



Weekly Wellbeing 29th June 2020

Top tips and useful resources for looking after your mental health and wellbeing during this challenging time.

Five Ways to Wellbeing - Take Notice

Paying more attention to the present moment can improve your mental wellbeing. This includes being mindful of your thoughts, feelings and the world around you.

This awareness is also known as **mindfulness**, which can enhance the understanding you have of yourself. It can have a positive effect on the way you feel about life, how you cope with challenges and the choices you make.

A few ideas to enjoy the moment and environment around you:

- Get a plant for your workplace
- De-clutter a room or area in your house
- Take notice of how your colleagues, family or friends are feeling or acting
- Breathing exercises

More information and top tips...

- Mindful: Healthy mind, healthy life - <https://www.mindful.org/meditation/mindfulness-getting-started/>
- NHS website <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- Mind website <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>
- Mindfulness exercises <https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
- Simple practices for every day <https://www.mindful.org/take-a-mindful-moment-5-simple-practices-for-daily-life/>

Good News Corner - *The Happy Broadcast*

Mauro Gatti illustrates and shares positive news from around the world in the hope it brings people happiness and inspires people to spread good news too!

To see the artwork or for more information visit

thehappybroadcast.com

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Do you need some help while self-isolating?

If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our **NHS Volunteer Responders** are here to help.

Join the thousands of others throughout England who are already receiving support – even if it's just for a friendly chat.

Call 0808 196 3646 or visit nhsvolunteerresponders.org.uk

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.