

TSEBO

TRAUMA AND FOOD SHORTAGE



**Keep calm
and take care
of yourself**



Yours in nutrition, Annelize Zeelie

Introduction

'Resilience' is defined as the ability to withstand difficult conditions and recover quickly from adversity. If there is one word that sums up South Africans, it's resilience – no matter how tough it gets we somehow manage to bounce back and rebuild. But being resilient doesn't mean that people aren't experiencing stress or trauma. When left untreated, trauma can have negative long-term effects on your mental and physical health.



The effects of trauma

Psychological studies have shown that individuals differ in their response to the same traumatic event. While one person may become fearful and anxious, another might react with anger, and a third could develop physical symptoms such as body aches and fatigue.

While individual experiences differ, some of the common responses to trauma include:

Emotional instability

Disbelief, depression, fear, anger, agitation, nervousness, anxiety about the future, guilt and shame.

Incoherent thoughts

Invasive, recurring thoughts about the traumatic event, poor concentration, inability to make decisions. These thoughts can be triggered by seemingly unrelated events such as something you see, smell, or hear.

Changed behaviour

Insomnia and nightmares, loss or increase in appetite, tearfulness, difficulty working or following a routine. Some people become unusually argumentative, aggressive or may abuse alcohol, drugs or nicotine.

Unusual physical symptoms

Headache, backache, stomach aches, cold or flu-like symptoms, rashes, nausea, dizziness, and/or fatigue.

Depending on the severity of the trauma, these reactions usually fade over time. But it can take several weeks or months, and even years, to regain balance and feel in control – and this is true even when a trauma has been experienced indirectly.



Signs that you need help

If you have suicidal or homicidal thoughts, immediately ask for help.

Sometimes experiencing a traumatic event can lead to post-traumatic stress disorder (PTSD), which is classified as an anxiety disorder. People with PTSD continue to relive the event in their mind; can have frequent nightmares, flashbacks, or hallucinations. Sudden movement or noise can trigger PTSD and you may have an extremely hard time concentrating. This level of trauma can be detrimental to relationships with loved ones and colleagues.

There is help available:

COPE THERAPY

24 hour helpline 0861 435 787 for mental health emergencies, crises, issues and queries.

KZN ADVISORY CENTRE

Contact 067 761 4909 for an appointment for a free 30 minute trauma and anxiety online counselling session for all those affected by Covid-29 and/or the civil unrest that took place throughout KZN.



The road to recovery

In addition to trauma many people face daily challenges such as job loss, being made redundant, dealing with the destruction of property and possessions as well as simpler things, like being separated from loved ones over the COVID-19 pandemic. It can feel overwhelming.

There are positive steps you can take to care for your physical and mental health that will ultimately help you to heal from trauma:

Look after your physical body

Aside from seeking medical help for injuries you may have sustained during the traumatic event; you need to take care of your physical health. If you have a chronic condition, such as diabetes or high blood pressure, ensure that you keep taking your medication at regular times. Also be sure to stay hydrated by drinking lots of water, get enough sleep, exercise and eat healthy foods. Your body needs all the nourishment and support it can get to heal.

Limit the news and refrain from engaging on social media

When dealing with a traumatic event, it's only natural to want to stay updated with what's happening. But trawling the internet for news updates and speculating on social media will only feed into the trauma. Continuous exposure can make you feel more vulnerable and overwhelmed. Limit your screen time and exposure to news.

Talk to someone you can trust

It's normal to feel disconnected when you've experienced a trauma, but regardless of how you feel it's important to talk about your experience. You can talk to a spouse, family member or friend, but sometimes it helps to speak to someone who is a bit more impartial, like your doctor, a religious leader or trauma counsellor.



The road to recovery

Stay connected

Reach out to family and friends for support. You can also consider joining a support group or a religious or spiritual organisation. It is important to remember that you are never alone, although it may feel so. Help is always available.

Practise ubuntu

Help yourself by helping others. Become involved in the solution by participating in clean-up projects, food drives or other community-driven support projects. This will help to make you feel empowered and part of a positive outcome as a result of the trauma, instead of focussing on the negative aspects only.

Follow a routine

Getting back into the routine you followed prior to the traumatic event will help you shift your world back to normal. Start small, make your bed in the morning, take out the rubbish, go for a walk. You can also make a check list and tick off the boxes to see. How much progress you are making?

