



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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KNUST Wellness Centre

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ANXIETY AND DEPRESSION

—MRS. VICTORIA DE-GRAFT ADJEI
HEAD, KNUST COUNSELING CENTRE

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure (American Psychological Association, 2021). This could lead to the experience of restlessness, uncontrollable feelings of worry, increased irritability, concentration and sleep difficulties. Depression as a mood disorder is characterized by feelings of sadness, loss, or anger that interfere with the person's everyday activities (Higher, 2023). According to WHO, depression is a persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities. It can equally disturb one's sleep and appetite and lead to tiredness and poor concentration. Exercise has been reported to be an effective treatment method for depression (Byrne & Byrne, 1993). Similar findings have been reported by De Moor et al. (2006).

The researchers further reported that exercisers are less anxious and neurotic, have higher levels of thrill and adventure seeking. Further confirming that one sure way to deal with depression and anxiety is through exercising. For an optimal mental health, let's incorporate exercise into our daily activities.

JUNE WELLNESS MONTH

The University is invited to join the June Wellness month for a series of activities and workshops designed to promote mental well-being and a healthier work-life staff!!!



TIME WITH THE DIETITIAN SERIES

Excerpts from 'NUTRITION AND STRESS'

Can certain foods elevate your stress levels?

According to Lazarus and Folkman, 1984; Stress occurs when a person perceives the demands of an environmental stimuli to be greater than their ability to meet, mitigate, or alter those demands. Stress response also involves the cognitive, emotional, and biological reactions that stressors or stressor exposures evoke. Interestingly, these reactions can be triggered by certain foods.

Foods that Trigger the Stress Response.

- Refined carbohydrates, such as white bread and pastries
- French fries and other fried foods
- Soda and other sugar-sweetened beverages
- Red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- Margarine, shortening and lard
- Alcohol
- Caffeine

Fortunately for us, there are a myriad of foods that drive down stressors and stress hormones. These foods, as indicated below, promote relaxation as well:

- Tomatoes
- Olive oil/Groundnut oil/Coconut oil
- Green leafy vegetables, such as Kontonmire, spinach, cassava leaves, Gboma, Ayoyo and Sweet potato leaves
- Nuts like almonds, groundnut and walnuts

GET TO KNOW US BETTER

The KNUST Wellness Centre is a Centre for healthy aging, developing and maintaining functional abilities that enable wellbeing at all ages through nutritional interventions, exercise and early interventions of medical and mental health problems.

OUR SERVICES

- Medical Education
- Physiotherapy
- Medical Nutrition / Diet Therapy
- Sports and Exercise
- Counselling and Psychotherapy
- Recreation: Games and Dance

OUR TEAM

We have a team of experts including Medical Doctors, Dietitians, Exercise Physiologists, Counsellors and many more.