

Your Change Story

Starter sheet



Recipes

The following recipes are a few meals that will give you a start to cooking more often. These recipes are nutritious, easy to make and will create an opportunity to spend quality time with your family, while enjoying a delicious meal.

01

Bell peppers for dinner

Ready in 35 minutes, Feeds 2

Take 4 colourful bell peppers, cut off tops and de-seed. Stuff them with pre-boiled brown rice, pre-boiled peas and mixed in spices (my favourites are smoked paprika, salt, pepper and some turmeric). Sprinkle oven proof dish with olive oil, stack all peppers and bake for about 20-30 minutes in 200C pre-heated oven. Once peppers are soft, top-up with cheese of your choice and place back into the oven for another 5 minutes.

This recipe can be modified with some minced meat, chicken or prawns. You can also choose mushrooms, chickpeas or even sweet potatoes for filling.

02

Smoothie for breakfast

Those who follow me on social media know, I absolutely love smoothies. They are full of vitamins and easy to make (you can literally use any fruit or veg you have in the fridge)! You can freeze them for another day and they also make for a great treat.

The recipe I have chosen is absolutely perfect for those who need more fibre in their diet. One bowl of this goodness will provide you with recommended daily amount of fibre (25-30g).

Put into a blender: 1 ripe banana, few slices of fresh pineapple, 1tbsp of peanut butter, 0.5tbsp of raw honey, 2tbsp of chia seeds, 2tbsp of ground flax seeds, 50g of rolled oats, coconut milk (choose the amount based on how thick you want your smoothie to be). Blend everything until smooth and top up with some granola or fruit of your choosing.

03

Granola for dessert

I love making things at home and finding ways to stock up on snacks. This one will save you time, money and will give you that crunch in your breakfast or snack.

To make home-made granola, take about 100-200g (or as much as you want to make) of rolled oats, about 2-3tbsp of melted raw honey and mix everything until it becomes one sticky mass. Spread it on a tin quite thinly and put in a pre-heated oven (160C) for about 12 minutes or until oats are golden brown. Once cooled down, use your fingers to separate granola, put into air-tight glass jar and voila! Enjoy with milk, yoghurt, fruit, on ice-cream or as a topping on a smoothie.



Physical exercise

The three exercises that I have incorporated in to my life, hopefully, can help you as well. They are designed to help with pain management, to create stronger and closer bond between body & mind and to keep you in a better physical shape.

01

Stretching

Stretching has never been something that I enjoyed or cared for too much. However, with time, it has become an imperative part of any exercise I take on. Here are a few of my favourite ways to stretch my body.

Left to right stretch: sit on a yoga mat or other comfortable surface; lift your right arm and lean to the left, keeping your left hand on the floor. Try to lean as low as you can, while breathing as usual. Repeat the same with the left side.

Leg stretch: sit on a yoga mat or other comfortable surface; lean forwards with straight back and try to reach your toes without bending your knees. This exercise is great for those who want to improve their flexibility. If you will repeat this daily, in time, you will be able to touch your knees with your nose (now that's some special yoga moves!).

Back stretch: get on your fours and create upper and then lower arch with you back, while keeping you head down. Make sure to breathe throughout the exercise. Repeat several times.

02

Cardio

I have never liked running. However, in the recent years I learned to enjoy it (although I still only run outside when it's a nice day). For best cardio that would not make you feel bored and create a sensation of 'task', I advise the following.

Whatever environment you enjoy running in, do it at least twice a week. Maybe it's a local park, streets in your neighbourhood or a treadmill. If, however, running is not for you, then go for a walk. It can be slow paced or fast paced walking (both are great). If you are a proud owner of a dog, take it for longer walks than usual. Both you and your pet will enjoy and benefit from it.

03

Breathing

Ever since I decided to take a better care of my lungs, breathing exercises have become my most favourite thing to do. My go to exercises are diaphragm and open chest breathing. Since I am not a physician, the easiest way to learn these techniques, is to find a video online that can give you accurate guidelines.



Mental exercises

Having calm and positive mind-set can be a huge challenge for many of us. That's why I have decided to share my favourite exercises to help you during 'crazy' times.

01 Worry time

I found out about this exercise during one of my therapy sessions and it has been with me ever since. If ever you start feeling that thoughts and worries are invading your mind and you can't focus on your activities, say to yourself: 'Not now, I will get back to this'. Take out your note book or phone and schedule in some time worry time. It can be as short as 15 minutes or as long as an hour (depending on how many worries you have that day).

Once the worry time comes, find a peaceful place where you are not going to be disturbed (this includes leaving your phone somewhere out of reach). Start by bringing back thoughts that made you worry earlier in the day, write them down, dwell on them, think about how realistic it is that they are going to come through. Once everything is written down and you have no more thoughts to go through, read your notes and throw that page away.

The above exercise will give you time to reflect, analyse and clear your mind. My advice is to do this at least once a week, but if you don't have anything to worry about, then as and when is great too.

02 Quiet time

As important as quiet time is, many of us don't do it enough. By spending at least 15 minutes a day on your own, in peace, can improve your thought processes, decrease anxiety and help you stay more positive.

Try and find at least 15 minutes a day, where you can be with your own thoughts, in a quiet place, without any distractions. Try and focus on positive things that are currently happening in your life or something you are looking forward to in the future. If your mind starts racing, stop, take a deep breath and start over. As an example, I usually do this early in the morning with a cup of tea or glass of water. I sit on my favourite sofa, think about what plans I have for the day, things I am grateful for and try to get rid of all negative thinking.

03 Journaling

Writing things down has never been so easy and convenient. You can do this on a train, at home, at work or even whilst working out. Notepads, phones, tablets, audio recorders, have made this so easy and accessible to almost anyone! The benefit of writing down your deepest thoughts, ideas, ups and downs, secrets and wishes, can really be a way to express yourself, to release your negativity and even become a more expressive person.



Self-care

This is my favourite! Self-care is such a big area to cover that it is impossible to share everything. However, I have chosen my top three ways to show your body and mind, that they are the biggest treasures you will ever have.

01

Reading a good book

Books are something that helps you escape reality, become part of a story that is exciting, inspiring, scary, sad, uplifting and/or encouraging. These days, you don't even have to buy an actual book. You can read them online on any device possible. I encourage you to at least read 1 book a month. Expand your horizons, improve your vocabulary, learn new things, find out about history, fuel your creativity and imagination. Books are the purest form of knowledge that is free and has the highest value.

02

Soaking in a warm bath

Everyone rushes every day. We get up early, grab a quick shower and start our day with million things on the list. When it comes to relaxation and down time, having a warm bath is one of the best things humans have created. There are quite a few benefits to 'bath time': great way to relax your muscles, ease pain, get that extra magnesium in with some Epsom salts and calm your mind after a stressful day.

03

Spending time outside

Taking a stroll in a park, going for a walk in a forest or just spending time in your garden while attending to your plants, can change the way you feel. The more time you spend outside, the more oxygen your brain gets, the more energy and 'amazing' thoughts you will have!

These are only a few things you could do, if you want to improve your overall health. If you want more information and tips, feel free to contact me on:

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[@life_curiosities](https://www.instagram.com/life_curiosities) on Instagram

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