

# Home Working Care Package



As we continue to keep our remote working and social distancing plans in place, please share the CRS Home Working Care Package, with just a few ideas to help keep your staff safe and well...

## Healthy Eating



### Healthy & Simple Chocolate & Berry Mousse Pots

#### Ingredients

- 75g of grated dark chocolate
- 4 tbsp low fat yogurt
- 2 large egg whites
- 2 tsp of caster sugar
- 350g berries (Any berries of your choice)

#### Method

- Melt the chocolate in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the water. Once melted, allow it to cool for 5-10 mins, then stir in the yogurt.
- Whisk the egg whites until stiff, then whisk in the sugar and beat until stiff again. Fold the whites into the chocolate mix – loosen the mixture first with a spoonful of egg white, then carefully fold in the rest, keeping as much air as possible.
- Put berries into small glasses or ramekins, then divide mousse on top. Chill in the fridge until set.



## Staying Connected



Try this fun 'Name the Biscuit' cryptic quiz with friends or family on Zoom, Houseparty or Facetime

- |                               |                |
|-------------------------------|----------------|
| 1. A drink with a high salary | Rich Tea       |
| 2. An antarctic waiter        | Penguin        |
| 3. London ones are black      | Taxi           |
| 4. Child's toy                | Yo-yo          |
| 5. An American whiskey        | Bourbon        |
| 6. A most coveted award       | Blue Riband    |
| 7. Red head                   | Ginger biscuit |
| 8. Has lots of members        | Club           |
| 9. Elite idiot                | Cream cracker  |
| 10. Frozen diamonds           | Iced Gem       |

## Wellness Challenge



**Mindfulness is a tool that helps us manage thoughts and emotions. Try the easy 'Gratitude Jar' exercise below to promote a positive outlook**

At the end of every day, write down 3 things that you are grateful for. This will allow you to recognise the small things that allow you to enjoy the life you live.

If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.

## Trying New Activities



**Are you getting bored of binge watching your favourite series?**

If so, we recommend **Deliciously Ella podcasts**, there should be something for everyone!

[www.deliciouslyella.com/podcast/](http://www.deliciouslyella.com/podcast/)