

A simple guide to the Fatigue Wellbeing Hub

Salus Fatigue Foundation
Registered Charity **1151924**



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Welcome to the Salus Community.

This booklet contains all the information you need to know to navigate your way around the Hub enabling you to make the most out of your membership.

As the world is quickly evolving around us, we have decided to make our services digitally accessible to everyone with a computer, tablet or smart phone! The past year we have been working hard to offer our knowledge and expertise on a brand-new platform; the 'Fatigue Wellbeing Hub'.

Our aim is to help improve the lives of people affected by Fatigue or support people who just want to become a healthier version of themselves.

All of our services are delivered by qualified health practitioners. We do not provide, advocate, or promote the use of services that claim to provide a cure, or imply they provide medically approved relief from symptoms experienced through fatigue related conditions.

We have **supported 15,000 people** through both our awareness work and helping people make change in their

lives. We have **over 11 years of experience, knowledge and understanding** of what works for people and within our communities.

As seen on:

- [TEDx](#)
- BBC Midlands Today
- Pick Me up
- My Weekly Magazines
- The Portugal News
- BBC Radio WM
- The Irish Times
- FHT International Therapist Magazine

In Partnership with:

- Growth Step Ltd
- Wellbeing Accelerator at Sheffield University
- Barclays Bank
- Talk Health
- Sandwell and West Midlands Trust
- Irwin Mitchell Solicitors
- Walsall Manor Hospital
- Nottingham University
- Birmingham Chamber of Commerce

90 day Journey to Wellness

Week 1

- The importance of Hydration
- A minute with Mel – Garlic and Dark Chocolate
- A Healthy Mind – Acceptance
- Breathing to Relax the mind – Introduction

Week 2

- Immunity
- A minute with Mel – Vitamin C, Goji Berries and Sweet Potato
- A Healthy Mind – Connecting to yourself

Week 3

- Introduction to Nutrition
- A Minute with Mel – Nuts and Seeds
- Eat Well for Fatigue – Eating for energy
- Mindful Movement – Seated
- A Healthy Mind – strategies to connect to yourself

Week 4

- The importance of balancing blood sugars
- A minute with Mel – blueberries
- A Healthy mind – start your day well
- Salus Recipe corner – Trail Mix

- Ask the practitioner – is Sugar bad?

Week 5

- Introduction to movement
- A Minute with Mel – Fermented foods and apple cider vinegar
- A healthy mind – strategies to start your day well
- Mindful movement – standing
- The importance of cleansing Introduction
- Salus Recipe Corner – Fiber filled breakfast porridge
- Ask the practitioner – Why we need fiber

Week 6

- Introduction to pacing
- Introduction to Superfoods
- A Minute with Mel – Hemp
- A Healthy mind – maintain a positive day
- Mindful Meditation introduction
- The importance of cleansing- Cleansing our body
- Ask the practitioner – Is fat making me fat?

Week 7

- Introduction to sleep
- A Minute with Mel – Kiwi
- Superfood – Cacao Superfood with Recipe
- A healthy mind – end the day with gratitude

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- Mindful Massage – Head and shoulders
 - The importance of cleansing – foods to avoid
 - Ask the practitioner – Sugar
 - Mindful Meditation – Body scan meditation session

Week 8

- Introduction to relaxation
- Eat well for fatigue – brain health
- A minute with Mel – Avocado
- A Healthy mind – I am enough
- Mindful Massage – arms and hands
- Mindful Meditation – guided through the senses
- The importance of cleansing – foods to eat
- Ask the Practitioner – Good and Bad Fats

Week 9

- Introduction to stress
- Superfoods – Maca
- A minute with Mel – Kale
- Watch those thoughts – understanding the subconscious mind
- Mindful Meditation – focusing on an object
- Importance of cleansing – hydration
- Salus Recipe Corner – Gluten free pasta
- Ask the Practitioner – gluten

Week 10

- Introduction to pain
- Eat Well for fatigue – inflammation
- A minute with Mel – Turmeric
- Watch those thoughts – your mind will give you what you focus on
- Breathing to relax the mind – alternate nostril breathing
- The importance of cleansing – what we put on our skin
- Salus Recipe Corner – Avocado and chocolate mousse
- Ask the Practitioner – Hidden sugars

Week 11

- Superfoods – Hemp
- A Minute with Mel – Ginger and honey
- Stress mess to stress less – recognising and understanding symptoms of stress
- Breathing to relax the mind – body movement as we inhale and exhale
- The importance of cleansing – importance of sweating and cleansing our environment
- Salus recipe corner – mushroom risotto with spelt
- Ask the practitioner – good sources of fiber

Week 12

- Balancing hormones – overview, balancing/ stress, and blood sugar
- Super foods – coconut
- A minute with Mel – Beetroot
- Salus Recipe Corner – Beetroot black bean burgers
- Stress mess to stress less - Worry is a Waste of Energy and our Fight, Flight, Freeze response
- Mindful massage – peer massage of head and shoulders

Week 13

- Balancing hormones – Thyroid health, Menopause and What to Avoid
- Superfoods – Spirulina and goji berries
- Stress mess to stress less – how we change and create habits (respond not react) and our top tips
- Mindful Massage – peer arm and hands
- Salus Recipe Corner – Lentil Chili with Chocolate

Nutrition Course – Month 5

Breakfast

- Almond Pancakes Demonstration
- Salus breakfast menu
- Why do we need breakfast?
- Should I skip breakfast?

