

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

15 MAY 2020

START
inspiring minds

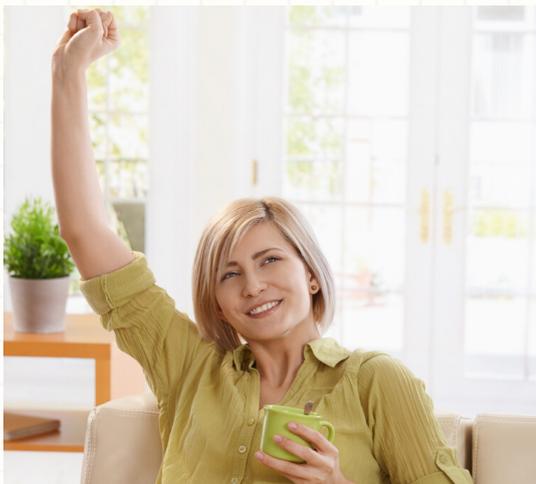
NEWSLETTER

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KEEPING US CONNECTED

Welcome to the seventh 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...

Tea-Total Posture Fix

If you are working from home during lockdown, or simply staring at a screen for longer, you may be finding yourself with some unwanted aches and pains. Cafes and coffee shops are also closed so you are probably brewing up at home quite a bit. Give your posture a break whilst on your tea break by doing the following stretching exercise whenever you are waiting for your kettle to boil:

Stretch your hands above your head, hold them together then, keeping arms straight, bend the body to one side, hold for a second and return to the top. Do this 3 times on each side. To finish, stand firm and bend forward keeping legs straight and hold for a few seconds then roll up. This helps wake up the spine and upper body to improve posture.



TUESDAY: CONNECT...

Start a journal or Blog

Why not use any extra time you may have at the moment to start a journal or a blog and connect with your thoughts and feelings. Journaling helps to improve mood by prioritizing problems, fears, and concerns. It can also be useful to look back on in the years to come, not only as a record of what you were doing or thinking at the time but to allow you to recognise any patterns of thinking or behaving and remind you of your strength and resilience during this unusual and difficult time. For more tips on journaling follow this link:

<https://www.healthshots.com/mind/mental-health/how-to-do-journal-writing-for-mental-health/>



WEDNESDAY: TAKE NOTICE...

Mindful eating Exercise

Many people are struggling with comfort eating or 'mindless eating' during lockdown. Whether you are finding yourself staring into the fridge as a way to alleviate boredom or anxiety, you aren't alone. However, if you are finding yourself finishing a snack or meal without even really tasting or enjoying your food, a mindful eating exercise might help you to learn to notice what you are eating again. Follow the link for instructions:

<https://www.mindfulnessdiet.com/program/articles/a-mindfulness-eating-exercise-simple-instructions>



THURSDAY: KEEP LEARNING...

Learn how to make a Suffolk Puff

A Suffolk Puff (Americans sometimes call them yoyos) is simply a circle of fabric gathered in on itself to form a smaller, double thickness, puffier circle. They can be used to make brooches, hairclips, quilts and lots of other things and are really easy to sew.

Gather together some fabric, a circular template, some thread and a needle and scissors and watch the video below:

<https://youtu.be/8XRbasMnO5o>



FRIDAY: GIVE...

Give your custom to a struggling local business

Many local businesses are offering gift vouchers, which will give them a short-term cash boost while you have the happy prospect of spending these once life returns to something like normal.

You can shop local too. Unless you're self-isolating and unable to leave the house, consider your local butchers, grocers or bakery while shopping and see if you can order from them online or over the phone. If a business you care about needs help attracting advance purchases, Crowdfunder has made its platform available for free to small businesses that want to pre-sell their services. Through a campaign called Pay It Forward, Crowdfunder is also partnering with Enterprise Nation to provide access to free training for small businesses.

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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