

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

NEWSLETTER

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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...

Have a Kitchen Disco!

It's Monday, it's February, it's cold and we can't go out and dance with other people. You can still crank up the tunes and have a boogie at home though! Get your best party outfit on, cover a beach ball in foil and hang it from your light fittings and get your favourite music on. Dancing is great exercise and releases endorphins which make you feel good. If you don't want the neighbours to catch you throwing shapes, just pull the curtains and then you really can dance like no one is watching!



TUESDAY: CONNECT...

Organise a 'Virtual Tea Break'

If you are struggling with the lack of connection and missing chatting with friends or colleagues, and also finding you aren't taking as many breaks during the day as you should, try organising a weekly 'virtual tea break'. You could video call with friends, family or colleagues at a set time each week and enjoy a cup of tea or coffee and a cake. Or if you fancy something a bit more extravagant, why not set up a monthly 'virtual afternoon tea'? Or if you want to really make it an event, why not set up a 'virtual craft afternoon tea'?! You can enjoy a chat, cuppa, cake and create something all in one afternoon!



WEDNESDAY: TAKE NOTICE...

The Mindful Park

Slow down for a moment and use your senses to explore a park or green space near you. Choose a spot where you can safely sit or stand for 5 minutes. If it's too cold to stay still, you can also do 'mindful walking'. Set a timer for 5 minutes. If you are sitting, close your eyes and focus as much as you can on what is happening around you. If you are standing or walking then keep your eyes open. It can help to think about your surroundings in terms of your senses. What do you see, touch, hear, smell, taste or feel? When the timer goes off, open your eyes if they were closed and write down everything you can remember about what you felt.



THURSDAY: KEEP LEARNING...

Learn about the art of Burhan Doğançay

This abstract work was inspired by the appearance of urban walls that the Turkish artist encountered in New York in the early 60's. He described them as 'Speaking walls, where people express their frustrations and aspirations'. Why not try looking closely at the walls around you, and consider how you might use collage to create depictions of them.

To see this and other work, head to:

https://www.britishmuseum.org/collection/object/W_2010-6007-5



FRIDAY: GIVE...

Review a Local Business who has helped you during lockdown

If a local business has gone above and beyond to help you with what you need during lockdown, why not support them at no cost to you by giving them a good review? Most businesses have review forms on social media that you can complete, or you could just send them an email, or even post them a letter.

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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