Lunch

- Tuna Avocado Boats Demonstration
- Salus lunch menu
- Why do we need lunch?
- Should I skip lunch?

Dinner

- Tray Bake Demonstration
- Salus dinner menu
- What should we eat for dinner?
- What time should we eat dinner?
- Vegan V Animal?
- How to reset adrenals

Blogs and Top Tips

Snacks

- Snacks advice and ideas

- Salus snacks menu
- Snack recipe x 4
- Salus smoothie recipe and methods x 6

Recipes

- Breakfast
- Lunch
- Dinner
 - ✓ Recipe
 - ✓ Prep time/cook time
 - ✓ Method
 - ✓ Nutritional Values

Meal planner

Store Cupboard Items

- Store cupboard items and advice video

The benefits of your favourite foods

Sleep Course – Month 6

Understanding sleep

- Introduction Video
- Understanding the Circadian Rhythm
- How our rhythm can be disrupted
- Tips to reset our rhythm

How to get to sleep and the benefits

- Sleep Routines video
- The benefits you will see from sleep
- Top 10 Sleep hygiene tips

Sleep and Nutrition

- Sleep and nutrition video
- Sleep Tracker
- What should we avoid before bed?
- What to eat to aid quality sleep
- Soothing bedtime drinks recipes

Sleep hypnosis and meditation

- Understanding Hypnosis Video
- How to connect with Hypnosis Video
- Self-Hypnosis Video

- Hypnosis audio (coming soon)

Blogs and Top Tips

Stress Course – Month 7

Understanding stress

- What is stress?
- The impact on mental health
- Signs and symptoms of stress
- Weekly stress diary

Stress and Nutrition

- What happens when we respond to stress with food or drink
- How our diet can raise stress levels
- How we can use food to help better manage stress

Stress and the mind

- Our subconscious
- Practicing gratitude

Stress and movement

- 3 gentle Pilates sessions with Isaura around relieving stress from the body

Stress and laughter

- A solution to calming our nervous systems

Stress and nature

- The healing benefits of nature

Additional Courses

Pilates Corner (video content)

These Pilates sessions are adapted to meet every individual need so you can benefit whether you are a beginner or slightly more experienced. Isaura guides us through different movements whilst focusing on breathing techniques and awareness exercises (imagery both literal and creative).

- Pilates for the mind
- Movement for digestion
- Stretch and relax
- Meditation, visualization, and gentle movement
- Pilates and physical balance

Nutrition Corner (reading and video content)

The Nutrition Corner complements the Nutrition Program of video demonstrations, recipes for all seasons/ occasions and fact sheets available as part of the modules in your Fatigue Wellbeing Journey.

- Recipes
 - Soup
 - Salmon salad
 - Chili

- Sweet potato curry
- Roasted cauli and broccoli
- Green smoothies
- Frozen yoghurt
- Warm winter salad
- Vegan banana bread
- Raw energy balls
- Chocolate and avocado truffles
- Recipe book inspiration
- Demonstrations

Mind corner (all reading content)

This will give you a greater understanding on how our minds work and the importance of a healthy mood. This is broken into 8 different sections made up of interesting content to read and different exercises to complete. This will also include optional worksheets to print out.

- Mindful or mind full?
- A 5-minute mind exercise
- Mental fitness
- Brain fog
- Stress
- Eating for a healthy mind
- Sleep and relaxation

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- The thought that counts

mindfulness, recipes and different perspectives on how to maintain a positive life.

Menopause series (video content)

In this nine-part video series Mel helps us to understand and recognise the possible impacts menopause and changing hormone levels can have on fatigue, general health, and well-being. The series is relevant to all as it provides lots of insights into different ways menopause transition can affect women and their lives.

- Introduction
- Why can't I sleep?
- Anxiety
- Where are my keys?
- What is happening to me?
- It's exhausting
- Cravings
- Pain
- Summary and top tips

Book corner

This corner consists of a range of interesting reads targeting different aspects of your life. You will find a mixture of books including self-help guides, nutrition, meditation,

We would like to thank you for choosing to join the Salus community.

All money is a charitable donation to enable us to continue to do what we do best.



Linda Jones CEO/ Founder

“The Fatigue Wellbeing Hub has been a real lifesaver for me. I have been able to access all the information in the comfort of my own home at times that fit around family and commitments.”

“You will have access to lots of information all in one place. The information and tips will make a positive difference to your symptoms and you can make changes at a pace to suit you”

"Since I have joined Salus I feel less isolated and am much kinder to myself. I am more accepting of my condition."



Fatigue Wellbeing
HUB