

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING



18TH DEC
2020



START

inspiring minds

NEWSLETTER

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KEEPING US CONNECTED



Welcome to the final, festive edition of Start's Five ways to Wellbeing newsletter for 2020. Sharing daily inspiring activities to keep your mind and body healthy during lockdown and Christmas.



MONDAY: BE ACTIVE...

Have a Meat-Free Monday

Launched by Paul, Mary and Stella McCartney in 2009, Meat Free Monday is a not-for-profit campaign which aims to raise awareness of the detrimental environmental impact of animal agriculture and industrial fishing. The campaign encourages people to help slow climate change, conserve precious natural resources and improve their health by having at least one plant-based day each week. Cooking meat-free meals for just one day a week is a fun challenge that can encourage you and other family members to get active in the kitchen, help the environment and save both money and animals lives, as well as being great for your health! For recipes and more info go to www.meatfreemondays.com

TUESDAY: CONNECT...

Bookworms WhatsApp Group

Do you like reading? Discover new ways to connect during these difficult times by joining a fun and creative WhatsApp group.

- Share your favourite read
- Try quick, weekly writing challenges
- Connect with others and discover new literature
- Have fun with words
- Read top tips to keep well in lockdown

To join, just text 'Bookworm' to 07971 617383 or visit Salford Health Improvement Service Facebook page for more info:

www.facebook.com/SalfordHealthImprovement





WEDNESDAY: TAKE NOTICE...

Notice the Positive Things Lockdown Taught Us

Most people will agree that this year has been hard. And while many won't feel sad bidding farewell to 2020, if you look carefully, there are some positives to be found! We proved we could quickly adapt. In the absence of hectic commutes, we became used to having a bit more time on our hands. Working flexibly allowed us time to think about our wellbeing, and how best to tend to ourselves when facing so much uncertainty. Hobbies were discovered and re-discovered. Even if the banana bread trend wasn't really your thing, suddenly having the opportunity to discover new pastimes felt like a luxury. Fresh air became a daily tonic, getting outside and walking became important, instead of just being a way of getting from A to B. Spending more time indoors encouraged us to give our homes and gardens a little TLC and many people have gone all out with their Christmas decorations this year and created a magical place to hibernate. Take the positives from 2020 and consider what you'd like to keep for 2021!

THURSDAY: KEEP LEARNING...

Learn to use a Brain Trigger to relax

Many people have trouble switching off, especially at this time of year, as it can seem that there's more to do than ever. You might find yourself making to-do lists instead of going to sleep, or worrying about others. One way that we can signal to our brain it's time to move on is to have an activity in place that signals that work, watching the news, or whatever it is that you need to switch off from, is over. So, put the phone away, turn the TV off and do 5 or 10 star jumps, or if that's too energetic, try applying some hand cream or washing your face. This will change your energy and send a signal to your brain that it's time to doing something different now and relax.



FRIDAY: GIVE...

12 Days of Giving

If you've enjoyed reading these newsletters or received support from START, either during lockdown or previously, we'd absolutely love it if you could nominate us for £1,000 of funding. All you need to do is follow the link below, type 'START in Salford' as the charity name and select 'health' as the charity type.

Visit: www.movementforgood.com/12days
#12days #christmas #movementforgood

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.



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