

FAB

Fun, Advocacy, and Brainpower

April 2024



FAB Topic

Physical and 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

Icebreaker

What is your favorite food and color?

Everyone in the group takes turns saying.

What food and color are their favorite



Mental Health Delta Division

Interactive Games

<https://mentalhealthdeltadivision.com/interactive-games/>



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.



[What Is Sexual Abuse.pdf \(loveisrespect.org\)](#)



Having a Positive Attitude at Work

[18 Simple Ways to Keep a Positive Attitude at Work | When I Work](#)



[Why Sexual Abuse Survivors Are Afraid to Speak Up - The Mahoney Law Firm](#)



Workplace Sexual Abuse

[Sexual Harassment & Violence: Facts - Workplaces Respond to Domestic and Sexual Violence](#)



Mental Health Statistics

[Mental Health Statistics \[2024\] | USAHS](#)



Mental Health Treatments

[Mental illness treatments - Better Health Channel](#)



[How to Cope With Sexual Assault \(with Pictures\) - wikiHow](#)



<https://drrobbell.com/8-simple-ways-to-have-a-positive-attitude-in-the-workplace/>



[Positive thinking: Reduce stress by eliminating negative self-talk - Mayo Clinic](#)



Symptoms of Clinical Depression

<https://www.verywellmind.com/top-depression-symptoms-1066910>



The Signs and Symptoms of Depression

https://projecthelping.org/signs-and-symptoms-of-depression/?gad_source=1&gclid=EAIaIQobChMIsePO-LTshAMVoWFHAR3pbwv9EAAYAyAAEgLS_fD_BwE



Self-help for Depression

<https://au.reachout.com/articles/self-help-for-depression>

<https://www.destinycitycounseling.com/blog/depression-as-a-message-that-your-body-is-craving-health>



The Connection Between Depression and Anger

<https://www.verywellmind.com/connection-between-depression-and-anger-5085725>



What Are Anxiety Disorders?

https://differentbrains.org/resources/anxiety/?gad_source=1&gclid=CjwKCAjwzN-vBhAkEiwAYiO7oOl-Go_sPRgy2VKyW_OgwnqXbxEc7JIDiEkx2J3if2QFU4g1cOIgEhoC1B4QAvD_BwE



How to Calm Anxiety

[vBhAkEiwAYiO7oE0PUydJakIS4x9h7qZRUVh0diTdTFTpAOB9jP86rVO3nrENH1N2tjhoCyiEQAvD_BwE](https://www.verywellmind.com/how-to-calm-anxiety-5085725)



31 Self Care Ideas for Women to Avoid Burnout

<https://www.developgoodhabits.com/self-care-women/>



Licensed Therapist & Self-Care Educator

<https://linktr.ee/knicolewriting?fbclid=PAAabGvyPd783ItOepqGpcMLaU1yxXSSinDh7T3gVwPBJ2Fosun0j3ZlXvKiA>



Elevate Mental Wellness

<https://www.elevatementalwellnessllc.com/>



Physical & Mental Health

Attention men! 🙌 Self-care isn't just for women! It's important to prioritize self-care

<https://expoplaza-tuttofood.fieramilano.it/en/exhibitor/goe-development-limited/social-flow/2023-04-19-attention-men-self-care-isnt-just-for-women-its-important-to-prioritize-self-care-in-your>



What is Grief?

<https://www.mayoclinic.org/patient-visitor-guide/support-groups/what-is-grief>

Virtual Board



Cooking Ideas and Exercise



Recipes

[Creamy Garlic Pasta Recipe \(allrecipes.com\)](https://www.allrecipes.com)



Ingredients

2 teaspoons olive oil



4 garlic cloves, minced



2 tablespoons butter



3 cups chicken broth, or more as needed



½ teaspoon ground black pepper



¼ teaspoon salt



½ pound spaghetti



1 cup grated Parmesan cheese



$\frac{3}{4}$ cup heavy cream



1 $\frac{1}{2}$ tablespoons dried parsley



Directions

1. Heat olive oil in a medium pan over medium heat. Add garlic and stir until fragrant, 1 to 2 minutes. Add butter and stir constantly until melted. Pour in 3 cups chicken broth; add pepper and salt. Bring to a boil.
2. Add spaghetti and cook, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Add more chicken broth if pasta starts to stick to the pan.
3. Add Parmesan cheese, cream, and parsley and mix until thoroughly combined.
4. Serve immediately.



Easy Asparagus and Eggs Recipe



Since this recipe requires few ingredients and minimal time, it's to add in a few extra items or swap for things you might have on hand.

CHEESE: Any cheese that melts is perfect because as it melts, parts crisp up in the olive oil. I've also been known to use a veg-friendly parmesan, fresh mozzarella, or a solid sharp cheddar.

Types of Cheese



Brie



Camembert



Ricotta



Neufchatel



Feta



Cheddar



Gorgonzola



Quark



Danish Blue



Mozzarella



Parmesan



Cottage Cheese



Asiago



Queso Blanco



Grana Padano



Stilton



Cream Cheese



Appenzeller



Raclette



Roquefort



BRASSICAS: I like thin, fresh asparagus for this recipe. However, if it's not in season, some of the brassica vegetables like broccoli or Brussels sprouts are great substitutes.

SERVING: Serve with a simple side salad or grains for lunch or with toast for breakfast. In general, there are quite a few options depending on what you're in the mood for at the time.

A spring breakfast at its easiest, this asparagus and eggs dish comes together in less than 20 minutes and can be doubled or tripled to feed more people.



- **Yield:** 1 serving
- **Cuisine:** breakfast

5 to 6 stalks asparagus



1 teaspoon olive oil



¼ teaspoon salt



2 large eggs



¼ cup goat or blue cheese (optional)

Pepper, for topping



1. Prepare the asparagus by cutting off roughly 1 inch of the bottoms of the spears.



2. Heat a skillet over medium heat. Then add the olive oil, followed by the asparagus and salt. Shake skillet to coat asparagus and cook until tender, about 4 to 5 minutes.



3. Spread asparagus out and crack eggs over the asparagus.
4. Sprinkle cheese over asparagus and eggs.



5. Reduce heat to low and cover. Let cook until egg whites are firm and yolk is done to firm consistency, 8 to 12 minutes.



Serve with freshly cracked pepper.



Tips & Tricks: Since the asparagus continues to cook with the eggs, you could slightly undercook the vegetables before adding eggs if you prefer a crisper asparagus.

Stock up: get the pantry ingredients you will need: *Asparagus, Eggs*

Nutrition: *see the information.*

- **Calories:** 304
- **Sugar:** .9
- **Sodium:** 1110
- **Fat:** 23.7
- **Carbohydrates:** 2.3
- **Fiber:** .4
- **Protein:** 20.2
- **Cholesterol:** 397



Exercises

[EP.2 Quarantine workout : How to exercise to keep your immune system healthy | Bumrungrad - YouTube](#)

Exercise Seated Work out for People Injured or Disabled

<https://youtu.be/yXvdudmck30?si=sdHMbJ156hG9ad4s>

