



**Newsletter**  
September 2022  
Edition 4

A community wellbeing initiative.

# LiveWell with Nakheel



**NAKHEEL**

COMMUNITY MANAGEMENT

# Hello everyone,

Summer season and vacations are finally over. September 1st is the official start of Autumn and many people's lives change during this time; they start school, college, new jobs, or change their houses or cities. We are trying to adjust back into our routines and jet lag can disturb the rhythm. Overcoming jet lag means getting your body's 24-hour internal clock synchronised. Three things that can help: get some sun, hydrate, and exercise.

Some of us travelled to places where the extreme heat derailed vacation plans at the height of the summer season. Globally, there was a warning that climate change was the reason behind the extremely dry and hot summer. As a community and as individuals we can help by reducing our emissions and being more sustainable. Read more about how LiveWell with Nakheel Team is doing their part as "re-solutions".

Do you eat breakfast? On September 26th, while everyone is waking up and celebrating Better Breakfast Day, some of us need a reason and a bit of a nudge and we are happy to help! Try the Choco Buckwheat Porridge recipe and reap the nourishment. Start having a better breakfast every day.

A good-quality breakfast is associated with better mind health in adolescents and adults. On Saturday, September 24th, LiveWell Founder Irina Sharma will be talking "Mind Health" with Clinical Health Psychologist Dr. Melanie Schlatter at Sal's Bistro, Jumeirah Islands. Youth Advocate Amina Jilani will join the conversation to share youth with lived experiences of anxiety and depression and music therapy. Children above the age of 16 are welcome to attend the event.

Follow [@NakheelCommunities](#) or [www.livewell.nakheelcommunities.com](http://www.livewell.nakheelcommunities.com) for more details. See you on 24th at Jumeirah Islands.

Much Love,  
LiveWell with Nakheel Team



# Re-solutions to Help Climate Change

To reduce your emissions and engage more sustainably with the planet, here are nine ways to bring in the ninth month of the year:

1. **Bring your own bottle or mug** - It's a teeny thing, but next time you're on your way to Starbucks take your own reusable cup or a coffee mug, sometimes you even get discounts on drinks for using these.
2. **Turn off some lights** - Turn off lights in empty rooms. During daytime the daylight from the window is sufficient. This can be applied at home and office. Encourage your children to apply this at school too.
3. **Have a “2 degrees” goal at home** - Set your thermostat a couple of degrees up, (A/C) depending on the season, to make a difference in your energy use and electricity bill. For each degree raised, you can probably save three to five percent on air conditioning costs.
4. **Walk or bike somewhere you'd normally drive today** – The weather in Dubai will only get cooler, walking or cycling will not only improve your health but can help reduce urban transportation emissions. If you take the car, park you it where you can still cover some distance by walking or riding your bike to your destination, this can help save fossil fuel.
5. **Slower shipping for shopping** - Online shopping? If you are not really in a rush, don't select one-day shipping. Delivery trucks must make more trips when consumers select expedited shipping.
6. **Do not be a vampire** - Unplug your computer, toaster, and other appliances when not in use to avoid sucking needless energy. “Smart” power strips can shut off phantom power to electronics when they are not in use.
7. **Take personal care** -Take a second look at your personal care products. Volatile chemical products in shampoos, cleaning products and paint contribute as much to urban air pollution as tailpipe emissions from cars.
8. **Help a neighbour** – Kindness helps build community resilience and working together helps building a healthier society.

Time is running out. It is essential that we make sure our children and ecosystems have a sustainable future. The extreme climatic conditions are sending out a clear message. We must act now before it is too late.

# Better Breakfast Day

## Kick-off Recipe



## Chocolate Buckwheat Porridge Recipe

Prep time: 5 mins | Cook time: 25 mins | Total time: 30 mins | Serves: 2 servings

- 1 cup organic buckwheat groats
- 2 ½ cups filtered water
- 2 tablespoons unsweetened organic cocoa powder
- 2 tablespoons organic maple syrup
- 1 teaspoon pure vanilla extract (optional)
- ½ cup sliced organic strawberries, for topping (you can use fruit of your liking)
- 1 tablespoon sliced organic almonds, for topping
- 1 tablespoon mixture of organic seeds (chia, flax, sunflower, sesame), for topping

## How To Make

- Rinse buckwheat groats until water runs clear.
- Place buckwheat groats and filtered water in a pot and bring to a boil. Once the mixture starts boiling, reduce heat to low and allow it to simmer for 20 minutes until groats are cooked.
- Once groats are tender and most of the water has been absorbed, add in the unsweetened cocoa powder, maple syrup and vanilla extract. Mix well and cook for another minute until you get a homogeneous porridge.
- Top the porridge with sliced strawberries, almonds, and seeds and serve it warm

**Tips:** You can make it in milk of your choice and add some millet.



# Ingredient: Rose

This bright, floral beauty has been a staple in health and wellness for thousands of years. This healing flower contains polyphenols, powerful antioxidants, that protect your body from free radicals and cell damage. Roses are also loaded with vitamins and minerals that support your immune system, contain antibacterial properties, and soothe stress and anxiety with their sweet scent.

