

# START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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**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...

### 3 Fitness & Wellbeing Resolutions (that aren't to do with weight loss)

1. **TAKE EXTRA WORK BREAKS** Why not set yourself a goal of at least five mini-breaks during your workday, in which you step away from your screen and stretch, walk or do some deep breathing?
2. **BUILD UP TO MORE REPS** If you already exercise at home, how about working to increase the number of reps of an exercise you can do? Perhaps that would be through following a plan to do a full a press-up, or it might be about upping the number of burpees or squats you can do in a minute.
3. **GET MORE SLEEP** Improve sleep hygiene by removing tech from the bedroom. Ensuring a dark, quiet and cool room is hugely helpful. Then there are mental health tools that can help, such as pre-bed journaling. If you're worried about your sleep, it's always best to talk to your GP.



## TUESDAY: CONNECT...

### The Happiness Lab

In "The Happiness Lab" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that she claims 'will forever alter the way you think about happiness.' She's apparently changed the lives of thousands of people through her class "Psychology and the Good Life." Listen here:

<https://www.happinesslab.fm/>



## WEDNESDAY: TAKE NOTICE...

### **Stress relief: use this simple practice to reduce anxiety**

The 'awe method' doesn't require any additional tools or understanding to complete - all you need to do is turn your full and undivided attention on things you appreciate, value or find amazing, pause for a full breath and then exhale and expand, which will help you to amplify any emotions you're feeling. Basically, the 'awe method' is all about taking a moment to pause and appreciate the magic in the little things. You could stare at your hands and think about all the things they can do or any other objects or sights you appreciate, such as the movement of trees in the breeze or the feeling of your pet's fur as you stroke them. It may sound daft but studies have shown that persevering with the practice could bring about significant results!



## THURSDAY: KEEP LEARNING...

### **Learn about the Art of Keith Haring**

Keith Haring was a popular artist inspired by graffiti, and part of the New York art scene in the 1980's. He's known for his colourful works and iconic motifs and his aim was to make art accessible for everyone. His style was based on simple shapes and patterns and featured movement lines, similar to those found in comics. He used a few basic bright colours, (yellow, green, red and blue). Find out more here:

[www.theartstory.org/artist/haring-keith/](http://www.theartstory.org/artist/haring-keith/)



## FRIDAY: GIVE...

### **Help a Food Bank**

Food banks have never been as in-demand as they are currently. Many people think about spring-cleaning their kitchen cupboards a this time of year so if you have unused tins or jars of food that are in date, why not see if you can donate them? Or you could buy a couple of tins or bags of long life items and donate them to a food bank (often, at the same supermarket you are shopping at) or a local homeless shelter. "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." - Dalai Lama.

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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