

FAB

Fun, Advocacy, and Brainpower

January FAB Topic:

Maintaining Good Mental Health



Agenda




Introductions:



Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month. 
- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



Games

Game #1

Rose/Thorn

Share your gratitude and a little vulnerability to cultivate those magical feelings of team closeness, support, and empathy.



Everyone simply shares their rose (any positive item that makes them feel grateful, happy, etc.) and also their thorn (a challenge or blocker).

Skills this activity develops: Teamwork, trust, and communication.

Why we love it:

It's a shortcut to getting on the same wavelength. Everyone shares a little gratitude and a little vulnerability. This little opening-up exercise can make the team feel more tightly bonded.

Next step to get started: Just gather your group and start sharing those roses and thorns, for example:

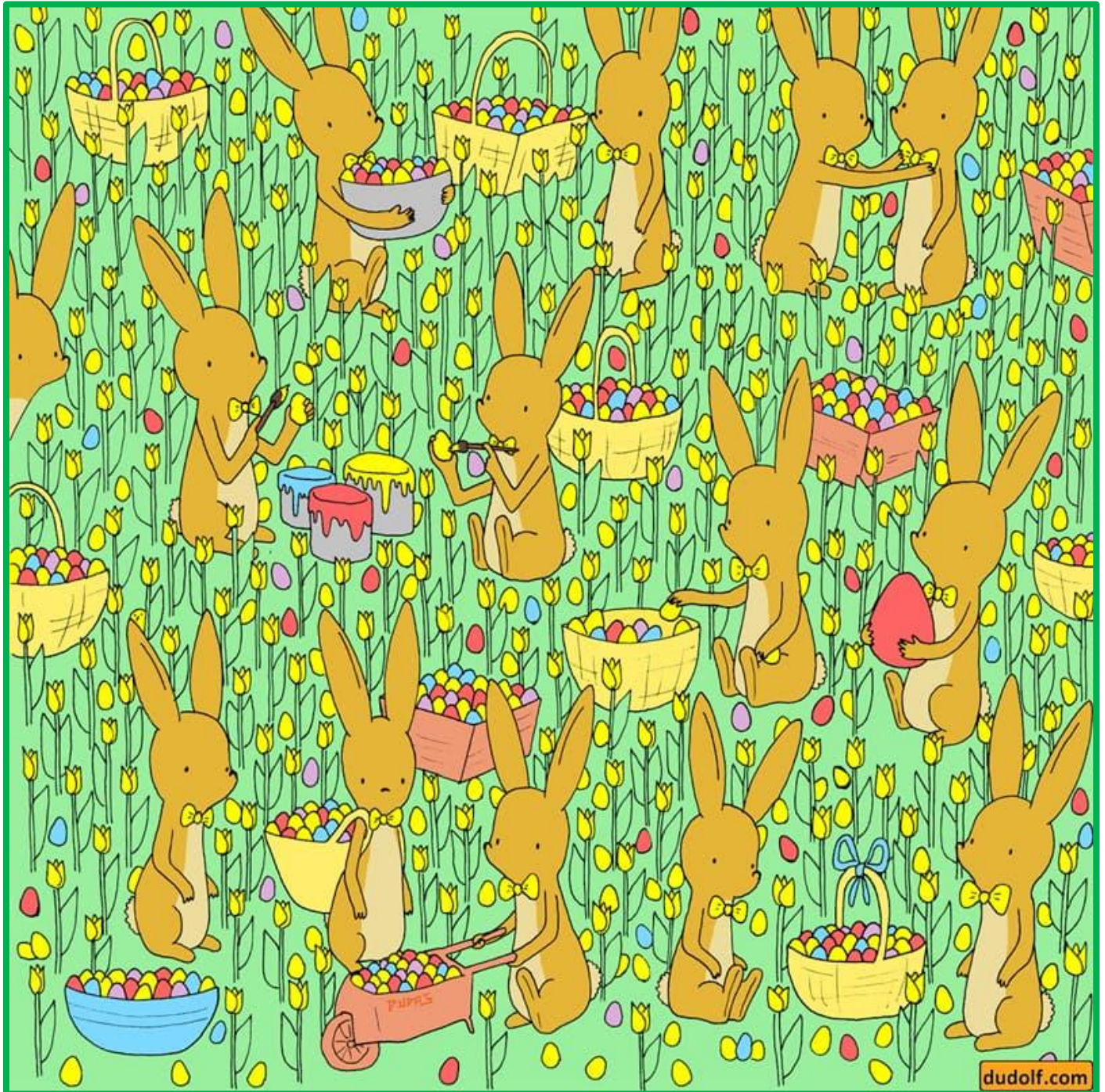
Rose: I found time to go for a walk today.

