

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

NEWSLETTER

Start Inspiring Minds 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...

Active 10

Struggling to get even close to 10,000 steps during lockdown? Less commuting means many people are getting less than 3,000 at the moment but current research shows that doing 10 minutes of brisk walking is a simple, achievable way to add more activity into your day. A daily brisk walk can: boost your energy, clear your head and lift your mood, improve your fitness and make it easier to do everyday activities, like food shopping or gardening, lower your risk of serious conditions like heart disease, type 2 diabetes and some cancers, as well as depression and anxiety. For more information and to download the Active10 app, go to: <https://www.nhs.uk/oneyou/for-your-body/move-more/active-10>



TUESDAY: CONNECT...

Continue to Connect with your Neighbours

As the partial lockdown in Greater Manchester continues, many people are still feeling isolated. If you were checking on potentially vulnerable or lonely people in your community initially, then well done! Is this still happening though, or do you see less of them now? As restrictions ease, we may find we are busier and it's easy to let these things fall away but being involved in the community and having relationships with our neighbours is still important and it would be a shame to let things slide. Try to make the effort to check on those who live alone or older neighbours, at least until we are able to welcome friends and family back into our homes and gardens again. .



WEDNESDAY: TAKE NOTICE...

Notice song lyrics that mean something to you

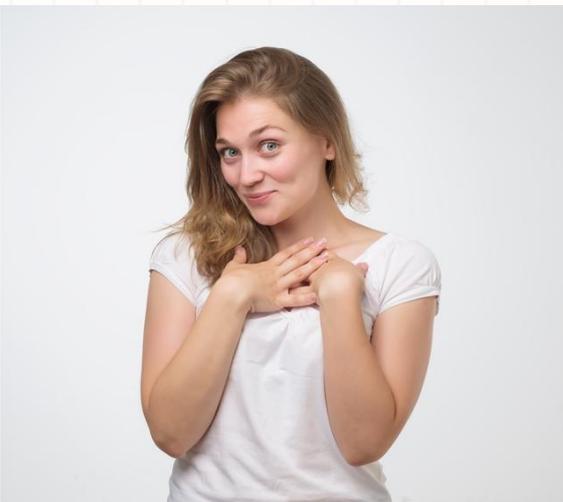
....and create some unique wall art with them! All you need are some letter stickers, spray paint and an old piece of art you don't mind upcycling. Grab an old painted canvas or print (try a charity shop if you can't find anything at home) and find some song lyrics you like. Stick the letters to the artwork and smooth down well to avoid paint sneaking underneath. Then spray with a colour of your choice. Once dry, peel the letters off to reveal the lyrics and some of the original artwork underneath will show through where the letters are!



THURSDAY: KEEP LEARNING...

Learn how to Make Tissue Paper Bleed Art

This works best on a primed canvas (you can buy them cheaply in discount stores) but you can do it on paper too. Simply rip up 2-3 colours of tissue paper, dampen your canvas or paper and lay the tissue on. The dye should 'bleed' out on to the surface to give a lovely watercolour effect. Leave for 5 mins or longer for more intense colours. Then remove the tissue and leave to dry. You can then use a permanent marker to write or draw on top, or just leave it as it is!



FRIDAY: GIVE...

Free Compliments!

It is always the right time to do a little something to help someone along. We never know when just that tiny little act will make a difference and random acts of kindness make the world a better place. Download this 'free compliment' flyer and print on normal paper. Cut along the vertical lines along the bottom. Hang the take what you need sign up... at work, at school, community bulletin boards and all around town.

Download here:

<https://www.skiptomylou.org/wp-content/uploads/2018/02/compliments.pdf>

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 and we will add them to future newsletters, and be sure to visit our YouTube channel and Instagram page for more ideas.



@startinsalfordart



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