

ISSUE 10 | OCTOBER / NOVEMBER

fully grown.



**LEARNING
HEALTHY HABITS**

**ADJUSTING TO A
NEW CITY**

**PREPARING TO
LEAVE UNIVERSITY**



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let's talk about: sextortion

Digital foreplay has its thrills, but it's not without some risks.

Words by Zoe Williams Photography by Eren Li

Many of us will be familiar with the thrill of sending (or receiving) a flirty text, and as dating apps become common place its no longer unusual for relationships to begin online. However, it's still important to practice safe sex - even when you're sat behind a keyboard.

No one should be made to feel ashamed for embracing and exploring their sexuality, but sadly there are those who will prey on another's privacy as a means of extorting money. We know to be vigilant when giving out our financial or personal

information, but its easy to be caught off guard when our feelings are involved.

Sextortion can cover a range of offences. It involves the non-physical coercion of victims by threatening to expose evidence of their sexual activity if they do not pay a ransom. In some cases victims are threatened into performing further sexual acts to satisfy the offender. Men and women are equally targeted but unfortunately a number of cases go unreported as victims are often too embarrassed to seek help.

Sextortion is defined as ‘a serious crime that occurs when someone threatens to distribute your private and sensitive material if you don’t provide them with images of a sexual nature, sexual favours, or money.’

blackmail.

A common example of sextortion (often targeted at women) is one where the offender poses as someone the victim may be attracted to. They then persuade the victim to share sexually explicit content which is secretly recorded. The victim is then threatened with the idea that this content will be shared publicly unless they agree to pay a ransom or perform further acts.

phishing scams.

This type of sextortion scam is often targeted at men and involves criminals or criminal organisations contacting the victim claiming to have access to sensitive information, for example, a video of them watching pornography. This will be reinforced by knowledge of details such as the victims passwords.

In reality, these details have been stolen from data breaches and the criminals claims are unfounded. However, they are able to extort money from victims by threatening to expose this content.

child exploitation.

Sadly sextortion is often targeted at young victims and can be used as a form of grooming.

So what should do if you’ve been a victim of sextortion and how can you prevent this happening?

While it’s extremely frightening to think about, these crimes are increasingly common. Victims are made to feel ashamed or embarrassed by what’s happened meaning many will pay in hope that the harassment stops.

This is why it’s so important to speak out to protect yourself and others. Conforming with criminal demands is likely to leave further, and higher requests for payment and in some cases offenders may continue to post the explicit content.

what should you do?

- Call 101 to report the crime and inform your internet service provider.
- If you’re concerned that a child is at risk report it to the CEOP
- Do not continue to communicate with the offender. However, you should preserve your social media or video calling account and keep evidence of your communication if possible, for example, taking screenshots.
- Do not pay as it’s likely that higher demands will be made. If you have paid, keep a record of the payment information.

The best way to protect yourself against sextortion is to practice caution online. We’re all guilty of thinking that these things won’t happen to us but taking steps to protect yourself online can be as important as locking your door. Avoid sharing private information online, even on basic profiles, and use a different name and email account on dating profiles. Always be vigilant when engaging with people you don’t know and don’t accept requests or open files from strangers. Above all, resist the inclination to share intimate videos or photos online, even with someone you trust. Once you’ve relinquished control of this information it can be difficult to protect it.

Remember there is always someone who can help. If you’re concerned that you or someone you know has been a victim of sextortion report the crime and access further support [here](#).





growing plant pots without a garden.

Gardening can be a rewarding process, with many people taking pride in what they grow. But you don't need a green thumb to grow plants without a garden.

Words by Lily Filipe Photography by ROCKETMANN

A good place to start is researching the types of plants you want to grow, whether this is vegetables, fruits, herbs or flowers. If this is your first-time growing plant pots, choose plants that are easy to maintain, considering what your plants will need.

potting.

Find out the size of your plant, and then ensure that you have a container suitable enough to accommodate that. It is best to choose a pot that is roughly 1 to 2 inches bigger in diameter than the size of the plant, in order to allow space for it to grow.

After you've chosen the container, it's now time to think about whether to use potting mix or garden soil. Usually, container plants do best in a potting mix as it can compact easier compared to garden soil, which often contains things such as weed seeds, rocks, and pests and you won't want these in your containers, or in your home! That being said, it is important to look for a mix that is light and fluffy, and that also contains enough organic material to hold water and nutrients.

water.

We all know that too much or too little water will kill your plants. You're aiming for a moist texture of the soil, rather than a drenched and wet texture. To do so, use a watering can to wet the soil directly at least once a day, and twice when the weather is a bit hotter.

If you're worried about whether you're watering your plant enough, there are fertilizers and nutrients that you can purchase to make the plant retain the water for longer. Many people also purchase digital moisture readers, as these indicate an exact reading for your plant.

sunlight.

When purchasing your plant seeds, read the packaging to see the amount of light is recommended for each of the plants. Below is a breakdown of what each term means regarding sunlight:



Full sun: This plant requires around 6 and 8 hours of direct sunlight per day.

Partial sun: This plant requires around 4 and 6 hours of sunlight a day, recommended in the morning and early afternoon.

Shade: This plant requires less than 4 hours of direct sunlight per day, with filtered sunlight during the rest of the day

In the winter, plants need to be moved inside, which may mean that you need to invest in some grow lights to give an extra boost of sunlight.

temperature.

The temperature of container plants can fluctuate more than in-ground plants due to the lack of mass around the roots. It is important to keep the temperature around the plants between 13 and 23° C, which is proven to be the best temperature for a majority of plants to grow in. Most importantly, move your plants indoors at the start of winter (if they're not already)!

Remember, gardening does not need to be a long and demanding activity. It is an investment and responsibility, not only into your plants, but your wellbeing as well.



adjusting to a new city.

Moving away from home can be the scariest part of starting university or a new job. It may take some time to adjust, here are some tips to help you get there.

Words by Holly Vickery Photography by Samson Katt

Take it from me - the biggest 'home girl' to ever exist. Leaving the town that I grew up in and knew like the back of my hand was daunting to say the least. I had my small circle of friends, a close-knit family, a part-time job and went to the same two bars every single weekend.

At this time of year, thousands of students relocate to go to university and many of us relocate for work. Although it's comforting to know you're all in the same boat, it doesn't necessarily make it an easy transition.

become familiar with your new surroundings.