Thorn: There was no time to go for a walk today.

Game #2

Find a Hidden Object

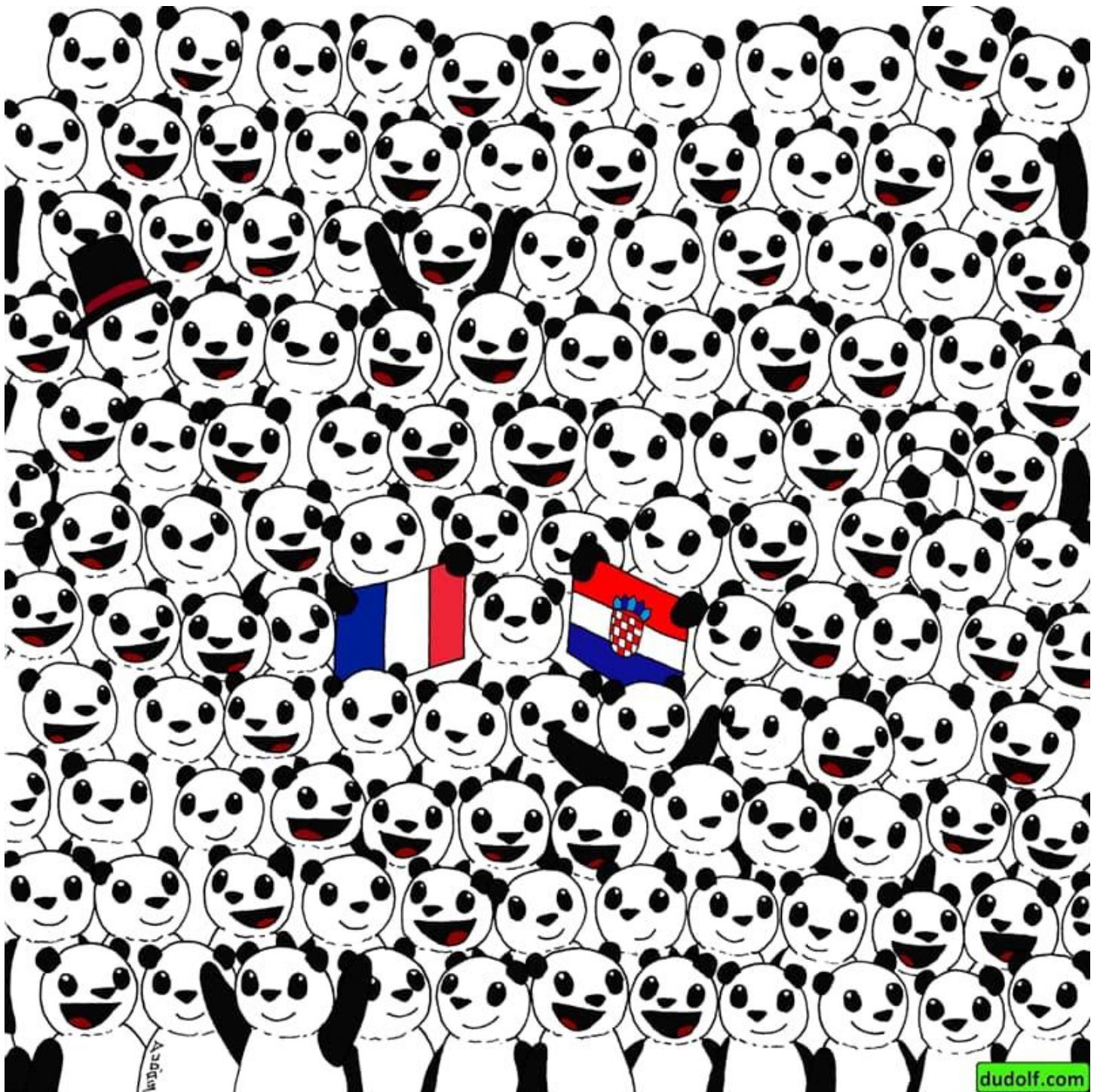
#1 Find a baby chicken.



