

# START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

5TH MARCH  
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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...

### Dress Happy

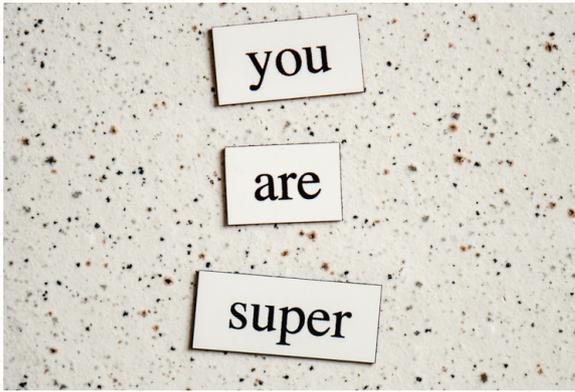
Spring has sprung and if you're thoroughly fed up of your lockdown uniform of joggers/PJ's/comfy but boring clothes, then now is a great time to think about wearing colours that make you happy. You may already have a favourite colour to wear but if not, why not try yellow? It's a colour that can instantly lift your mood and a great colour to wear whether it's dark and cold or sunny. Many people think of comfy clothes as being jeans and a hoodie, but they can be so much more than that. If you want to dress smartly and still be comfortable while at home, try wearing soft jersey fabric, smart trousers, a shirt with a collar or a dress with tights and boots, or slippers. Maybe even a jumpsuit! Try rethinking comfort - you can still look nice, it doesn't need to be dull!



## TUESDAY: CONNECT...

### Connect with a Jigsaw

Many of us started doing jigsaw puzzles in the first lockdown out of pure boredom but, aside from simply being something to do, the process can be really beneficial for your mental health. It may sound strange that something so simple can have such a profound effect but it can be a way of disconnecting yourself from screens, resetting your mind and connecting with your thoughts and feelings. Focussing on the jigsaw in front of you can be a distraction from the chaos or struggles which have inevitably resulted from the global pandemic. It's wonderfully therapeutic and also brings a childhood nostalgia, which is comforting and familiar. You could also try doing a large or more challenging jigsaw with someone you live with, and have a good chat as you work together.



## WEDNESDAY: TAKE NOTICE...

### Take Note

Every time somebody says something nice about you, make a note of it. Whether it's on a Post-it note, in a notebook or on your phone, whatever works best for you. If you receive emails with praise or positive feedback, you could save them in a 'positivity' folder in your inbox. Then, when you are having a down day and doubting yourself, go back to your list of compliments to remind yourself how fantastic you really are. The science behind it? It gives you a great hit of dopamine which improves your wellbeing and is known as the feel-good hormone.



## THURSDAY: KEEP LEARNING...

### Pick up a pen

Try learning and practising calligraphy as a form of self care. The slow and meditative approach to the craft can be immensely therapeutic, and very relaxing too. Not everyone gets on with meditation, but this repetitive movement and being able to create something can give that same calm and centred feeling. You don't need any particular specialist kit or to have amazing handwriting to practice calligraphy either, you can still create beautiful lettering using the same principles with just a pen or a pencil. For tips on getting started, check out: <https://www.instructables.com/A-Beginners-Guide-to-Calligraphy/>



## FRIDAY: GIVE...

### Give yourself a Good Morning

Set the scene, then sleep. Setting your mood the night before helps to get us out of the habit of going to sleep in a negative mindset. It helps us to wake up in a positive mood, even if we haven't had enough sleep. So before you nod off, say out loud (If you can, or if you feel a bit daft, just repeat it in your head until you fall asleep) "This sleep will recharge, heal and energise my mind, body and spirit." This works on the basis that the last thought we have will be the first we wake up with, so consciously make it a positive one.

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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