If you've already visited the city that you're moving to, then hopefully you're already one step ahead with having a brief idea of your surroundings. You can also prepare beforehand by looking on Google Maps and figuring out how far you are from your campus, work, city centre, the closest supermarket and train station. You may also find it helpful to figure this out on move-in day with your parents or new flatmates. Figuring out which bus to get and where to get it from is also essential - I spent an hour going the opposite way on my first day of living in Bath! Scoping out some local cafés and bars can also be useful for when you need a place to socialise, study or have some alone time in those first few weeks.



Don't feel the need to rush out straight away if you're finding it particularly hard in those first few days. It's important to be comfortable in your new home.

find a new routine.

Figuring out a new routine won't happen overnight. Once you have settled into your new home, made new friends and worked out how much free time you have, it'll be much easier.

Your new routine should be a blend of new and old, so that it feels somewhat familiar and easier to stick to. Make sure you don't isolate yourself by spending all of your time working and in your home - you don't want to feel bored and unmotivated.

Maybe even consider joining a gym or club, which you can factor into your new routine. This is somewhere that you can meet new people and give yourself something to focus on if life gets a bit too much.

For the students amongst us, Freshers' Fair will provide you with everything you need when it comes to societies and extracurricular activities. Making the most of Freshers' week will really help when it comes to meeting new people.

keep in contact with old connections.

Amongst all the workload, socialising and embracing your 'new life', it can be easy to forget about life back home. Although you may have met a whole new range of people, it is important to remember to keep in contact with friends and family. It will not only keep you connected, it'll help you feel less isolated, especially at the beginning.

Make sure to visit once in a while too, family and friends are so important and you don't want them to feel like you've forgotten about them.

don't be too hard on yourself.

Moving to a new city is exciting and can open so many doors for your future, however it will be hard. It may take a while, but you will eventually settle in. A positive mindset about your new adventures is key and it's important to remind yourself of why you made the decision to move. However, don't be too hard on yourself if it's harder to adjust than you thought it would be. You'd be surprised at how many people are probably in the same boat as you!



everything you need to know about your washing machine.

This may seem like a slightly boring article compared to what you'd usually find in fully grown, but it covers an essential part of our everyday life.

Words by Poppy Evans Photography by Rodnae Productions

putting on a wash.

Let's start with the basics - putting on a load of washing. For the best results, and to avoid ruining your clothes, it is best to separate your washing. I do this by separating them into darks, lights, delicates and towels. If you are unsure on how you should wash anything, check the garment's label for guidance. Sometimes the symbols are difficult to understand but a quick Google will usually help you out, or Tide has written an article on [How to Read Laundry Symbols](#).

If you have clothes that are particularly delicate, it may be a good idea to hand wash them separately. Alternatively you could wash them on a delicate cycle or put them in with the rest of your washing, but in a laundry bag.

Annoyingly, all washing machines seem to have different settings. But the majority of clothes are washed on a Normal Cycle. This is usually a 40 degree wash, at a 900 spin cycle under the cottons

option. To save money and to be environmentally conscious, I often do a quick cycle. However, if my clothes are particularly dirty or I am washing bedding when I have been ill, I will wash it at a higher temperature to ensure all bacteria is killed. I would also do this on a full cycle, rather than a short one. Similarly, when I wash my towels, I wash them on a 60 degree wash on a 1,000 spin cycle - this ensures that any potential moulding is eradicated.

It is crucial that you do not overload your machine, as this could result in your clothes not being washed properly, or it could actually cause damage to the machine itself. Remember:

- Small loads: $\frac{1}{3}$ of the drum
- Medium loads: $\frac{1}{2}$ of the drum
- Large loads: $\frac{3}{4}$ of the drum

choosing the right temperature.

When choosing your temperature settings, keep in mind the fabric of the clothes you are washing. Hot water is good for sanitisation but it requires a

lot more energy (and therefore money), plus it can shrink your clothes and fade your fabrics. It is best to only wash towels and any extremely dirty pieces in the hot wash; but only if the fabric is sturdy enough to withstand the heat, for example, bedding is usually fine in a hot wash, but your favourite velvet top probably won't be.

Cold water is the most energy efficient way to wash your clothes, and it is much gentler on them too. Unless your clothes are particularly dirty, it's usually best to wash them on this setting. A cold wash will also prevent the fabric's colours from running.

detergent and fabric softeners.

As I just do washing for myself, I use 3-in-1 pods that get chucked into the main bit of the washing machine. However, these are quite expensive and only last for as big as the box that you buy.

Buying a big bottle of washing detergent will be much cheaper, and last much longer too! Most supermarkets do their own brand, which can be cost-effective. That said, you may have sensitive skin, so it is recommended to read the ingredients of your detergent first.

Ecover is plant based, eco-friendly and good for sensitive skin, however it is more expensive than most detergents.

If you do buy detergent, I would advise buying a fabric softener, as it makes your clothes feel nicer and smell fresher after their wash. However, if you are looking to save money, this isn't essential.

With regards to adding your detergent and softener, it is best to check your washing machine's manual, as all machines are different. Generally, the detergent goes in the left side of your washing machine drawer and the softener in the middle

or right hand section, there is usually a flower symbol to indicate this. How much detergent you need varies depending on your load size, it's best to consult your detergent packaging for this. Using too much detergent and softener can be detrimental for your machine and clothes.

looking after your machine.

A couple of months ago my washing machine was beeping at me and not turning on, so I went into panic mode and ended up discovering a filter that is supposed to be cleaned out every four months or so. This filter was super gunky, as it collects hair, tissue, and any bits that get caught up in the machine.

Cleaning your machine regularly will prolong its life, as well as minimising nasty smells. When each load has finished, take your washing out as soon as possible! Leaving your clothes in the machine will make them smelly, often resulting in you having to do the wash again, which is a massive waste of money and energy.

Similarly, when the machine is not in use, it is best to leave your door slightly open to air it out; this will prevent mould and mildew growing within the drum, which results in your washing machine smelling pretty gross.

If your machine is starting to smell a bit, there are ways to get it smelling fresh and clean again. First of all, it's best to wipe down your machine. Cleaning the outside, drum and drawer will help get rid of any mould or leftover, gunky detergent. There are also cleaners you can buy for your machine that you run through on a hot cycle whilst the machine is empty.

Alternatively, [here](#) is an article that shows you how to wash your machine using white vinegar and bicarbonate of soda.



preparing to leave university.

