

**APRIL 2025** 

**MONTHLY NEWSLETTER** 



# THE WELLNESS NEWSLETTER

#### THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE









#### **EXPLORING SELF CARE** IN A GHANAIAN CONTEXT

RABBI DARKO - (Psychologist, KCC & KWC)

#### **TYPES OF SELF CARE**

#### 1. PHYSICAL SELF-CARE:

Eating balanced meals like waakye or kontomire stew, getting enough sleep, exercising (e.g., morning walks or local dance), and maintaining good hygiene.

#### 2. MENTAL SELF-CARE:

Activities like reading, solving riddles, or meditating help refresh the mind. For example, traditional storytelling sessions or reading a novel can mentally stimulate and relax participants. These cognitive exercises help reduce the incidence of dementia among the aged.

#### 3. EMOTIONAL SELF-CARE:

Journaling, confiding in trusted elders, and setting boundaries can help Ghanaians process emotions healthily.

#### 4. SPIRITUAL SELF-CARE:

Whether through prayer or singing hymns at church, spiritual activities offer a sense of connection and peace. For instance, the communalism and the sharing of pleasantries normally seen after church services or any religious gatherings help soothes the soul and calm nerves.

Reference: World Health Organization (2024). Self-care for health and well-being.









### **NUTRITION CORNER**

# WHY WE DO NOT EAT ENOUGH FRUITS AND VEGETABLES AND WHAT WE CAN DO ABOUT IT?

Globally, particularly in low- and middle-income countries, the consumption of fruits and vegetables is often lower than recommended. This low intake is attributable to several factors ranging from policy, production, socioeconomic and personal factors among others. An understanding of these factors can provide valuable insights into the barriers that prevent individuals from incorporating more fruits and vegetables into their diets. This will in turn help individuals develop targeted strategies that will address these specific obstacles and ultimately promote healthier eating habits.

#### **RISING FOOD COSTS**

The relatively high cost of fruits and vegetables may be one of the reasons why people do not eat enough of them. Due to limited financial means, many individuals and families find it difficult to regularly afford fruits and vegetables. Thus, people frequently choose less expensive staple meals or highly processed foods that provide quick satisfaction, over fruits and vegetables. The rise in cost of living feeds a vicious cycle of unhealthy eating habits that may result in poor health consequences. One way to go around this challenge is to aim to buy fruits and vegetables that are in season. When fruits and vegetables are in season, they are usually less expensive than when they are not in season.

#### WRITTEN BY DR. LAURENE BOATENG (PHD, RD)

Dr. Laurene Boateng, an alumnus of KNUST (BSc Biochemistry class of 2001) is a Registered Dietitian and Senior Lecturer in the Department of Dietetics, University of Ghana. She is the founder and Editor-in-chief of Full Proof Nutrition, a website committed to providing reliable, evidence-based, and practical healthy eating advice. Join Full Proof Nutrition WhatsApp channel to receive more educative content or mail us at fullproofnutrition@gmail.com.

#### **REFERENCES**

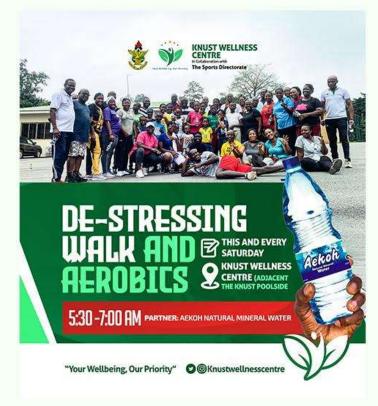
https://www.foodsafety.gov/blog/safe-ways-handle-and-clean-produce

Harris, J., de Steenhuijsen Piters, B., McMullin, S., Bajwa, B., de Jager, I., Brouwer, I.D. (2023). Fruits and Vegetables for Healthy Diets: Priorities for Food System Research and Action. In: von Braun, J., Afsana, K., Fresco, L.O., Hassan, M.H.A. (eds) Science and Innovations for Food Systems Transformation. Springer, Cham. https://doi.org/10.1007/978-3-031-15703-5\_6

World Health Organization. (2019). Sustainable healthy diets: Guiding principles. Food & Agriculture Organisation



## **ANNOUNCEMENTS**



Saturday Walk and Aerobics is scheduled for every Saturday from 5:30am-7:30am at the KNUST Wellness Centre.

This is open to all and free for all.



Join us for an exciting game of pickleball every Friday at 4:00pm at the KNUST Wellness Centre. We'd love to see you there!



Our EAT GREEN MONTH is happening this APRIL Join us let us make this happen. Your Well-being, Our Priority!

