

Home Working Care Package

Package
#10

CRS
The Recruitment Solution

Welcome to another Home Working Care Package from CRS. For our tenth edition we're taking a breath and finding some time to focus entirely on peace and calm... Enjoy at your leisure!

Enjoy a vegan adventure



Mexican beans and avocado on toast



Ingredients

- 270g cherry tomatoes, quartered
- 1 red or white onion finely chopped
- ½ lime juiced
- 4 tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 2 tsp chipotle paste or 1 tsp chilli flakes
- 2 x 400g cans black beans, drained
- small bunch coriander, chopped
- 4 slices bread
- 1 avocado finely sliced

Method

- Mix the tomatoes, ¼ onion, lime juice and 1 tbsp oil and set aside. Fry the remaining onion in 2 tbsp oil until it starts to soften. Add the garlic, fry for 1 min, then add the cumin and chipotle and stir until fragrant. Tip in the beans and a splash of water, stir and cook gently until heated through. Stir in most of the tomato mixture and cook for 1 min, season well and add most of the coriander.
- Toast the bread and drizzle with the remaining 1 tbsp oil. Put a slice on each plate and pile some beans on top. Arrange some slices of avocado on top, then sprinkle with the remaining tomato mixture and coriander leaves to serve.



Power Up



10 Minute Power Nap Podcast – Calming Anxiety

https://open.spotify.com/episode/365k0lm2Wo9PKTVNUTSMQH?si=_oyX50C7RFmfiv0gqgSrQw

For when you just need that 10 minute break in the day for a quick mental rest, this is just the session for you. A guided trip into a relaxed trance like state, calm and serene.



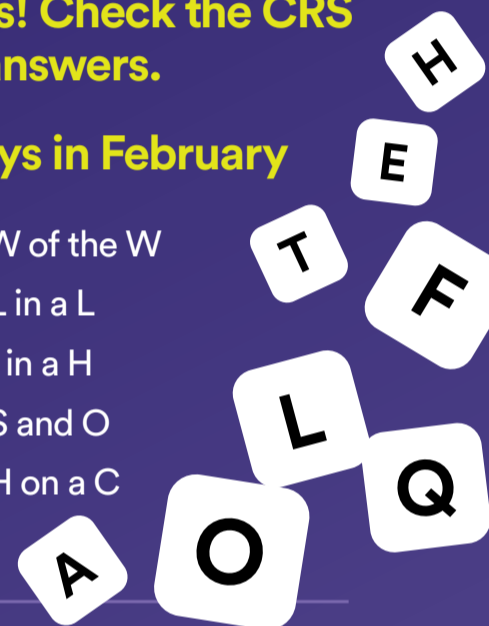
Code Letters



Try to solve our clues with friends or family on Zoom, Houseparty or Facetime and identify our mystery letters! Check the CRS LinkedIn page to find the answers.

Example: 28 D in F = 28 Days in February

- | | |
|------------------|-----------------|
| 1. 1 M W to M | 6. 7 W of the W |
| 2. 26 L in the A | 7. 5 L in a L |
| 3. 22 B on a S T | 8. 4 I in a H |
| 4. 16 O in a P | 9. 3 S and O |
| 5. 13 = B D | 10. 2 H on a C |



Mindful Seeing



We are so busy in our everyday lives that we forget there is a whole world going on outside.

Your challenge this week is to spend just 5 minutes sitting beside a window, and simply look out.

- Focus your awareness on what you see outside
- Really explore what you are looking at: the colour, the shape, the texture
- Notice how the elements interact with the environment: how the wind blows the leaves. Take this further and imagine the view from the perspective of someone who has never seen this before
- If your mind wanders, pull it back in and focus on something new in your view



Doing this will help you see and appreciate not only the beauty of your environment but just how busy and complex it is.