As I approach my final year of university, I sit here asking myself, how do I prevent the post-graduation panic that comes with moving on from my degree?

Words by Ellen Vining Photography by Stanley Morales and Kiera Burton

I discovered there's a long list of 'to-dos' which you and I may want to complete to avoid those student-prone loose-ends.

cancelling your bills.

If one thing's for sure, you don't want your old bills following you around at the start of your new adult life. Make sure to call up and cancel your broadband, gas and electricity, and any other outstanding payments such as your TV license. If it isn't your name, then make sure to remind your housemates to get everything together early so you can leave university stress-free.





your CV and job placements.

If you're jumping straight into a career, then you want to make sure that ahead of graduation you have been looking for jobs in your desired field. This means getting your CV looking its best (I use Pinterest for great tips on how to make mine stand out) and making it refined to the jobs you've been looking at. For example, is there a company in particular that you want to work for? Could you be designing a creative CV for it ahead of their applications opening?

Some businesses offer graduate schemes too, but the applications for this are usually open ahead of when you'll be finishing uni, so have a look around what there is to offer and make dates for when these applications need to be in. If you're still unsure about what you want to do, go to your university career advisor. They have information there to help you and can show you what is available to you.

networking.

Linkedin has been essential for me gaining experience in the workplace environment before leaving uni. Through this, you can discover networking events, job opportunities and make friends in the right places who can give you new opportunities. It can help you discover jobs that weren't even advertised in the first place, and by nominating yourself for volunteer work, you can get your CV standing out from the rest and ready to assist you in getting that dream job. getting ready to move.

Have you thought about where you are going to relocate from university when you're finished? If at all? Are you going to move back in with your parents? Stay in the city you've been studying in or dive somewhere unknown? You may want to start thinking about saving for deposits as student loans draw to an end, and maybe it's time to think about if you're ready to live on your own or want to move in with other graduates. Try talking to some friends and find out where they want to go, you could suggest a house share. Good websites for student-priced accommodation are SpareRoom and HousePals.

You'll want to get organised when getting ready to move. Throwing away clutter, the paper notes that you don't need anymore, old clothes, and workbooks. Doing this ahead of time will mean there's no rush between packing and writing your dissertation or final uni projects.

stop before you work.

You need to think about whether or not you're going to jump straight into work. Do you want a well-deserved gap year? Summer holiday? A couple of weeks

off? You need to decide if jumping straight into the workplace is what you want to do – because after this it will be a bit trickier to get that time off that you want. If you want to go away, start saving for the summer of a lifetime. A tip I've learned is to put away 10% of my wages each month to start building these savings up.

do you want to do a Master's degree?

Have you really enjoyed uni? Are you not sure whether you're ready to give up the student lifestyle? Doing a Master's degree can give you specialist knowledge that may give you the opportunity of a higher income. If you're sure about what you want to do, this can push you even further. You can start looking at jobs available for specialist work and if you think that this is for you, talk to your university about your next steps.

saving for the unanticipated costs.

It's advised to have some money put back for when you are nearing finishing university. This is for unanticipated costs, such as damages to your property if you are renting privately or missing items from your itinerary, which the landlord may not be obligated to replace. I recommend checking your house contract to see what they have listed.

Other damages could include damaged paint-work and the responsibility of buying cleaning products to leave the house tidy for the next tenants. If you haven't reported any damages to your landlord, report them, this is to avoid any surprises for the landlord when it reaches end-of-let. You could start thinking about creating a savings account for your final months. I use Monzo's locked bill pot feature to tuck away cash for unexpected payments.

saying thank you.

Be sure to say thank you to the lecturers that got you through your grades, you may want to buy them a card or send out a nice email. Small gestures go a long way and this would be a nice way to top off your studies by making that effort to say thank you for all of their hard work too.



food shopping as a student.

We all know that feeling when the student loan comes in, the temptation to eat out for every meal, or to splurge on the weekly shop. Here are some money-saving and smarter-shopping tips to help you get through university or college.

Words by Ella Winbolt Photography by Los Muertos Crew

find those deals.

Firstly, if you have one nearby, to guarantee you're making the best savings possible, shop at a budget supermarket, such as Lidl or Aldi. They offer seriously marked down prices compared to other supermarkets for the same quality of product.

One of the best ways to find food for lower prices is to look in the reduced items aisle. When food is close to going out of date, or if the packaging is damaged, supermarkets will reduce the price meaning you can often grab yourself a great deal. Even if the reduced food is close to its use by date, freeze it so that it can be used at a later date.

Tip: The reduced section is usually best stocked towards the end of the day when shelves are beginning to be restocked for the next day, however, no matter when you shop there will always be something there on offer.





Lastly, don't be afraid to buy the supermarket's own brand of food. Most supermarkets offer their own version of products that are much cheaper than big brands. For example, Tesco sells their own tomato ketchup for £1, while it costs £2.80 to buy the same sized bottle of Heinz ketchup.

club cards.

Most supermarkets offer loyalty schemes that give you points and discounts when you shop with them, these include Tesco Clubcard and Nectar card. You can sign up for one or as many as you want depending on what supermarkets you have nearby, whether you shop in multiple supermarkets or stick to just the one. When you get your loyalty card and begin using it, the supermarket will gather information on what products you typically buy and will send you offers and discounts that they think you will be interested in to get you into their shops more.

Signing up is quick and easy and the money you save will be worthwhile. Another benefit is that you can use them all year round and can continue to use them even when you have finished university.

shop healthy.

Throughout my time at university, I have learnt to never shop when hungry! It means you're more likely to buy more food than you need, such as tempting snacks which add on to that food bill and are a waste of money. That feeling of hunger also means you will probably buy more unhealthy foods or quick meals, such as those expensive (and often disappointing) ready meals.

shop healthy.

Healthier food, such as fruit and veg, is not only better for your body but can go a long way and be used multiple times in a week for numerous meals, rather than being consumed once.

Tip: if you think you won't use all your fruit and veg in time for their use by date, cook a meal and then freeze it. This reduces food waste, makes the most out of the money you spent and is cheaper than throwing the food away and buying more before your next weekly shop is due.

limit those treats.

To end on a positive note, it's always good to treat yourself to a few nice things on occasion, such as a meal out or a few extra treats in your shop. This means you are less likely to splurge out on special offers, that you don't necessarily need to spend money on, or feel the impulse to walk into the store to fulfil your chocolate fix. The important thing to remember though is to not do it regularly, try to limit those treats to prevent spending your money on those little things that you don't need. Cook at home as much as you can, but of course, don't feel guilty for the odd takeaway every now and then.

