

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

NEWSLETTER

Start Inspiring Minds 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...

Mindwalk Yoga's 31 Day Anxiety Support Course

Throughout August, virtual yoga studio Mindwalk Yoga will be offering a series of bite-sized yoga-therapy videos to help you manage any anxiety you might be feeling as a result of the coronavirus pandemic. To discover more of Mindwalk Yoga's work and access the videos throughout August, you can sign up to the course on their website here:

<https://www.mindwalkyoga.org/30-days>

....and check them out on Instagram:

<https://www.instagram.com/mindwalkyoga/>



TUESDAY: CONNECT...

Meditate to Connect

Meditation technology app Muse offers a series of free resources to help users relieve anxiety and manage stress. Simply download the Muse app to access their SOS Calm collection of 9 guided meditations for free - and check out their Calm In The Chaos guide for more tips on managing stress and anxiety during the pandemic on their website:

<https://choosemuse.com/blog/calm-in-chaos-a-survival-guide/>

You can also find some helpful resources on their Instagram
[@choosemuse](https://www.instagram.com/choosemuse).



WEDNESDAY: TAKE NOTICE...

Take notice with Mindfulness

To help people all over the world cope during these uncertain times, mindfulness meditation app Headspace has released a series of free content available to download via its app. Covering content including navigating change, reframing anxiety, at-home workouts, focus and advice for tough times (such as impermanence and change), the series is designed to help us safeguard our mental health and wellbeing during this time of heightened stress. On top of this, Headspace is offering a free year of Headspace Plus for anyone who is unemployed and living in the UK at the moment. To access the free content, simply download the app and get listening, or go to the Headspace website here: <https://www.headspace.com>



THURSDAY: KEEP LEARNING...

Discover Surrealism

Andre Breton published a Surrealist Manifesto in 1924 and defined Surrealism as, "Psychic automation in its pure state, by which one purposes to express - verbally, by means of the written word, or in any other manner - the actual functioning of thought, dictated by thought, in the absence of any control exercised by reason." This wasn't the only manifesto or definition of the art movement. Try drawing a doodle that defies reason! Look to your dreams for inspiration.



FRIDAY: GIVE...

Give Some Self-Care

With over 800,000 followers, @selfcareisforeveryone is a wellbeing-focused Instagram account. Full of helpful self-care prompts, reassuring messages and relatable graphics, @selfcareisforeveryone is the place to go when you're feeling a little overwhelmed and need a respite from everything that's going on in the world.

To follow them, just search "@selfcareisforeveryone" on Instagram, or visit their website here: <https://selfcareisforeveryone.com/>

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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