



Us Plus

Mental Health and Wellbeing Bulletin 5

Hello everyone,

How did your Rainbow Breathing go?

Today's Wellbeing bulletin is focused on mindfulness and physical activity – two ways we can keep mentally healthy at this time.

Although the current time is causing many difficulties and great sadness there are some positives. The picture below is of the city of Kathmandu – the capital city of Nepal. The Mountain range in the background are the Himalayas – usually they cannot be seen from Kathmandu because of the smog caused by pollution from the city.



Mrs Taylor



Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them. We train in this moment-to-moment awareness through meditation, allowing us to build the skill of mindfulness so that we can then apply it to everyday life. In teaching the mind to be present, we are teaching ourselves to be live more mindfully — in the present, taking a breath, not beholden to reactive thoughts and feelings — which is particularly helpful when faced with challenging circumstances or difficult situations.

The following links take you to websites that can help you practice mindfulness:

Mindful Gnats - <https://apps.apple.com/gb/app/mindful-gnats/id973919092>

Smiling Mind - <https://www.smilingmind.com.au/>

Superbetter - https://www.superbetter.com/how_it_works

There are lots of other apps, including Headspace and Calm (both of which are currently offering a lot of free content) – maybe you use one not mentioned hereif you do please share it with me and I can share it with everyone in a future bulletin.



Physical Activity - Research shows that regular physical activity can boost our self-esteem, mood and sleep quality, making us less prone to stress and depression. The following links take you to online activities to help you stay active when having to stay at home!

The Body Coach – Joe Wicks ... you can follow his daily PE sessions or some of the other fitness options he offers -

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYiRfn6rYQ>

Yoga with Adrienne – great free yoga sessions -

<https://www.youtube.com/user/yogawithadriene/videos>

The Body Project – you can pick from a range of types of exercises depending on your fitness level -

<https://www.youtube.com/watch?v=Ba3qZjzPonI>