5 tips on graduate job hunting with a disability.

At university, we're encouraged to start thinking about our graduate careers before we even set foot on campus (no pressure). Add a long-term condition or disability in the mix and this can feel even more overwhelming, but it doesn't have to be.

Words by Katie Watson Photography by Anthony Shkraba

1. look for employers that are part of the Disability Confident scheme.

The Disability Confident [scheme](#) was set up by the UK government to help employers recruit and retain disabled talent. It's completely voluntary and shows an employer's commitment to the equality of disabled individuals in the workplace.

You can typically find the logo at the footer of an employer's website, job advert, or recruitment portal. The most popular members include institutions within the [public sector](#) such as universities, schools and health care. There are 3 levels to the scheme, with the employer levelling up the more confident they feel.

Another great indicator of an employer's commitment to equality is if they highlight their equal opportunities policy, either on their website or better yet, within the job description.

It's not guaranteed that an employer will interview you based on this policy alone, but it does tell you they are inclined to treat you fairly and are actively looking to employ disabled people.

Every employer is legally obliged to enforce the Equality Act 2010, which protects individuals from discrimination in the workplace based on protected characteristics, such as disability.





2. connect with disability networks and individuals.

In this digital age, with COVID-19 accelerating the use of the virtual world, more and more online communities and influencers are emerging and blossoming.

Online disabled communities are a useful tool for both your career and personal development and can help you in multiple areas. You will find many of them on social media sites Instagram, Twitter, Facebook or YouTube.

They can provide great value, helping to boost motivation, promoting a positive mental attitude, and sharing vital educational resources. Most importantly, they're a safe space for you to talk to your peers and feel less alone in your struggles, be it in your career, or personal life.

Being part of an online community that understands what you're going through as a disabled person, can have a snowball effect on your career confidence and give you that extra boost to apply for that dream job.

There are also specialist communities out there for industries such as Publishing, Marketing and Art, which are great places to go for industry-tailored advice and information.

Some of my favourite disabled influencers/communities are:

- [@disabled_eliza](#) – A LGBTQ+ content creator from London
- [@katestanforth](#) – A dancer, model, activist and charity founder from Northumberland.
- [@lucyedwardsofficial](#) – A journalist and content creator championing change for how the world views blindness
- [@wheelsnoheels](#) – A content creator and

YouTuber disability activist advocating wheelchair confidence, hacks, skills and awareness

- [@notyourgrandmasuk](#) – A disability educator focusing on chronic illness and disability

3. reach out to hiring managers and recruiters before applying.

Found your dream job on a job site? Great. The next step you'll want to take is heading to LinkedIn, or another networking site such as Twitter, for your next move. I find LinkedIn the easiest way to do this.

Look up the hiring manager/ recruiter for that role and send them a connection invite or message briefly introducing yourself, your skills and demonstrating your interest in the role.

"But that sounds like a lot of effort" I hear you say. Well, the more you reach out, the higher chance you have of getting a good conversation going before having to commit to that lengthy, nail-biting, coffee-fuelled application process.

You can also use this as an opportunity to showcase your personality and value as a potential employee. Make sure to also ask any important questions. For example, if the role is full-time, you can ask if there is flexibility for part-time, or if they'd consider remote working.

Preserving your time and energy for employers who are most interested in you is a huge energy-saver in the long run. Please note that some employers will discourage from contacting them or other employees outside of the job application. This should be noted on the application so make sure to scroll to the bottom!

4. become familiar with the legal side of disabled employment.

There are many forms of legislation in place to protect disabled workers from discrimination in the recruitment process and the workplace. The most famous is the Equality Act 2010. However, there is a lot you may not know about the Act and other legislation which are designed to benefit disabled people, providing them with the best support and experience in the workplace possible.

One core example is 'reasonable adjustments'. According to the Government Equalities Office employer guide, "employers are required to make reasonable adjustments to any elements of the job which place a disabled person at a substantial disadvantage compared to non-disabled people" under the Act.

Reasonable adjustments can mean anything from reduced hours, remote working, a parking space, having additional breaks to being positioned in your workplace to reduce physical or sensory strain.

You have the right to ask for these adjustments, but your employer also has the right to reject them if it's deemed unreasonable for the business (e.g. a certain project needs to be completed in the office).

There is also a government grant scheme called [Access to Work](#). It means that if any help you need at work (reasonable adjustments) can't be covered by your employer, you may be able to get funding from Access to Work. They can pay for things such as specialist equipment or "help getting to and from work". You can also apply for the scheme for mental health support.

Other important relevant legislation I'd recommend reading up on is the:

- [Health and Safety at Work etc Act 1974](#)
- [Employer Rights Act 1996](#)

For further help understanding the legal context behind your rights as a disabled employee, I recommend the following resources:

- [Scope UK](#)
- [Disability Justice UK](#)
- [Citizens Advice](#)
- [Acas](#)
- [Gov.uk](#)

5. put yourself first: be realistic about your career goals.

As a disabled graduate, my journey to self-acceptance of what I could realistically achieve was tough to begin with. However, I soon realised that putting myself and my health needs first was crucial, otherwise this would most likely result in burnout, mentally and/or physically.

To avoid this, there are several factors you can consider. These may include working reduced hours, flexible working, freelancing, choosing to work remotely vs. in-office, or maybe even a hybrid office approach.

If you're feeling a bit overwhelmed reading this, don't panic! Start by making a list of needs and wants and do it at your own pace. By having this list to hand while job searching, you can see how many of your boxes it ticks and if it's really worth applying.

You could even ask for family or friends' support on what they think would best suit you career-wise or make a 1:1 appointment with your university careers centre.

Now take a deep breath, and remember, you've got this.



fully wellness.





embracing autumn.

It can be easy to fall into a bit of a funk when we realise summer is ending. As the temperatures drop and the daylight fades, our mood can follow suit.

Words by Mani Kidston Photography by Tim Samuel

The first thing to acknowledge is that this end-of-summer feeling is something a lot of people experience, and it's natural. It's normal for serotonin, norepinephrine, and dopamine levels to lower when the daylight hours reduce. You're by no means alone in this.

It's also understandable if this time of year brings extra worries for people. We're saying goodbye to the extra freedom that summer brings, a lot of us are going back to uni, there's upcoming holidays that can bring pressure, and the feeling that another year has slipped by can creep up on us.

living in the now.

