

World Mental Health Day 2022



CRS
The Recruitment Solution

Welcome to a special CRS Care Package, as to promote **World Mental Health Day on 10th October 2022**, we have a host of ideas to help you share some kindness and positivity...

Butternut Squash Risotto

A butternut squash risotto where everything cooks in the same pot, which means the squash kind of becomes the sauce too. The results are insane.

Ingredients

- 7 c. low-sodium chicken broth
- 1 tbsp. extra-virgin olive oil
- 1 small onion, chopped
- 2 tbsp. butter, divided
- 4 c. cubed butternut squash (from a 2 1/2-lb. squash)
- 3 cloves garlic, minced
- 2 c. arborio rice
- 1/2 c. white wine
- 1 c. freshly grated Parmesan
- 2 tbsp. freshly chopped sage

Method

- In a medium saucepan over medium heat, bring chicken broth to a simmer. Reduce heat to low.
- In a large pot or Dutch oven, heat oil. Add onion and cook, stirring often, until beginning to soften, about 5 minutes. Stir in squash, 1 tablespoon butter and garlic. Cook until the squash is beginning to color around edges and then soft, about 6 minutes. Season with salt and pepper.
- Stir in remaining tablespoon butter arborio rice, stirring quickly. Cook until the grains are well-coated and smell slightly toasty, about 2 minutes. Add the wine and cook until the wine has mostly absorbed.
- With a ladle, add about 1 cup hot broth. Stirring often, cook until the rice has mostly absorbed liquid. Add remaining broth about 1 cup at a time, continuing to allow the rice to absorb each addition of broth before adding more.
- Stir often and cook until squash is tender and risotto is al dente and creamy, not mushy, about 25 minutes. Stir in Parmesan and sage, then season with salt and pepper before serving.

Train Your Brain

Test your mental dexterity with our tricky Halloween anagrams. Check the CRS LinkedIn page to find the answers.

1. anthem rig
2. glitter pose
3. a piano trip
4. kit or combs
5. lunar cod
6. fewer owl
7. not sleek
8. unused hat hoe



Walking for Wellness

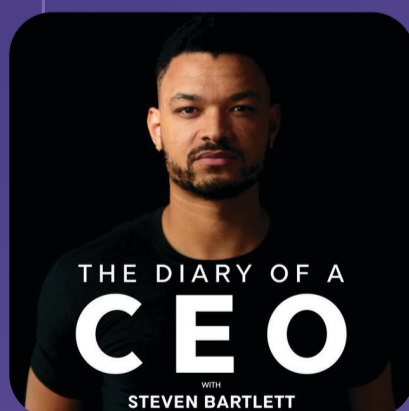
Boost your mental wellbeing through physical activity.

Physical activity has a huge potential to enhance our wellbeing. Even a short brisk walk can enhance your mental alertness, energy and positive mood. This October parkrun are introducing parkwalk to mark their 18th anniversary!

Walking is a great way of soaking up the parkrun atmosphere, getting the opportunity to chat to people, being active and is something that whole families or friendship groups can do together.

Why not give it a go and see the positive impact it can have on your self-esteem, anxiety and stress levels.

parkrun



Podcast

The Diary of a CEO:
Anne Boden, Starling Bank 

The story of how Anne built her business is a genuine blockbuster of entrepreneurship and perseverance. Starling is one of the biggest FinTech companies in the world, with billions in deposits, but after listening to this you'll be amazed how it was possible...

<https://open.spotify.com/episode/1ftDvz35MS3Jn1LqaMQ50Z?si=c2Db1FQ6RVagmuzfzKTOqA&nd=1>