

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

NEWSLETTER - FINAL EDITION!

Start Inspiring Minds www.startinspiringminds.org.uk

sarah@startinspiringminds.org.uk



Welcome to the latest and final edition of Start's Five ways to Wellbeing newsletter. Sharing daily inspiring activities to keep your mind and body healthy during lockdown. Thanks for your support during lockdown and we hope you've enjoyed reading every week.



MONDAY: BE ACTIVE...

Get Gardening

Engaging with a garden (or even some soil and pots on your windowsill) is entering a cycle of exchange: we support the land and the land supports us. A garden can give us nutrient-dense food, healing herbs and space to rediscover our place within nature. There's a harmless bacteria found in soil that supports the metabolism and release of serotonin when we come into contact with it. Exposure to nature reduces stress levels and increases empathy. If you want to start growing, begin by simply watching and learning from your space. Observe which plants, insects and animals call it home already, note how the sun, wind and rain affect it, and which plants already thrive in your local area.



TUESDAY: CONNECT...

Play "Highs and lows"

Now some of us are getting out and about a bit more, try using your evening meal time to re-connect with the people you live with. This works especially well with children and teenagers. Go around the table, and each person shares the high points of the day, and low points. One or two or even three of each is good. And everyone should really listen. It's fun, and a great way to connect. This tends to work better than simply asking 'how was your day' and is less likely to result in 'fine'!



WEDNESDAY: TAKE NOTICE...

Bring the Outside In

The therapeutic effects of bringing the outside in are well known. Go through every room in your home to see what you can add, it could be shells in the bathroom, branches or twigs in the hallway, plants in the bedroom, driftwood in the living room and dried chillies in the kitchen. Having elements of nature indoors doesn't always have to be about living things like plants.



THURSDAY: KEEP LEARNING...

Add Visual Art and Learn what Inspires you

A space that is visually inspiring is important when you are trying to be creative at home. You don't need to have any professional art to display to make a creative space. Photos with friends, paintings by family members or the odd postcard from your travels will work wonders. Even a collection of random images you love can be taped to a wall and refreshed and replaced every few months to inspire your work and living space.



FRIDAY: GIVE...

Give yourself a Break and have a Guilt-Free Nap!

It's Friday, you deserve it! If you are feeling low in energy and drowsy in the afternoon, it could be that working from home and using commute time to catch up on other things is making the work day longer, so don't feel guilty for pencilling in snooze time. A performance test study revealed subjects who took a 30 minute nap halted declining performance, while a 60 minute nap reversed it (although napping in the day isn't recommended for anyone who has insomnia).

Goodbye



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Keep in touch and check out everything we have going on on our YouTube Channel and Instagram.