

### Mental Health Week

<b>Connect with others</b>	<p>Mind are combatting loneliness through their online community side-by-side <a href="https://sidebyside.mind.org.uk/">https://sidebyside.mind.org.uk/</a></p> <p>Make time to virtually connect with good friends and family.</p>
<b>Be physically active</b>	<p>Try the 7 day yoga morning challenge <a href="https://www.youtube.com/watch?v=OMu6OKF5Z1k&amp;list=PLVGjz6Y_cO3e4Rxbizs-HilYNe_KVZtBC">https://www.youtube.com/watch?v=OMu6OKF5Z1k&amp;list=PLVGjz6Y_cO3e4Rxbizs-HilYNe_KVZtBC</a></p> <p>Think about what you are fuelling your body with this week, drink plenty of fluids, make sure you eat your five-a-day and try to avoid alcohol.</p>
<b>Learn new skills</b>	<p>Use the 'Champions Conversations Cookbook' to try cooking a new recipe.</p> <p>Try a new hobby, this could be a virtual class or a tutorial on YouTube – what about learning to draw? <a href="https://www.youtube.com/watch?v=ewMksAbgdBI">https://www.youtube.com/watch?v=ewMksAbgdBI</a> or even crochet? <a href="https://www.youtube.com/watch?v=GcOzdAzmtNM">https://www.youtube.com/watch?v=GcOzdAzmtNM</a></p> <p>Set yourself a personal goal for this month – keep a journal to reflect on your progress.</p>
<b>Give to others</b>	<p>Before you go on your next shop, ask your neighbours if they need any essentials.</p> <p>Volunteering opportunities <a href="https://do-it.org/">https://do-it.org/</a></p> <p>Make some 'I can brownies' on page 27 of the 'Champions Conversations Cookbook' and give them to bubble members or a neighbour.</p>
<b>Pay attention to the present moment</b>	<p>Try a 5 minute mindfulness exercise <a href="https://www.youtube.com/watch?v=nmFUDkj1Aq0">https://www.youtube.com/watch?v=nmFUDkj1Aq0</a></p> <p>Bring nature inside:</p> <ul style="list-style-type: none"> <li>• Arrange a comfortable place to sit where you can look out of a window.</li> <li>• Take photos of nature on your daily walks.</li> <li>• Grow plants or flowers on a windowsill.</li> <li>• Listen to natural sounds – such as the ocean waves, bird song or rainfall.</li> </ul> <p>Each evening this week, take 5 minutes to reflect on the positives that came from each day.</p>