If you're feeling anxious about the end of summer, take the time to figure out what your anxiety triggers are and make a plan to manage them before they feel overwhelming. For example, if it's uni, take the time to plan how you'll tackle your work. But try to stop worrying about all there is to worry about.

A little worry is healthy and helpful, it encourages us to keep our lives on track and get things done. But in the modern day where anxiety is at an all-time high, it's too easy to live our lives away from the present moment, fretting about the past and the future. Trying to focus a little more on what's happening right now can be really helpful.

There's so much to enjoy in this new season if we choose to lean into it instead of resisting it. Appreciate the change instead.

autumnal appreciation.

Think of the colours, for a start! All of the warm yellows, oranges and pinks that the trees become. Nature completely transforms, and it is absolutely blissful to see. Notice how the shadows elongate this time of

the year, there's something so elegant about it. The air feels different. It's cooler, crisper. Take the time to notice the differences as they gradually come into fruition and enjoy simply being able to.

Get out and watch a sunset. Autumn sunsets are some of the most beautiful in the year due to the sun staying in a lower position in the sky for much longer. If it's too wet and windy, stay in and bake something. The smell of a loaf of banana bread (or brownies, or muffins, pick your poison) wafting throughout your home while the rain lashes against your windows is so cosy and comforting!

You can even grow things in autumn. Daffodils and tulips are best planted at this time of year. It'll get you out in the fresh air, you'll be getting some microbial goodness from a handful of soil, and you'll get a beautiful display in a few months' time. What's not to like?

There's so much that changes season to season, but it doesn't have to be sad. Change is the only constant in life. If we embrace it as it comes, rather than being disappointed by what we're leaving behind, everything will seem a lot more beautiful.

tips for taking care of yourself this autumn.

- Take the time to get outside and get sunlight on your face. You can get a SAD lamp if this is difficult for you.
- Eat well. It's one of the best things you can do for your mood.
- Stay active. You may not feel like going out for a blustery bike ride, but you'll sure feel better for it afterwards.
- Load up on vitamin D.
- Take enough time to unwind and rest.
- Consider breathing exercises/mindfulness/meditation.
- Be kind to yourself.



breaking bad habits.

Escaping the cycle of an unhealthy habit can be hard to kick to the curb.

Words by Ellie Stratton Photography by Mart Production

Whether it's a poor sleep schedule, procrastinating university work, or obsessing over social media. These could all be driven by stress, anxiety or boredom. Rest assured, these are common habits that we can bid a happy farewell to and abandon for good.

so long socials.

I know that I am in trouble when a notification buzzes on my phone and tells me that I'm 6% above last week's screen time. Mobile phones can be time leeches that eat into your day and your mental well-being. As a victim to the enticing realm of Instagram in all its aesthetic glory, I can understand how easy it is to mindlessly scroll and get lost in a social media scandal. Social media detoxes are saviours in helping to return to the real world and can truly steer a gloomy day towards a happy and sunny one.



beauty sleep.

Instead of waking up and instinctively picking up your phone out of habit; wake up, climb out of bed and pick up a pair of walking/running shoes, or an empty mug for a morning coffee fix.

Before I go to sleep, I charge my phone somewhere that is not within reaching distance from my bed. This stops me from grabbing my phone in the evening when it sometimes takes longer to visit the land of nod. Phones are anti-sleep devils and master tools of distraction; and lack of sleep makes the perfect bedding for a bad habit to emerge.

create a regime.

What triggers the downward spiral towards a bad habit? The famous three words, 'I'll start tomorrow'. These are now permanently banned from my vocabulary - over-restricting yourself or setting unrealistic goals are short-term fads that don't last and may be the reason why you find yourself stuck at square one. It may be difficult to motivate yourself but making small, yet effective changes really make the difference.

I devote the end of a busy week to a self-care Sunday; face masks, brunch, painting your nails – the whole shebang! I set aside a moment in the day (usually before dinner when I'm impatiently waiting for my mum's roast) to create a timetable for the upcoming week. Establishing a routine seems silly but will help you to wake up on a Monday morning feeling fresh and motivated.

a happier you.

Try implementing a schedule for your week - set an alarm for three mornings of the week that will encourage you to seize the day ahead. This will enforce organisation to your day, prompt a productive peak and will release those all-important endorphins. Replacing an old and unhealthy habit

with a new one is much more long lasting and effective. By doing so you will be met with a clear headspace and a positive mindset.

There are so many things out there to explore and discover, just do what makes you happy and everything else will follow suit. Be careful not to completely rely on a strict schedule, create a balance that works for you. And don't go too crazy - it is important to be ok with time to yourself... and your sofa.

go outside by yourself.

Sometimes all we need is to collect our thoughts away from the environment that was causing us stress in the first place. Go outside for a leisurely stroll, brisk jog or just sit and watch the stars (or sun depending on the time of day). Take some deep breaths, appreciate your surroundings and head back feeling refreshed and reenergised.

talk it out with someone.

Chances are, your housemates or people from your course will be experiencing the same emotions as you, and sometimes a problem shared, is a problem solved. Talk about what is stressing you out and your friend may offer some alleviation advice, or use your friend as a distraction and take your mind off of your stress.

exercise.

Scientifically proven as a stress-alleviator, partake in your favourite exercise to release those endorphins, get your body active and your mind focused elsewhere. Exercise doesn't have to come at a high cost. Skip the gym membership and go for a run or 300 lunges round a park, whatever works for you.

do something you love.

Stress often distracts us from doing things that we actually love. What's something you love doing?





Reading a book? Sit in a comfy chair and read a couple of chapters. Movie-fanatic? Pick something on your Netflix list and watch it. It doesn't have to be a long distraction, just enough to make yourself feel slightly calmer.

digitally detox.

Scrolling social media feeds and checking emails has become second nature to the majority of us. From the moment we wake up to the seconds before closing our eyes to go to sleep, we spend hours watching, reading, replying, and devouring through a variety of screens.

Digitally detoxing doesn't have to mean locking your phone away for days on end, as little as half an hour to an hour is still beneficial. The key idea is to give your mind a break from being pulled in all kinds of directions by one device.

meditate & mindfulness.

Although not for everyone, meditation has been known to calm the body down. If the whole meditation process isn't for you, then just try sitting still with no noise for a couple of minutes. Make sure you take nice deep breaths and see how you feel.

