



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

POST TRAUMATIC STRESS DISORDER (PTSD)

Post traumatic Stress Disorder (PTSD) is a type of anxiety disorder. It is mostly prevalent among individuals who have survived major, tragic life events or occurrences. Such as survivors of accidents, disasters, refugee displacement, and violence and sexual assaults. Typical symptoms of PTSD include (but are not limited to) recurring haunting memories and nightmares, laser-focused attention to and avoidance of possible threats, social withdrawal, jumpiness and trouble sleeping amongst others. The higher the distress associated with traumatic event, the greater the risk for posttraumatic symptoms.

Aside the occurrence of a traumatic event leading to PTSD, there are other contributing factors. These include;

- 1. Genetic predisposition-** Some people may have a more sensitive emotion-processing limbic system that floods their bodies with stress hormones because of their genetic predisposition.
- 2. Gender-** Evidence suggests that after a traumatic event, women experience PTSD more often than do men.

So what do I do as a victim or a friend of a victim?
 As a victim, it is highly recommended that you speak to a professional.
 Do you know that KNUST wellness center offers services that includes psychotherapy and counseling? You can contact us via our office line on **032 219 1673** for more information.
 As a friend, be a good listener, avail yourself to assist your friend by offering him or her the needed support and recommend that your friend speaks to a professional.
 KNUST wellness center is just a step away...

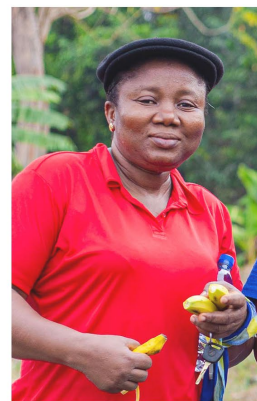
Source: Myers, G. D., & DeWakk, C. N. (2020). Psychology in everyday Life (5th Ed.). Worth Publishers. New York.

THE FITNESS UNIVERSE TOP 5 TIPS FOR EXERCISE BEGINNERS

- 1. Set realistic goals** - Baby steps, don't overdo things.
- 2. Be consistent** - Results come through regular and consistent activity. Stick to your programme and avoid frequent stops and starts.
- 3. Always warm up** - This mobilizes and prepares you for the workout. Failure to warm up properly may increase the risk of injury.
- 4. Train with a friend** - Company keeps you motivated and helps with consistency.
- 5. Stay hydrated** - Dehydration will result in a drop-in performance. Take sips when necessary

<https://www.everyoneactive.com/content-hub/fitness/top-10-tips-beginners/>

CONGRATULATIONS



We wish to celebrate **MRS. BENEDICTA ANSERE** of the **University Basic School** as the **PERSONALITY OF THE MONTH** for encouraging five persons to join in the Saturday Healthwalk and Aerobics.

We appreciate your devotion.
Ayekooo Champion!!!

THE NUTRITION CORNER



BEETROOT YOGURT RECIPE

Ingredients

- 2 - medium size beetroot
 - 2 tsp - honey
 - Pinch of salt
 - 2.5 cups - yoghurt
 - 1 tsp- coconut oil
 - 1 tsp - mustard seeds (optional)
-
- Wash beetroot, peel and cut into cubes.
 - cook in water and drain.
 - Keep aside to cool in a serving bowl.
 - Place cooked beets in a blender, along with yoghurt, honey, a pinch of salt and coconut oil.
 - Blend until smooth. The mixture should be fairly thick, but add a bit of water if needed to help with blending.
 - Garnish with mustard seeds, coconut shavings or any fruit of your choice.

Recipe Notes

Beetroots are rich in fibre, folate(Vitamin B9), Vitamin C, maganese, potassium and iron. Beets naturally a low in calories, act as antioxidants and help fight heart diseases.

Per serving: 323 calories, 19 g protein, 6 g fat (3 g saturated fat), 55 g carbohydrates (35 g sugars), 6 g fibre, 0 mg cholesterol, 216 mg sodium.

<https://cooktoria.com/beet-smoothie/>

COMMENTS FROM PARTICIPANTS OF THE HEALTHWALK

Comment by: Miss Dzigbordi Agbemasah (Welfare Office)

The health walk so far is a great platform where all members of staff come together to prioritize their health in a fun way. Most importantly, it creates the enabling environment where we get to know other staff from all departments and interact with them respectfully and nicely. It's a great initiative and management should keep up with it. And ooooh the healthy item 13 at the end is just amazing.



DID YOU KNOW?

Lavender's sweet floral aroma could ease anxiety and promote slow-wave sleep.

<https://restonic.com/blog/can-lavender-help-sleep-better-3749>