



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

SELF-CARE TIPS FOR YOUR MENTAL HEALTH

BY DR (MRS) ELIZABETH A. SARFO FORDJOUR
(CLINICAL PSYCHOLOGIST, KNUST COUNSELLING CENTRE)

1. Connect with your creator: daily meditation and connection with your creator is helpful. Make time for this.
2. Stay positive always: challenge negative and unhelpful thoughts that bring you down with positive ones.
3. Exercise regularly: About 30 minutes exercise a day is proven to help boost your mood and improve your health. Take a short stroll or walk to help with this.
4. Eat healthy and stay hydrated: A balanced diet and plenty of water can improve your energy and focus throughout the day.
5. Plan to relax: Explore and try out activities that you find relaxing. Schedule regular times and practice these relaxation activities every day as it will help boost your mental wellbeing. Get enough sleep. Simple exercises such as deep breathing, listening to a favourite or uplifting music are very helpful activities you can try.
6. Prioritise your daily activities: Choose what needs to be done right away and what can wait. If you feel like you are taking on too much, practice saying "no". Focus on your accomplishments rather than your limitations when your day is over.

7. Be grateful: Remind yourself daily of things you are grateful for.

8. Stay connected. Connect with friends or family especially those you love, are very comfortable with and who can provide the emotional support and help you need.

9. Seek help when you need it: always ask for help when you feel you need it. Contact the KNUST Wellness Centre or the Counselling Centre for help.

**COMMENTS BY DANIEL KUMI DJAN:
DEPUTY REGISTRAR
(GENERAL ADMINISTRATION OF THE
REGISTRAR'S OFFICES)**

I find it difficult to do personal walking when I'm in the house. I can barely walk for more than 30 minutes. Joining the Saturday walking with other colleagues is so pleasant and joyful. The aerobics aspects of the walk is so nice, with such good songs to go with it. I usually feel well and look smart the next day after the walk. I wish to urge other staff both the junior and the senior members to see ourselves as one and join the exercise. The benefits are enormous. Keep up the good work, Wellness Centre. I hope to be part so long as it exists.

THE NUTRITION CORNER

BY: YOUR DIETITIAN,
MARIAN ABRAFI OSEI (RD, FM)

On snacks, can you consider visiting self-learning sites on the internet to learn how to make some local smoothies, drinks and pastries? Snacks such as agbele kakolo, koose, kube toffee, nkate cake and locally made drinks such as asana, lamoujie, sobolo among others can be easily made and modified to suit one's daily nutritional intake. Where oil, sugar and salt were used in excess in the past, moderate amounts of these could be utilized. Where it is possible do not introduce any of the three (oil or sugar or salt) you could still come out with a good taste and that is highly recommended for healthy living. Always remember that cooking is an art, think of pleasant nutritious recipes and bring them to life through cooking!

While you ponder on these tips, expect our next exciting edition.....!

Eat healthy Stay Healthy.



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Department of Animal Science

Sale of Live & Dressed Broilers

Sale Points

Department of Animal Science,
Mango Road opposite Chicken Man
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Farm, Mango Road

Commercial Area Mini market
2nd store on your left



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