#2 Each tiger has a pair that looks exactly like it... except one. Which one doesn't?



#3 Find a soccer ball among these pandas.



More hidden objects can be found at the following link:



<https://quizzclub.com/stories/find-hidden-objects-in-these-10-colorful-pictures-to-stretch-your-brain/>



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



8 Positive Things to Do During the Pandemic

<https://healthtalk.unhealthcare.org/8-positive-things-to-do-during-the-pandemic/>



10 Tips for Maintaining a Positive Attitude

<https://www.indeed.com/career-advice/career-development/how-to-keep-a-positive-attitude>



How To Be Happy

<https://www.healthline.com/health/how-to-be-happy>



How To Be a Good Employee

<https://www.indeed.com/career-advice/career-development/how-to-be-a-good-employee>



Time to Talk: Tips for Talking about Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>



Ten Tips for Better Mental Health

<https://www.youtube.com/watch?v=agPsgRDNS3g>



4 Ways to Have Mental Health

<https://www.wikihow.com/Have-Good-Mental-Health>



Improve Your Mental and Emotional Health

<https://www.wikihow.com/Improve-Your-Mental-and-Emotional-Health>



This link is about **Building Better Mental Health**

<https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm>

Virtual Board



Cooking Ideas and Exercise Recipes



Chicken Pasta Bake with Parmesan Breadcrumb Topping



Ingredients

2 Boneless Skinless Chicken Breasts, cut into ½" cubes



Sea Salt and Black Pepper, to taste



2 Tablespoons Olive Oil



1 Onion, chopped



6 Garlic Cloves, minced



1 Large Jar Marinara Sauce (about 24 oz)



1 Teaspoon Dried Oregano



3-4 Leaves Fresh Basil



1 Pound Rigatoni Pasta (1 16-oz. box)



8 Ounces Shredded Mozzarella Cheese



1/2 Cup Breadcrumbs, from 3 Slices
Martin's Butter Bread (see instructions below)



A 1/2 Cup Shredded Parmesan Cheese



2 Tablespoons Butter, cut into small pieces

Serves: 8

Step 1

Preheat oven to 400 degrees F.



Step 2

In a medium bowl, toss together cubed chicken, sea salt and black pepper.



Step 3

Heat oil in a large skillet and sauté onion and garlic until fragrant. Add chicken and sauté until just cooked through. Add marinara sauce, oregano and fresh basil; heat through.



Step 4

Meanwhile, cook pasta according to package directions; drain and return to pot; add chicken and sauce, along with mozzarella cheese; mix well. Divide between two 8-inch square dishes or one 13x9x2 inch casserole dish.



Step 5

Brush the Martin's Butter Bread slices with some olive oil or cooking spray, then bake in the oven for about 10 minutes, or until lightly browned and toasted. Next, using a food processor, pulse into fine crumbs.



Step 6

In a small bowl, mix breadcrumbs and Parmesan cheese. Sprinkle on top of casserole dishes. Place the pieces of butter on top and spray the whole top with cooking spray to avoid burning. Bake for 15 minutes, or until lightly browned and heated through.



Pro Tip:

If using two 8-inch square dishes, you can serve one and freeze the other for a quick dinner another night. Simply thaw overnight and bake as directed. Or—if you are serving a large number of people, you can double the recipe and use two 9x13-inch casserole dishes, serving one, and freezing the other.

Enjoy!



<https://potatorolls.com/recipes/chicken-pasta-bake-parmesan-breadcrumb-topping/>

One-Pot Zucchini, Black Beans, and Rice





Ingredients

- 1 Tbsp olive oil
- ½ an onion, diced
- 2 cloves of garlic, diced
- 1 medium zucchini, quartered and sliced
- 1/2 green bell pepper, diced
- 1 can black beans, drained and rinsed
- 4-5 medium tomatoes, diced
- 1 tsp cumin
- 1 tsp oregano
- ½ tsp chili powder
- 1-1/4 cups vegetable broth or stock
- 1 cup instant brown rice
- shredded Colby Jack cheese(optional)

Start by heating the oil in a large pan or skillet over medium heat.

Add the onions and garlic and cook them for a minute or so, just until they start to get really delicious smelling.



Then add the zucchini and bell peppers, salt and pepper everything, and cook the veggies together for about 5 minutes.

