

# 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...

### Find ways to Switch Off at the end of the Working Day

Working or studying from home, home schooling or just being at home all the time can mean it's a struggle to know when it's time to relax. Without a commute to punctuate the day you may find yourself still answering emails well into the evening. Try these activities to tell your brain when it's time to change gear:

- Tidy away your work things. Put your laptop away.
- Do a 'Brain Dump' - write work worries down or make a 'to do' list
- Get outside, or get active indoors if that's not possible
- Change out of your work clothes. Still in PJ's?! Just pop some fresh ones on!
- Do a puzzle or something creative
- Phone a friend



## TUESDAY: CONNECT...

### Find Friends

Connection with others is important for both our physical and mental wellbeing, it's been shown in studies to be a greater predictor of long term health than smoking or obesity and people who are more connected have less anxiety and depression. If you feel that you don't have enough social connections to support you at the moment, there are a number of friendship sites that are online catering for people who are wanting to increase their friendship circle.

Bumble BFF is an app offering a simple way to create meaningful friendships: <https://bumble.com/bff>

<https://www.togetherfriends.com> is a friendship site for women in the UK, putting you in touch with women who share the same hobbies or live in the same area.



## WEDNESDAY: TAKE NOTICE...

### Lockdown Brain Fog? Try a Memory Game!

Many people are reporting that they are currently having memory problems and suffering with 'brain fog'. Memozor is a website with a suite of memory games to help sharpen you up again. Games are categorised by age groups, which include babies, kids, adults, and seniors. There are even memory games for two players so you can play with fuzzy-headed friends and family too! The games are free and unlimited and should work well across all devices. Follow the link to play:

<https://www.memozor.com/memory-games>

## THURSDAY: KEEP LEARNING...

### Learn to use a Worry Tree

During these uncertain times, it's normal to be worrying a lot.

However, if worries are really bothering you, try the Worry Tree. Here's how: Notice the worry. Ask yourself what you are worrying about. Ask yourself if it is a worry about a current problem or a hypothetical situation or can you do anything about this right now. If the answer is no: Let the worry go and change your focus of attention. If the answer is yes: Is it a current problem? If it is, set an action plan on how you are doing to deal with it now. Once dealt with, let the worry go and change your focus of attention. Is it a future problem? Schedule a date of when you are going to deal with it. Let the worry go and change your focus of attention.



## FRIDAY: GIVE...

### Give your old clothes a new lease of life as fabric flowers!

It's trickier than normal to donate clothes to charity during lockdown, so if you've got some old clothes that you'd like to recycle in a creative way, read on! The night before you want to make your flowers, mix up equal parts PVA glue and water and paint on the back of your fabric. Once totally dry (overnight is best), cut flower shapes out of the fabric and put a hole in the centre. Use scissors in the same way you'd use them to curl ribbon for a present to curl the petals to make them more lifelike. Cut leaves and curl in the same way. In contrasting fabric, cut a finger sized piece, cut a fringe in it and roll up. Insert and glue into the centre of your flower and fan out. Easy!

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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