



Lewisham Parent and Carer's Forum—Leemore Central Community Hub  
Bonfield Road, Lewisham, London SE13 5EU—Tel: 075345 68020 —  
[info@lewishamparentcarer.org.uk](mailto:info@lewishamparentcarer.org.uk) - [www.lewishamparentcarer.org.uk](http://www.lewishamparentcarer.org.uk)  
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**HOSTED BY Lewisham Parent and Carer's Forum**  
**'Natural Techniques to Reducing Feelings of Stress & Anxiety'**  
**ONLINE – ZOOM EVENING WORKSHOP – link below**

How to help yourself with stress and anxiety through food and drink

**Delivered by Paula Sharp, Nutritional Therapist**

**For Parents and Carers of children and young people with Special Educational Needs, Disability or Additional Needs**

**Thursday 11<sup>th</sup> February 2021 - 8pm to 9pm**

This workshop takes into account that many of us need to look after ourselves **and** economise at this time, so that we can look at new ways to stay healthy and reduce our stress and anxiety.

Paula will also provide 2 nutritious recipes for you, tea blends and slides of her presentation.

**What we need to know**

- What is the difference between stress and anxiety?
- Why hydration is key
- Nutrition, what to eat and why?
- Mindful eating, how to get the most out of each mouthful/mindful time (+ the vitamin D connection)

**Quiz – what do you know about your body**, something fun 'Name your body fluids' quiz

**Ideas of what to drink and eat**

Why herbal teas are a good substitute to black tea and coffee

Eat seasonal foods as they are often cheaper and nature's way of showing us what we should be eating

Chose fresh

Chose frozen

Chose canned

Why oils are important to the body/use at hormonal and head level – oily fish, olive oils, nuts and seeds etc

Soups, stews, curries, easy to prepare, freeze and reheat

No need to book, just join us on the day and we will send out a reminder the day before and the link again

on the day. ZOOM link <https://zoom.us/j/96725373267?pwd=SHZIMIM2bWRWUHA3Z2wyeHhOUHdOdz09>

**TO BOOK A PLACE PLEASE EMAIL SUE AT [info@lewishamparentcarer.org.uk](mailto:info@lewishamparentcarer.org.uk) or text on 07534568020**

Please do join us. You do not need your webcam on if you prefer.