

Home Working Care Package

Package
#12

CRS
The Recruitment Solution

With many of us now in the process of returning to some level of normality in our working routines, issue 12 of our Home Working Care Package will be our final edition. To mark the occasion we're focusing on preparations for post-lockdown life. We hope our tips help you adjust to the changes ahead.

Know your body

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



1. A large piece of China
2. Affirmatives
3. Negatives
4. Look in the rear of a book
5. The coolest part of the body
6. Drag it along behind you
7. Partly aristocratic
8. Stomach fastener
9. Fish or chocolate sticks
10. A lot of gangsters



Podcast



Navigating the Post Lockdown Life

<https://caraleefontenele.com/navigating-the-post-lockdown-life-with-therapist-rebecca-harrison-podcast-episode-22/>



Rebecca Harrison discusses how we will adapt to change and nurture ourselves in the process. Going through changes when just coming out of a pandemic is mentally and sometimes physically draining, and sometimes you just need that little bit of guidance to let you know that you aren't alone.

Take it Slow



Slow cooker beef ragu

Returning to work will no doubt leave less time in the kitchen. Why not prepare one meal in the slow cooker so it's ready and waiting for when you return after a hard day's work.

Method

- Heat half the oil in a large frying pan over high heat. Cook beef, in two batches, for 5 minutes or until browned. Transfer to the bowl of a 5.5-litre slow cooker.

Ingredients

- 2 tablespoons olive oil
- 1kg beef chuck steak, cut into 4cm pieces
- 1 brown onion, finely chopped
- 1 celery stalk, finely chopped
- 1 carrot, finely chopped
- 1 cup dry red wine
- 2 x 400g cans cherry tomatoes in juice
- 1 cup Massel beef stock
- 2 tablespoons tomato paste
- 3 sprigs fresh thyme
- Cooked curly fettuccine, to serve
- Grated parmesan, to serve
- Fresh flat-leaf parsley leaves, chopped, to serve
- Salt, to season

- Add remaining oil to pan. Add onion, celery and carrot. Cook for 3 minutes or until just tender.

- Add wine, tomatoes with liquid from cans, stock, paste and thyme to pan. Bring to the boil. Carefully pour over beef. Stir to combine. Cover with lid

- Cook on low for 6 hours (or on high for 4 hours) or until beef is very tender. Stir with a wooden spoon to roughly shred beef. Toss ragu through fettuccine. Season with salt and pepper. Serve topped with parmesan and parsley.

App



My life meditation

<https://apps.apple.com/gb/app/stop-breathe-think/id778848692>

My life meditation allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your ever changing emotions. Whether you're anxious, sleepless, hopeful, angry, or anything in between, this app's here for you.