Mindfulness is the act of placing your attention on the present moment. Becoming more aware of the world around us in the present moment helps us look after ourselves and feel better. Studies have shown that practicing mindfulness helps relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.

teaching yourself new, healthy habits.

You're going on a journey from which you shall emerge a healthy, glowing goddess, swathed in yoga gear and smelling of kale and oats...

Words by Zoe Williams Photography by Darina Belonogova

We've all been there. Caught in the act of our unhealthy habit (be it drinking, smoking, or eating processed foods) and reached an epiphany that all must change. You proclaim your new aspirations in a saintly manner and decide to set forth anew. Banish the Oreos, pour away the beer.

This works... for a while. You see this as the beginning of a bright new dawn. You tell yourself you enjoy getting up at 5am for your morning run and that a protein chai berry smoothie really is every bit as good as coffee. But an invitation here, a temptation there, a busy workload and a few missed days, your motivation falls as your consistency starts to slip. Your new habit is soon forgotten.

But does it have to be this way? Most of us know the healthy habits we should adopt, such as drinking enough water or getting more sleep, so why is it so hard to maintain them? While we should reward ourselves for taking that first step, it's important to learn how to sustain these habits if we want to keep them. Here are some methods for figuring out what a healthy lifestyle means for you and how to stick to it.





what and why?

Make things easier for yourself by being as specific about your goals as possible. What is it you want to change? For example, instead of saying I want to improve my fitness, identify the exact areas you want to work on, such as improving stamina or strength.

The more specific you are about your goals the easier it will be to create a plan. The key to maintaining your motivation is to ask yourself why you want to be a healthier you? This could include wanting to reduce stress or to boost your confidence. Whatever it is, identifying a clear reason for adopting healthier habits will keep you focused and provide a clear reminder to return to.

plan and monitor.

Little is achieved without good planning. If you're serious about maintaining your habits you need to organise how you're going to follow them. This could include setting reminders on your phone, using wellness apps, or a journal. You will need to look at your current schedule for opportunities to implement healthy habits into your daily life. Where possible, try to plan for events that may disrupt your progress.

For example, ensuring you have healthy snacks at the ready for a long day of travelling. Anticipating these obstacles will give you a better chance of staying on track. It will also allow you to track your progress and reward yourself for reaching a set goal. This does not mean going on a bingeing session! Try choosing a reward that relates to your progress and encourages you to keep going! For example, a new time record on your daily run could equal a new pair of trainers or gym wear.

choose carefully.

When it comes to building healthy habits it can be easy to tackle too much at once. Telling yourself that

you're going to change your diet, get better sleep, exercise more and have great skin all in a matter of weeks, will leave you overburdened and more likely to abandon your good intentions. Instead, narrow it down to your biggest priority and start from there. By starting small you're being realistic about what you can do and are less likely to abandon the habit.

Secondly, choose something that you enjoy. It goes without saying that tackling a habit in a positive way will encourage you to stick with it. For example, if you're looking to lose weight but hate running, why not try a dance or spin class? This way your habit is likely to feel like less of a chore.

positive language.

It sounds cheesy, but actively using positive language will help to alter your mindset when it comes to building healthier habits. For example, instead of moaning about your new diet, remind yourself that this is a positive choice you're making for yourself, i.e 'I get to eat nutritious food that is good for me.' This acts as a reminder of why you're taking this action and helps decrease any reluctance towards your new behaviour.

power in numbers.

Having a friend, family member or partner that will support your goals is a big help! Better still, see if they'll commit to building a healthy habit with you. This is useful as someone can hold you to account (and vice versa) if you're struggling to maintain the habit. For example, you and a family member could take it in turns to cook a healthy dinner. Alternatively, try joining a social activity to help support your progress, such as a running club or a yoga class. Being surrounded by like minded individuals can help to provide a support network and inspire you to keep progressing.



the perks of a to-do list.

We bang on about to-do lists quite a lot here at fully grown, we obviously like them.

Words by Elizeta Pylioti Photography by Tara Winstead

In the times that we live in, having a busy schedule is nothing out of the ordinary. Sometimes, our responsibilities can be extremely overwhelming and stress inducing, which can result in being less productive. To avoid this situation, creating a to-do list can be the tool needed!

Making a to-do list can be beneficial as it helps you get your priorities in order. Research has shown that by writing down your responsibilities for the day, week or month, your brain not only will memorize the list easier but it will also reduce the stress of completing each task.

It is also worth mentioning that by listing your tasks for the day and being able to cross them out once completed, can give you the sense of accomplishment and achievement that will keep you going until you complete your whole list!

Many psychologists suggest making a to-do list in the morning, once you wake up, in order to have a clear image of what lies ahead on your day. Whether you write it down on a piece of paper or use an application on your phone or laptop, a to-do list is an excellent tool to increase productivity and block out the stress and anxiety of the uncertainty of daily life.



brain health & diet.

So, you've just spent a long summer at home, you've chilled and forgotten all about the stresses of Uni. Reality check: it's time to start the hard work again.

Words by Rania Salman Photography by Mikhail Nilov

Now, you may feel that your brain has been out of use for quite some time, but the good news for you is that nutrition can help improve your brain function, leading to better mental health and likely better grades. Instead of relying on the typical student diet of pot noodles, take-outs, coffee and energy drinks, how about you try and nourish your brain with my top tips?

Tip #1: Hydration

I'm going to start with this because water is an essential but often, overlooked nutrient. Our body needs approximately 2-3L to function optimally. Having insufficient amounts can lead to headaches, lack of focus and problems with memory and concentration. These can all arise by being as little as 1-3% dehydrated! So, here are some of my favourite hacks to keep you hydrated:

- Carry a water bottle with you wherever you go- there are some bottles that have volume markings on them so you can track exactly how much you have had throughout the day.
- Put a reminder on your phone several times throughout the day to prompt you to drink. Alternatively, you could also download a water app that sends you notifications to remind you to take those all-important sips!
- If you like a cold drink but cannot stomach water, try experimenting with some flavoured water (can be purchased at the supermarket or make your own) and keep it at the eye-level shelf of the fridge.
- Keep a bottle of water by your bed so that you are prompted to drink as soon as you wake up.

Tip #2: Oily Fish

Oily fish contain a type of fat called omega-3 fats and research has shown these fats are key components of our brain; consistently having them will help with memory, concentration and focus in the long-run. It is recommended to have 2, 150g (~the size of your hand) portions per week. Sources include herring,

mackerel, sardine, fresh tuna, trout, kippers and salmon.