World Rose Day is observed on September 22nd to bring happiness to the lives of cancer patients who face the disease with strong willpower and spirit. Celebrate their lives by visiting a hospital and giving them roses.

In Conversation With

# Dr. Melanie Schlatter

Clinical Health Psychologist



## **How do you help patients who are struggling with serious illness or disease to find a sense of purpose?**

Often the cancer journey reveals ways in which one has been living that may suddenly feel out of alignment, and instigates discomfort and unease. This is followed by a desire for change — a change of direction, a review of old habits and beliefs, and people surrounding them, which may have kept them stuck in the previous years and decades of their lives. When the condition is more serious and perhaps there are significant physical struggles, or other limitations, I focus on teaching more compassionate modes of thinking, and what people can do — what values they can still choose to live by, what they want to stand for in their life, that will bring some sense of control, meaning and purpose even if it looks very different to how they may have originally envisioned their life. I often help people reconcile the grief that they face when they simply can't do things as they used to or as they had once planned. It's not always easy, but if they are showing up, I know that there is a part of them that is willing to confront and overcome that struggle.

## **If a patient is struggling with mind illness, would you recommend that they attend group counseling sessions or individual counseling sessions?**

If we define ‘mentally ill’ as someone who is diagnosed with a clinical condition, someone who meets the criteria for anxiety or depression, then I would encourage individual sessions first so that we can tailor an intervention for their specific needs and thought patterns to help gain a sense of control. Group sessions are a wonderful adjunct to individual support services if they are structured and run correctly, but I would not recommend it if the individual was particularly vulnerable or if the group setting is too generalised. A group setting is not for everyone, one must be able to handle hearing others’ journeys as well.

At the hospital, I like to be on the shop floor right from the beginning, to gently normalise the emotional ramifications of diagnosis and subsequent treatment, and to explain the benefits of support. Indeed, it is

common to see people breaking down at the end of treatment. We know that between 30%–50% of cancer survivors are estimated to experience unmet needs years after their treatment —these needs might be emotional, informational, physical, functional etc. That's a high number! However, there is significant evidence in favor of emotional expression in a psychologically safe atmosphere, especially for those in distress.

### **What would you do if a patient were not responding well to your counseling sessions?**

Sometimes, not without a lack of trying from both sides, people do not always gain the full benefit of sessions. It is nearly always because the medical or treatment situation has changed, and we have to regroup and change the trajectory. People place their hope and faith in the system — they want it to work — so naturally, they get exhausted when their efforts need to be modified again. Dealing with the emotions is not always straightforward; we cannot just get rid of them or not think about them. Knowing this, I always ask people to be open with me from the beginning; to tell me what works and what does not work, and we try to prepare for the blips (and potholes!) along the way. It is okay if some technique doesn't have the outcome we wanted; we always try again or try something new to fit with the needs of that individual. At the end of the day, I would never force anything. They may wish to step back for a while or try something else altogether — and I never mind (although I may worry about them a little!), as it is them taking ownership of their journey.

### **How well do you think you can work with patients who have a difficult time communicating their feelings?**

It's perfectly okay if someone is struggling to communicate their feelings because if they are at least willing to try, then it makes my job a whole lot easier - it's an interesting challenge! I'd like to think that I can approach the consultation sensitively enough to make people feel safe to open up. Not everyone is adept at emotional literacy, but we start with the basics - simply talking about their day-to-day life can be a wonderful road opener. It is certainly much harder to work with someone who is less open, perhaps because they do not want help or want to change, or if they are very shy, guarded, or skeptical about therapy in general, because those are different level of blocks to contend with, which conflict with fundamental emotional expression.

### **What do you think is the most important aspect of your job as a health psychologist?**

Teaching people that they are very human if they are struggling with psychological difficulties as a function of their illness or disease; that they can still be mentally strong, capable, and functional, whilst allowing in space to process vulnerability and significant change.