Do something uplifting

Be gentle with yourself and find enjoyable activities to participate in. It could be sewing, baking, going for a walk, watching a movie or visiting the beach. By taking part in enjoyable activities gives you a much-needed break from stress.

Relax and take time to heal

Relaxing activities, like meditation and yoga have been proven to reduce stress. There are plenty of free online guided meditations and yoga classes available but taking a relaxing bath or pampering yourself can work just as well.



Nourish your body

According to the United Nations' Committee on World Food Security, food security means that all people, always, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life. Recent events in South Africa have highlighted the tenuous nature of food security, however, it is possible to eat healthily even in times of food shortages.

Tsebo's dietitians have compiled the following nutritious meal plan using simple, affordable and readily available pantry items:

10 Foods, 16 Meals, 4 days

Shopping list

- Powdered milk
- Oats
- Eggs
- Large tub peanut butter
- Bag of potatoes
- Bag of butternut and/or carrots
- Large bag of dried beans
- Apples
- Banana
- Macaroni
- Stock (chicken and vegetable)
- Oil (if available)



Nourish your body

Menu: Day 1

Breakfast:

Overnight peanut butter oats
(raw oats, powdered milk,
peanut butter, and water)

Snack:

Banana

Lunch:

Baked potato and cooked
beans

Supper:

Roast butternut or carrot
frittata (omelette or crustless
quiche)



Nourish your body

Menu: Day 2

Breakfast:

Overnight apple oats (raw oats, grated apple, powdered milk, water)

Snack:

Banana smoothie (blend oats, banana, cinnamon and powdered milk with water)

Lunch:

Vegetarian cottage pie (beans, vegetable stock and cooked carrots or butternut, top with mash potato and blend-in powdered milk)

Supper:

Butternut or carrot, apple and macaroni soup (carrot or butternut and cubed apple boiled in water and chicken or vegetable stock, add macaroni within the last 10 minutes)



Nourish your body

Menu: Day 3

Breakfast:

Oat flapjacks (blend oats, egg and banana, fry in a non-stick pan)

Snack:

Leftover butternut or carrot soup

Lunch:

Crustless carrot or butternut quiche

Supper:

Curried beans served on potato rosti (boil beans and add curry powder, to make the rosti combine grated potato with egg and fry)



Nourish your body

Menu: Day 4

Breakfast:

Curried bean shakshuka
(warm leftover beans in a pan, break eggs into the beans and cook for 8 minutes)

Snack:

Banana and oats biscuits
(mix banana pulp, oats and eggs together, place dollops on a baking sheet and bake)

Lunch: Vegetable and bean soup (boil beans and vegetables in water and chicken or vegetable stock)

Supper: Butternut macaroni (boil butternut until soft in chicken stock and blend, then combine with boiled macaroni)

Bread recipes

Shopping list

Plain flour
Baking powder
Salt
Milk (if available)
Oil
Mayonnaise
Self-rising flour



Bread recipes

Emergency bread with no yeast

Ingredients

500 g	Flour (plain, regular cake or all-purpose flour, not bread or wholewheat)
2 tsp	Baking powder
1 tsp	Salt
310 ml	Milk (or 300 ml water with 1 Tbsp oil or melted butter, if available)

Method

1. Mix the dry ingredients. Stir in the milk and combine until the milk is mixed with the flour and forms a dough.
2. Turn the dough out onto your work surface and knead briefly until it has a uniform consistency.
3. Shape the dough into a round disc about 3 cm thick. Score the top deeply with an X – this is important! Don't make a round ball of dough as it won't cook in the middle.
4. Bake on a hot stone or baking sheet for about 35 minutes until pale brown. When ready it should sound hollow when tapped on the bottom.



Bread recipes

Two-ingredients bread rolls

Ingredients

1 cup Self-rising flour
1 cup Mayonnaise

Method

1. Flour your work surface well.
2. Knead ingredients together until the dough is not sticky anymore and smooth.
3. Cut the dough into 8 equal pieces, then roll each piece into a roll.
4. Place each rolled-up and separately into an oiled muffin tin and bake them in a preheated oven at 180°C for about 25 minutes until golden brown.





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For recipe related
queries please contact
Tsebo Catering Solutions.

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