I get it, fish can be expensive to buy and unlikely to be a priority on a student job. However, if you opt to buy the tinned versions of these fish, they will be cheap and also contain the omega 3 fats (apart from canned tuna). Alternatively, if you do not eat fish because you don't like the taste or you are vegetarian, then it is worth purchasing omega 3 oil or algae supplement.

Tip #3: Blueberries

A variety of fruits are needed in a healthy, well-balanced diet but blueberries in particular contain very high amounts of a type of plant compound called flavonoids. These are believed to help improve mental function and performance by increasing the flow of blood to the brain, which in turn serves to enhance the production of nerve cells, in addition to processes within the brain that are involved in learning and memory. It is thought that these plant compounds aggregate in the brain overtime leading to long-term brain health benefits.

Granted, they can be expensive on a budget so that is why I always advise people to buy them frozen or during a deal from one of the cheaper supermarkets when on offer. Include them in your diet as a snack, with yoghurt, added to your morning porridge or in a smoothie.

Tip #4: Breakfast

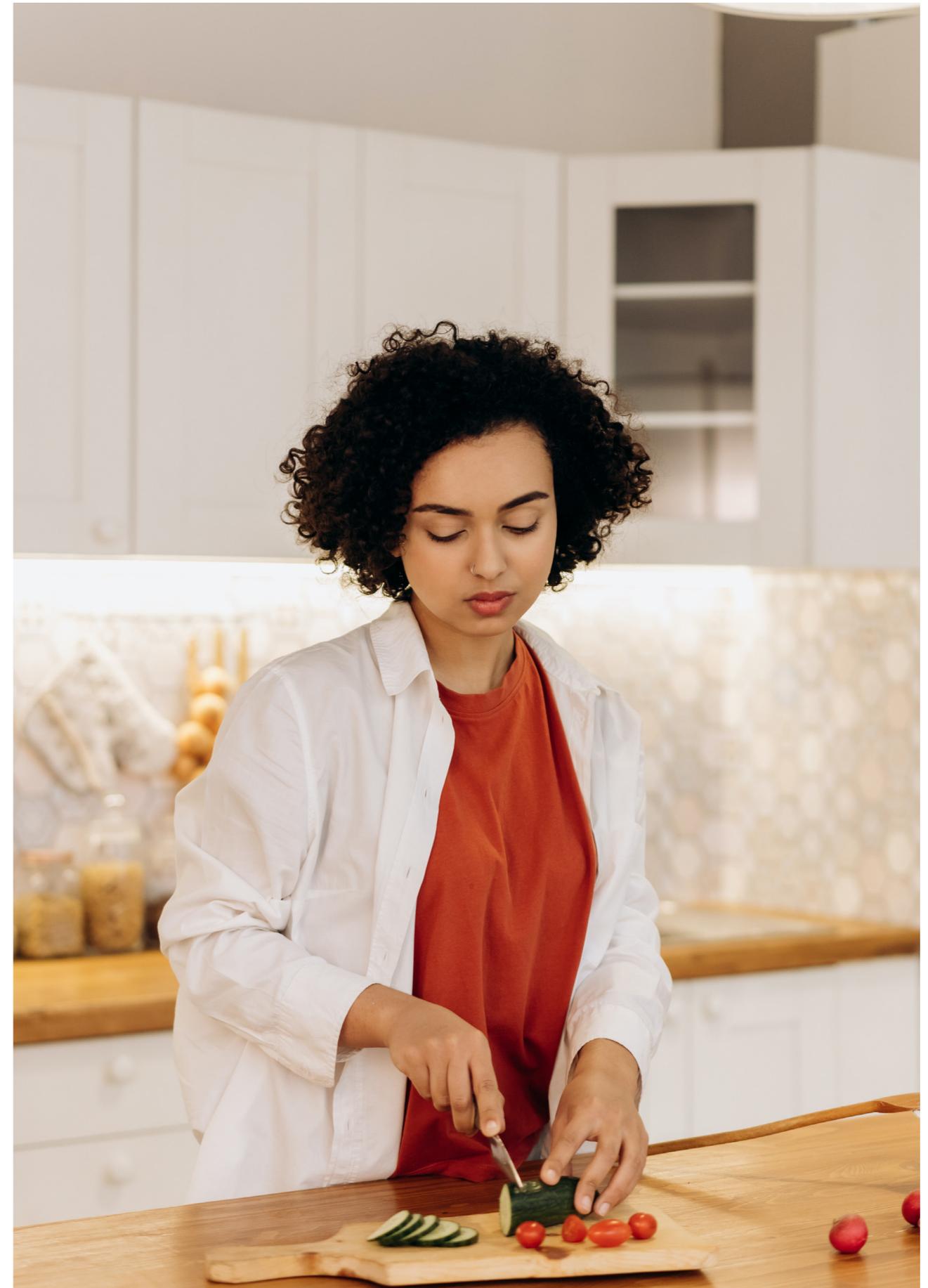
Now we've probably all heard the saying "Eat breakfast like a king, lunch like a prince, and dinner like a pauper". Although I do think you can still have Lunch and Dinner like Kings and Queens, what I often see is students rushing out the door in the morning to get to their lectures, or just relying on a coffee to keep them going.

Skipping a balanced breakfast can then have knock-on effects such as feeling slow and sluggish. So, what is the hype with breakfast all about? Overnight, you are essentially fasting as your body relies on its muscle and liver stores for energy to keep your body and brain functioning.

Skipping breakfast means that you will remain running on low energy stores that have been used up overnight, which can lead to lack of concentration and irritability in class. Additionally, studies have shown that students who have breakfast have better focus and concentration in classes, are able to retain information better and also score better in exams.

My advice to students is try to fill up on healthy carbs, protein and fat in the morning. Examples include:

- Porridge with milk and fruit
- Baked beans with wholegrain toast
- Avocado and eggs on wholegrain toast
- Overnight oats
- Yoghurt with granola and fruit





If you're like me and never fancy breakfast in the morning, then how about trying something like a smoothie? Make it nutritionally balanced by adding yoghurt, nuts, nut butter, oats and blend it altogether with the fruit.

Tip #5: Nuts and seeds

These powerhouses are jam-packed with healthy fats, protein, fibre and also nutrients such as zinc and vitamin E which have been shown to play important roles in brain health. Munch on them whilst studying for your exams or even during lectures to help keep you going.

