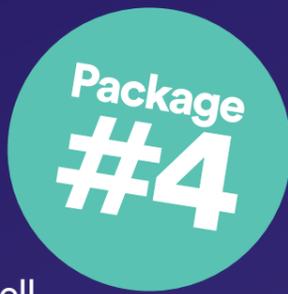


# Home Working Care Package



As we continue to make the most of our remote working and social distancing routines please share the latest CRS Care Package, with yet more ideas to help keep your staff safe and well

## Tasty Treats



### Blueberry Muffins x 10

#### Ingredients

- 1/2 cup unsalted butter, melted
- 1 cup granulated sugar
- 2 eggs, room temperature
- 1 teaspoon vanilla extract
- 6 tablespoons greek yogurt
- 6 tablespoons buttermilk
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 cups + 2 tablespoons all purpose flour
- 2 cups blueberries, fresh or frozen
- Turbinado sugar, optional

#### Method

- Preheat oven to 425°F. Grease 10 standard size muffin tins and line with cupcake liners.
- In a large mixing bowl combine the melted butter and granulated sugar, beating until combined. Add the eggs in one at a time. Add the greek yogurt, buttermilk and vanilla extract.
- Add 2 cups flour, baking powder, and salt. Mix until it begins to come together (not fully incorporated). Toss the blueberries with the additional two tablespoons of flour. Fold the blueberries into the batter, mixing only until combined. Batter will be thick.
- Scoop batter into prepared muffin tins, filling about 3/4 of the way. You can use a large cookie scoop or a 1/4 cup measure to keep things consistent. Sprinkle tops with Turbinado sugar, if using.
- Bake for 5 minutes at 425°F, then turn oven down to 375°F and bake for an additional 15 minutes, until muffins are golden brown and spring back to the touch. Remove from oven and allow to cool for at least 15 minutes before eating!



## Stay Connected



Try our cryptic quiz and name the well known musical artists with friends or family on Zoom, Houseparty or Facetime. Check the CRS LinkedIn page to find the answers.

1. Easily Readable
2. The Highest Vagrant
3. Miss Battersby Writing Verse
4. Far Too Much
5. BA, MSc and BEng
6. Not Difficult Brain
7. Pucker Up for One
8. Revolving Hard Pieces of the Earth's Surface
9. Adolescent After Last Wishes
10. Every Holy Person

## Journaling



### Journaling to practice self-awareness



Journaling allows you to identify, clarify, and accept your feelings. Use these questions daily to record how you feel, discover what you want, what you value, and what works for you.

#### What feeling would you like to invite into your day?

"I choose to create happiness, I am capable, I choose to take action, I am strong, I am enough." Write down a positive affirmation and repeat this mantra throughout the day.

#### What are you letting go of today?

Check in with your heart and observe how you currently feel. Without judgment, write down your moods and feelings. Assign yourself an alignment rating from 1-5 (1 = misaligned,

5 = very aligned) and ask: Why do you feel like this? How do you want to feel? How do you get to that feeling? (Stress Bucket Technique from Care Package #2)

#### What are your goals for the day?

Write down three goals for the day. Tick them off to enhance your sense of achievement, building structure and routine into the day

#### What are you grateful for today?

Write down at least three things (Gratitude practice from Care Package #1)

At the end of the week take reflection. What have you learned about yourself? What changes do you want to make? What do you want to carry on with?

## Podcast



### Woman's Hour:

[www.bbc.co.uk/programmes/m000hvsg](http://www.bbc.co.uk/programmes/m000hvsg)

Women leaders and Covid-19, Lionel Shriver, Florence Nightingale's bicentenary. Are female leaders managing the Covid-19 crisis better than the men? Hear more on the BBC's Woman's Hour podcast.