

# START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

14 AUG 2020

**START**  
inspiring minds

## NEWSLETTER

Start Inspiring Minds [www.startinspiringminds.org.uk](http://www.startinspiringminds.org.uk)

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## KEEPING US CONNECTED

Welcome to the new edition of Start's Five ways to Wellbeing newsletter.  
Sharing daily inspiring activities to keep your mind and body healthy during lockdown.

### MONDAY: BE ACTIVE...

#### Brain Workout

Follow this fast, 4 step 'workout' for your grey matter to support your mental health when feeling stressed or anxious. It takes seconds to give your brain a good stretch and feel a little bit lighter. This is how:

**PAUSE** with the weight of what it is that you're feeling. This means learning to recognise that a wave of anxiety, stress or fear has come, and consider why and where it came from.

**RELAX** This is where the breathing comes in. Just a couple of breaths does it and it's proven that coherent breath can reduce anxiety.

**REFLECT** Consider if this fear is real or is it false evidence? Becoming aware of what is really going on in your brain can help you break down your anxiety.

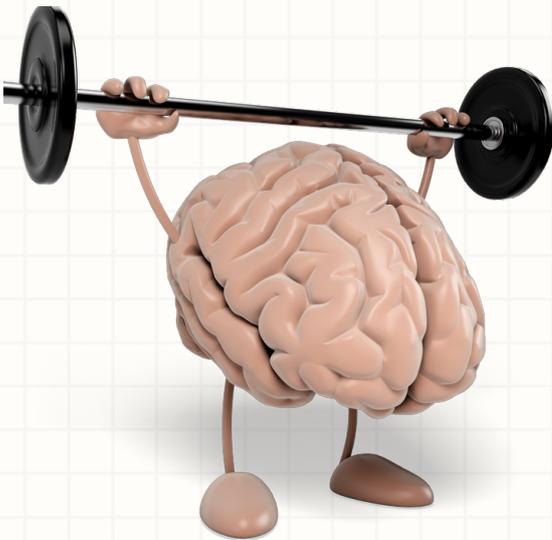
**ACT** If there is something you can do to make you feel better, do it. If not, practice trying to let go.

As with all workouts, this takes time, and you get better with practice

### TUESDAY: CONNECT...

#### Video Chat Portrait

Video chat is a great way to safely see friends, family and colleagues and is set to stay for a while, so whether you use Zoom, FaceTime, Skype or something else, why not try using the person you're chatting to as a model for a portrait? Just grab some paper and your preferred drawing materials and give it a go. If they can't chat for long you could always consider taking a screenshot of them so that you can continue working later, but ask their permission first!





## WEDNESDAY: TAKE NOTICE...

### Look Up!

Often, when we are walking around and just getting on with life, we spend our time looking down towards the ground or at our phones. However, if you try to make a point of looking up more, you will often find you see something of beauty that you never noticed before. Many buildings, especially older ones, have wonderful architectural details higher up, you may notice birds or other wildlife or interesting cloud formations. It sounds like such a simple thing that it couldn't make a difference but give it a try for a week and you may be amazed by what you discover!



## THURSDAY: KEEP LEARNING...

### Virtual College

The Virtual College is an online platform that gives you access to a number of free courses in different areas such as health and wellbeing, careers advice and infection prevention. Visit their website below for more information:

<https://www.virtual-college.co.uk/resources/free-courses/>



## FRIDAY: GIVE...

### Give some thought to those affected by Suicide

The third annual Vigil of Remembrance for World Suicide Prevention Day takes place on the evening of 10th September. The vigil is in remembrance of those that we have lost to suicide, but also in support of those that have lost their loved ones to suicide. Unfortunately, those that have lost loved ones to suicide are often isolated and marginalised in their grief from the stigma that surrounds suicide. A pop up drive-in cinema will be erected with an inflatable screen with wireless headsets in the car park off Partington Lane, behind Swinton Civic Centre. The vigil will include speakers, poets, musicians, a roll of remembrance being read and a minutes silence in memory of those we have lost to suicide.

7.30pm~Gates Open for 8.00pm Start

For tickets, go to <https://driveinvigil.eventbrite.co.uk>

## ideas and inspiration welcome!

We would like you to get involved!

If you have any self care tips or creative ideas to share that may help others during this time please email [sarah@startinspiringminds.org.uk](mailto:sarah@startinspiringminds.org.uk) and we will add them to future newsletters, and be sure to visit our YouTube channel and Instagram page for more ideas.



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