

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

NEWSLETTER

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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...

Try Fitness Blender

Fitness Blender provides over 500 free workout videos and enables you to choose the level of difficulty depending on whether you are new to exercise, or looking for something more advanced.

Workouts range from 10-85 minutes long, from beginner level to elite athlete, from HIIT to Pilates, and strength training to bodyweight.

<https://www.fitnessblender.com/videos>



TUESDAY: CONNECT...

Graffiti Tag your Emotion

Street art and graffiti have long been a form of expressive art to communicate a personal or political message. Use this technique to take a word or image that resonates with how you are feeling right now.

How are you feeling? Write the word over and over in different styles of fonts or tag style writing. Harness your inner anarchy and imagine you are shouting out to the world! Maybe stick to pen and paper though, and steer clear of walls!



WEDNESDAY: TAKE NOTICE...

Draw Your Breath

The style and pace of your breath can have a dramatic impact on your mind and body. Deep breathing ensures oxygen is carried throughout your body, energising all the cells and muscles. Inhalations are energising and uplifting; exhalations aid relaxation and grounding. Place a pen on a blank sheet of paper. Close your eyes and draw your breath in a continuous line without lifting the pen. You will draw peaks and troughs as you breathe in and out.

Now open your eyes and look at your drawing. What do you notice? Is your breath shallow and rapid, or slow and deep? Is it irregular or erratic? Try slowing your breath down and draw again. Now try to extend your exhale to twice your inhale.



THURSDAY: KEEP LEARNING...

Feeling anxious: Learn how 'sisu' can help you deal with uncertainty

A perspective on life from Finland, the happiest country in the world could help us deal with all the uncertainty we're currently facing.

"Sisu is something that makes you push through no matter what," says Finland native Riikka Heinhaaho.

Ways to be More Sisu:

1. Make a habit of doing the thing you need to most, first each day - the rest of the day will be downhill.
2. Don't expend emotional energy on things you can't control.
3. Be realistic and hopeful. Build a vision of where you want to get to, plan how to get there and then act.
4. Dare to fail. With a sisu state of mind, we are not afraid to try something ambitious and fail, because we know we will learn from the experience, adapt and improve.
5. Never think of your ability as fixed. Sisu gives you the courage and can-do attitude to improve your skills.



FRIDAY: GIVE...

Give your Mask a Makeover

Bored of your plain old reusable mask? Give it an update! Here, we've just sewn on some pom-pom trim but you could try buttons, ribbon, sequins, feathers or grab some permanent markers and draw all over it!

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.



@startinsalfordart



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