The research surrounding nuts and brain health is interesting to say the least. One study in university students showed that consistently having walnuts over an 8 week period led to an improvement in how these students interpret verbal information.

Another study in children showed that those who included nuts in their diet performed better in brain tests than those who did not.

Tip #6: Beetroot

These vegetables contain high amounts of a substance called nitrates. Nitrates in your diet are converted into nitric oxide within the body, which then goes on to reduce blood pressure, dilate the blood vessels and improve the flow of blood around the body.

So, what does this mean for your brain? More blood flowing into your brain means more oxygen and nutrients reaching your brain. It is theorised that this can go on to enhance brain function thus improving concentration, decision making and memory retention.

And there you have my top tips to not only help you work hard at uni, but also work smarter! Happy studying!

fully foodie.



pumpkin soup.

Words by Poppy Evans
Photography by Eva Elijas and
Lovefood Art

I think this soup is my favourite thing about this time of year.

SERVES: 1-4

COOK TIME: 4-7 minutes

INGREDIENTS

- 1 large onion, finely chopped
- 2 carrots, peeled and chopped
- 25g unsalted butter
- 1 tbsp olive oil
- 1 pumpkin (or butternut squash) - peeled, chopped and deseeded
- 2 sweet potatoes, peeled and chopped
- 1 litre vegetable stock (1 stock cube plus 1 litre of boiling water)
- salt and pepper
- 100ml double cream

METHOD

01. Put onions, carrots, butter and olive oil in a large saucepan and cook on a low-medium heat for 10 minutes. Add pumpkin and sweet potato, and cook for another 2-3 minutes.
02. Pour in the stock, add salt and pepper, and bring to the boil. Reduce the heat to a gentle simmer and half cover with a lid. Cook for around 40 minutes, or until the pumpkin is soft.
03. Next, blend with a handheld soup blender, or just a normal blender will do too (but return to the pan afterwards if this is used). Then add all of the cream and taste for seasoning, adding more salt and pepper if you feel it's needed.
04. Ladle soup into bowl/s and serve with a swirl of cream. Best served with bread and butter - my favourite with soup is petit pain rolls.

If you have any left over, use it over the next few days. Or freeze the soup and it can be used over the course of a month.





roasted veg.

Words by Poppy Evans
Photography by Adonyi Gábor

INGREDIENTS

essentials:

olive oil
sweet potato
4-5 whole garlic cloves (for fighting off colds, add more when you're feeling ill!)
balsamic vinegar
salt and pepper
herbs (oregano, basil, or whatever your favourite seasoning is)

You can choose any veg that pickles your fancy and use as much of it as you feel best, depending how hungry you are or how many you're cooking for.

vegetables I use:

aubergine
courgette
tomatoes
red onion
broccoli
red pepper
carrots
asparagus

additional options:

halloumi, or
sausages

As the months start to get colder and flu season begins to kick in, my body often craves food that's full of nutrition and goodness to fight away those colds. My favourite thing about this dish is that it is so easy to do! It's like an oven meal, but *much* healthier.

SERVES: 1-3

PREP TIME: 10 minutes

COOK TIME: 45 minutes (approx.)

METHOD

01. Preheat oven to 200°C and sprinkle around 1 tablespoon of oil onto a baking tray. Next, chop all of your vegetables into medium sized chunks. I always leave my garlic cloves whole and left unpeeled, as they roast nicely in their skin - but be sure to pop them out of their skin once on your plate. If you are adding halloumi or sausages, chop and add this to the dish too.
02. Once all the vegetables are on the baking tray, add balsamic vinegar and another 1-2 tablespoons of oil. Also season with salt, pepper, and whatever herbs you have chosen.
03. Put in the oven and stir every 15 minutes. Depending on how much veg you're cooking and how well your oven cooks, this dish should take around 45 minutes. You will know that the dish is ready when the harder vegetables, such as sweet potato and carrot, are soft.

chocolate brownies.

Words by Grandma Shergold

Photography by Marta Dzedyszko

A yummy classic passed down through the generations.

SERVES: 12

PREP TIME: 15 minutes

COOK TIME: 30 minutes

INGREDIENTS

4 oz butter

2 eggs

8oz caster sugar

1.5 oz cocoa powder

1 tsp vanilla essence

2oz self-raising flour

2oz chocolate chips

METHOD

01. Preheat the oven to 180C. Melt the butter in the microwave or on the hob. Add the sugar and cocoa powder. Beat the eggs together in a separate bowl then add to the mixture.
02. Mix in the chocolate chips and place into a buttered tin - preferably rectangular. Leave for 30 minutes, when ready cut while still hot.



lemon cheesecake.

Words by Poppy Evans
Photography by Alesia Kozik and Tara Winstead

This is one of my family's favourite desserts to make. You'll find it at any of our get-togethers, and it's always a winner!

SERVES: 6-8

PREP TIME: 15 minutes

CHILL TIME: 3-4 hours

INGREDIENTS

- ¾ packet of digestive biscuits
- 75g butter
- 1 tbsp golden syrup
- 1 tsp cinnamon
- 2 whole lemons, washed and grated
- 200g Philadelphia cheese
- 1 tin of condensed milk

METHOD

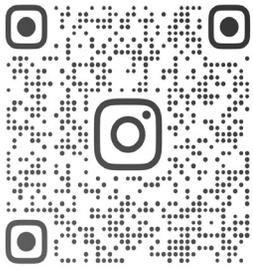
biscuit base:

01. Crush biscuits using a rolling pin and a sandwich bag, or using a food processor. In a saucepan, melt together the butter, golden syrup and cinnamon.
02. Add biscuits to the melted mixture and mix well. Press this into a dish or flan tray, whichever you have at home. Cover with cling film and pop in the freezer to set, whilst you make the topping.

filling:

01. First, make sure your lemons are washed and grated, as you will be using the rind later. Next, take two bowls. In the first, whisk together condensed milk and juice from one of the lemons. In the other, whisk together Philadelphia cheese and juice from the second lemon. Make sure both bowls are well whisked.
02. Once whisked, add contents from one bowl to the other and add lemon rind. Whisk well for awhile. The longer you do it, the lighter and airier the filling.
03. Take the base from the freezer and evenly pour the filling over the top. Re-cover with cling film and put in the fridge. You must allow at least 3 hours for it to set. For best results, chill overnight.





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