

Wellbeing Poster

Our wellbeing poster this looks at enjoying Pancake Day, Tuesday 1st March. It is taken from [Second Nature](#), a group who are in partnership with the NHS.



Pancake Day (or Shrove Tuesday) marks the beginning of Lent and the count-down to Easter. It can be a fun time to relax, celebrate, and make pancakes with family or friends.

Of course, the occasional indulgence is part of living a balanced lifestyle. If you choose to indulge on Pancake Day, be sure to

enjoy your pancakes mindfully and [without the guilt](#).



Introducing [healthy habits](#) shouldn't leave you feeling restricted. Instead, they should allow you to enjoy life while just making small changes that, over time, become second nature.

For those of us who have particular health goals, it might seem like we can't join in because we're worried about going off track and then harbouring feelings of guilt.



This is certainly not the case, as it's possible to celebrate and enjoy pancake day without overindulging in sugar or ultra-processed foods. If we don't allow ourselves the flexibility to join in on celebrations and social events, it can mean we feel deprived and start to question whether we want to continue our lifestyle changes in the long run.

If you're looking for a way to join in on Pancake Day with healthier alternatives that are lower in sugar and carbohydrates, this is [definitely possible!](#)

