

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...

Do it Badly!

Optimists live longer, have better relationships and better immune systems, says Olivia Remes of Cambridge University. And the good news is you can cultivate optimism: an inner sense that you can make a difference to your life, and that it's not all down to things outside your control. How? Her number one tip is the principle of "do it badly". In other words don't wait to do things perfectly at the right time on the right day. That's even more important in winter when gloomy weather might make you think twice about doing something. "Our inner voice of criticism continually stops us from doing worthwhile things", she says. "Jump straight into action. Do things and accept that they might initially be done badly. When you do that, most of the time the results are actually not that bad - and they're almost always better than doing nothing."



TUESDAY: CONNECT...

Feel Connected to Nature, even when you can't get outside

Spending time in nature can improve mood and wellbeing, but not everyone has easy access to the natural world. As part of the new 'BBC Headroom' initiative, this collaboration brings virtual soundscapes of music and nature directly to audiences with Radio 3, 6 Music, BBC Sounds, BBC Two's Winterwatch, the interactive BBC Sound Effects Archive and an innovative scientific experiment. Follow think link below to find out more and listen yourself:

<https://canvas-story.bbcrewind.co.uk/soundscapesforwellbeing/>



WEDNESDAY: TAKE NOTICE...

Shake up your Routine

You may find that you've slipped into predictable routines, always rising at the same time, checking your phone, brushing your teeth, showering and having breakfast in exactly the same order, day in, day out. Your automatic habits may not be helping your wellbeing and could be stifling your creativity, so try making some changes and noticing how it makes you feel. As you go about your day, think how you can interrupt and reverse your daily habits. You could try sleeping on a different side of the bed or get out on the opposite side in the morning. Or try brushing your teeth or hair with your opposite hand. Why not take a morning bath instead of a shower, or try having breakfast for dinner!



THURSDAY: KEEP LEARNING...

Learn about the art of Judith Scott

Judith Scott was American fibre sculptor, born with Down Syndrome and deaf. She was internationally renowned for her art. In 1987, Judith was enrolled at the Creative Growth Art Centre in Oakland, California which supports people with developmental disabilities. There, Judith discovered her passion and talent for abstract fibre art and she was able to communicate in a new form. Her sculptures made of found objects and materials, wrapped in wool and textiles, exude a sense of mystery not only through their visual appeal, but through what they conceal. Although not directly influenced by or related to any cultural tradition, her works resonate uncannily with a range of material cultural practices.

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FRIDAY: GIVE...

Choose START or any charity and donate for free on Smile Amazon

If you shop on Amazon, you can now donate to a charity at no extra cost to you, every time you make a purchase, just by using Smile Amazon instead! Head to smile.amazon.co.uk to get started and use the search tool to pick a charity to donate to.

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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