes
4. Transfer the onion mixture to a slow cooker
5. Add the sweet potato, cauliflower, chickpeas, diced tomatoes and vegetable broth to the slow cooker
6. Cook on HIGH for six hours, or until the vegetables are tender
7. Stir in the coconut milk and spinach, heat and serve.

Veganuary.com

# CERVICAL CANCER PREVENTION WEEK

Cervical Cancer Prevention Week takes place on 18th to 24th January this year.

Ladies, it may make us feel uncomfortable to talk about and go for a smear test, but it is vital that we all do so – prevention is always much better than cure.

The human papillomavirus (HPV) is the main cause of cervical cancer. There are over 200 types of HPV, with around 13 types classed as high risk and linked to 99.7% of cervical cancers. The HPV virus is common, with 80% of us having it at some point in our lives, however the low risk forms are usually harmless.

That said, there are things that we can do to help prevent cervical cancer. These include:

- Having your cervical screening (smear test)
- Having the HPV vaccine, now available for free to those under 25
- Not smoking
- Having safer sex.

For further information visit [www.jostrust.org.uk](http://www.jostrust.org.uk)

#Smear  
For Smear



# AND BREATHE...

In times of uncertainty, stress or anxiety, we can often feel overwhelmed.

While breathing is a continual process for everyone, we can often take for granted how important it is for our overall wellbeing. Being aware of our breathing, consciously controlling it and using different techniques has been anecdotally proven to reduce stress and anxiety and to help us sleep.

To maximise the benefits, it's important to get into the routine of more conscious breathing. It only takes five minutes, so this is more than achievable. The tips below will help:

- Sit or lie somewhere where you feel comfortable with your legs/feet hip width apart
- Loosen any restricting clothing
- Whilst counting to five, take a deep breath in through the nose
- Whilst counting to five, breathe out through the mouth
- Aim for five minutes per day.

## Top tips:

- Don't force the breath, let it flow – the more frequently you do it the easier and deeper your breath will become
- Closing your eyes may help you to concentrate on your breathing rather than what is going on around you.

Check out our WELLBEING board poster to find out more on conscious breathing and its benefits.

# WELLNESS ON THE NEW ESS WEBSITE

With the launch of the new ESS Website - <https://ess-compass.co.uk/> - you can now find links to all our great Wellness stories in one place.

Be the first to read our monthly newsletter by clicking the link at the top of the Wellness page found under the 'Our Community' tab, or view the latest YouTube, TikTok and Instagram posts by clicking on the links. While you're there, why not subscribe to our #WeAreESS channels. For suggestions on future videos or for general Wellness questions, don't forget you can get in touch with us by email at [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).



## WELLNESS WEBINAR

13<sup>TH</sup> JANUARY AT 14:30

### Moooove Over Meat!

Click [HERE](#) to join us for our first Wellness Wednesday of 2021 where we will discuss how moving to a more sustainable diet doesn't mean you need to compromise on nutrition, and provide tips on how to achieve the balance whilst reducing meat.



# ASK YOUR ESS NUTRITION AND WELLBEING SPECIALIST



This month we are including a section where our Nutrition and Wellbeing Team will bust any myths that we hear regularly when we are out and about, and highlight or clarify anything we may have seen in the media regarding nutrition and wellbeing.

## WHY SHOULD I EAT MORE WHOLEGRAINS?

Wholegrains including barley, oats, wheat and rice are excellent sources of fibre and B-vitamins.

These aid your digestive health, helping to prevent constipation. Wholegrains also help keep you fuller for longer as the body takes longer to break down the extra layers of the grain (endosperm, bran and germ) that aren't found in 'white' products, therefore releasing energy more slowly. Most of the grain's nutritional content is concentrated in the bran and germ, which is removed when refined to produce 'white' varieties.

Increase your wholegrain intake by swapping white bread, rice and pasta for wholegrain varieties – for example:

- Choosing a wholegrain cereal for breakfast such as a bowl of porridge, muesli or wholemeal toast
- Opting for wholemeal sandwiches, wholemeal pasta salad or a wholemeal roll with your soup for lunch
- Where appropriate, eating the skins of fruit and vegetables



## IS RED MEAT REALLY THAT BAD?

Red meat forms a popular part of our meals.

This is contributed to by availability, cost and nutritional value (quality protein, B vitamins, iron, and zinc). However, red meat can also be high in saturated fat which has been shown to increase the risk of coronary heart disease and stroke.

Public Health England recommends that you should eat no more than 70g of red and processed meat per day but the UK population currently consumes approximately 660g of red meat per person per week in the form of steak, sausages, mince and burgers – that's 24g per day over the recommended amount!

There is growing concern based on scientific research that meat processing (including curing and smoking) can produce carcinogens. That said, red meat should still form part of a healthy balanced diet. Aim not to have red meat every day, perhaps even opt for a completely meat free day. Choosing

non-processed meats, trimming the fat off where possible and choose leaner cuts will also help.

If you decide to stop eating red meat altogether, there won't be an issue with still meeting your protein requirements, but it's possible that your iron intake could decrease. The body can easily absorb animal-based iron but finds it harder to absorb plant-based iron. To ensure that your body is absorbing plant-sourced iron, make sure you consume a food or drink that is high in vitamin C which aids plant iron uptake. Good sources of plant-based iron include green leafy vegetables, black beans – and sun-dried tomatoes. Good sources of vitamin C include oranges, kiwi fruit, and blueberries.

Don't forget we are always here to answer your queries – all you need to do is send us an email at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)



## WELLNESS SURGERY

Drop in any time between 14:00 and 16:00 on 20th January and ask our Nutrition and Wellness Team anything wellbeing related.

If you don't have time to drop in, why not send your question into [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

### Join Microsoft Teams Meeting

Join on your computer or mobile app

Click [HERE](#) to join the meeting

Join with a video conferencing device

[726987418@teams.bjn.vc](mailto:726987418@teams.bjn.vc)

VTC Conference ID: 117 017 542 6

Alternate VTC dialling instructions



The Defence East BD team meeting get festive on 11th December - Christmas Jumper Day.



**TIS THE  
SEASON...**

Tom Lannary, head of marketing for ESS getting feeling festive in his Christmas suit during the Christmas break!

## GOOD NEWS STORIES

Have you held any wellbeing promotion events this month?

If you would like to share your success, please submit an article of around 150 words ASAP so we can publish it in our next issue. Please include any photos or feedback and send to: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

## ASK YOUR NUTRITION & WELLBEING SPECIALIST

You can ask anything to do with nutrition, health & wellbeing. So drop us an email and we will get back to you as soon as possible.



Leanne King BSc(Hons), PGCE, RNutr  
ESS HEAD OF NUTRITION & WELLBEING

Email our registered nutritionist with your ESS Nutrition and Wellbeing specialist at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).

Subscribe to **We Are ESS** YouTube channel and follow **WeAreESS** on Instagram and TikTok.

**WELLNESS**



**CHECK OUT  
WELLNESS  
ON OUR NEW  
YouTube  
CHANNEL**

Improve your Wellness by watching videos from our registered ESS Nutrition & Wellbeing specialist Leanne King.

Also follow us at **WeAreESS** on Instagram and TikTok.



**WELLNESS**

