



## Health Awareness Topic Resources

In 2020 the Country Kitchens team developed a suite of resources to promote the last QCWA Health Awareness topic. The 2020-2021 Health Awareness topic, Women's Mental Health, has become even more important through the challenges of this past year.

To help you promote Women's Mental Health in your branch and community, we have three resources including: (1) Women's Mental Health Community Activity Guidelines; (2) Eating for Mental Wellbeing Recipe Booklet; and (3) Chair Yoga Flip Cards.

### Women's Mental Health Community Activity Guidelines

The Women's Mental Health Community Activity Guidelines are intended to provide general advice to QCWA members on the potential impact of food and nutrition on women's mental health. In no way does it aim to provide professional recommendations regarding mental health treatments or therapies.

These Community Activity Guidelines provide background information on women's mental health and the benefits that a healthy diet and physical activity can have on your mood. The three activities in these guidelines support Level 2 and Level 3 of the Country Kitchens PATHway. They are set out in a similar way to the activities in our Facilitator Guidelines training booklets and consist of a resource guide, event checklist and session plan template to help you undertake the activities. Use the community activity guidelines in combination with the Eating for Mental Wellbeing Recipe Booklet and Chair Yoga Flip Cards.

#### ACTIVITY 1: Recipe Promotion

- Choose from our collection of recipes in the Eating for Mental Wellbeing resource. These recipes focus on eating the rainbow and are great for completing a recipe promotion at your branch or community events.
- Complete this activity to promote the key messages 'cook at home' and 'get more fruit and veg into your meals'.

#### ACTIVITY 2: Start a Walking Group

- Choose from our collection of recipes in the Eating for Mental Wellbeing resource. These recipes focus on eating the rainbow and are great for completing a recipe promotion at your branch or community events.
- Complete this activity to promote the key messages 'cook at home' and 'get more fruit and veg into your meals'.

#### ACTIVITY 3: Chair Yoga

- Yoga is known for its ability to soothe tension and anxiety in the mind and body. Our series of flip cards provide a routine of chair yoga poses to incorporate into your branch meeting.
- Complete this activity to promote the key message 'sit less, move more'.

### Using the Health Awareness Topic Resources

Each branch can order their free hardcopy of our Women's Mental Health resources. To order your copy, simply get in touch with your Country Kitchen's buddy. Alternatively, you can download a digital copy of the resources on our website by [clicking here](#).