Next, add the beans, tomatoes, vegetable stock, and the spices to the pot. Stir to incorporate the spices. Increase the heat and bring the pot to a boil.



Now, this next part largely depends on what kind of rice you use.

I used Minute brown rice, so here's what I did. I stirred the rice into the boiling pot, then turned the heat down to low and put the cover on the pot, and let it simmer that way for about 5 minutes.

Then I turned the heat off (but left the lid on the pot,) and waited for the rice to finish and all the liquid to absorb. It ended up taking about 10 minutes.

Delicious!



Exercises

Exercises to improve your abs!

standing abs

DAREBEE WORKOUT © darebee.com
repeat 3 times | up to 2 minute rest between sets

IN COLLABORATION WITH **NHS** choices



20 knee-to-elbows



20 side-to-side chops



10 cross chops



20 high knees



20 twist jacks



10 side leg raises



6 Exercises For a Flat Belly That You Can Do Right in a Chair

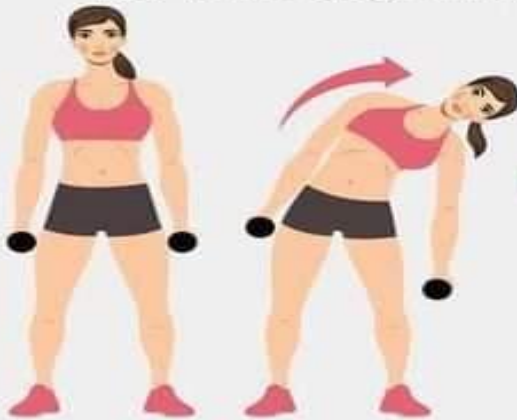
www.justthehealthyway.com



TIPSTOTRAIN

THE STANDING WORKOUT FOR **FLAT ABS**

Do three sets of each workout, give 30 seconds rest in between.
four to five days a week will give you flat abs.



<1

DUMBBELL SIDE BEND

3 x 12 REPS

2>

STANDING CORE STABILIZATION

3 x 12 REPS



<3

BOW EXTENSION

12 REPS EACH SIDE
AND REPEAT THREE TIMES

4>

REVERS DUMBBELL CHOP

12 REPS EACH SIDE
AND REPEAT THREE TIMES

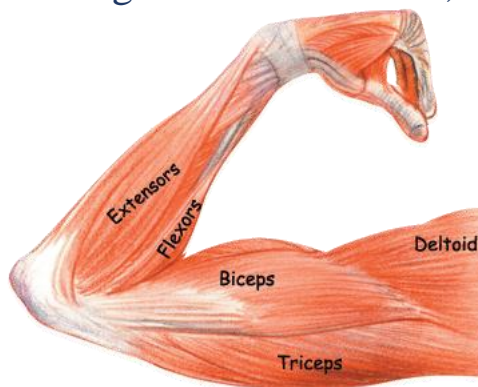


Exercises for people in wheelchairs



Arm Raises

Arm raises help to strengthen the shoulders, biceps, and triceps.



- For the front arm raise, stretch out your hands in front of you with palms facing each other.
- Hold a lightweight ball in between the palms and slowly raise the arms to the shoulder level.
- Maintain that position for **2-3 seconds** before slowly lowering the arms.
- Perform this exercise about **10-15** times.



- **For the side arm raise**, place your feet firmly on the floor, about shoulder wide.
- Take a 1 lb. or 2 lb. weight in each hand with the palm facing inwards.
- Lift them up to shoulder height and maintain the position for about 2 seconds.
- Inhale and lower the arms back to the original position.
- Relax for about 30 seconds and repeat about 10-15 times daily.



Sit and Stand Exercise

1. Sit to Stand



This is my favorite exercise. It's really good if you have a weakened lower body and need to increase lower body strength and stability.

Suitable for: Conditions where you have some control over your lower body.

Method: Perch your bottom at the front edge of a seat with your feet flat on the floor, behind your knees. Tilt the upper body forward slightly and attempt to push yourself up with your legs into a fully standing position. Slowly lower yourself back down into the seated position you started in.

Modifications: If you can't do it without the assistance of your arms, place your hands on your knees to help push you up. If your legs are very weak, you can use a support, such as a grab rail or worktop. Pull yourself up out of your chair while attempting to put as much force through the legs as possible.