Weekly Wellbeing

mind for better mental health Buckinghamshire

The Bright Side

Quarantined residents have been celebrating Ramadan by decorating their houses with beautiful lights!



Best Grandpa EVER delivers donuts to his Grandchildren by drone!



Did you know eating berries can boost your mood and help you feel more positive?



Think positive!

It can sometimes be a little bit tricky to focus on the positive but when we do, it can really help us to focus on what's important and what makes us happy. A positive attitude helps you cope more easily with the ups and downs in life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking.

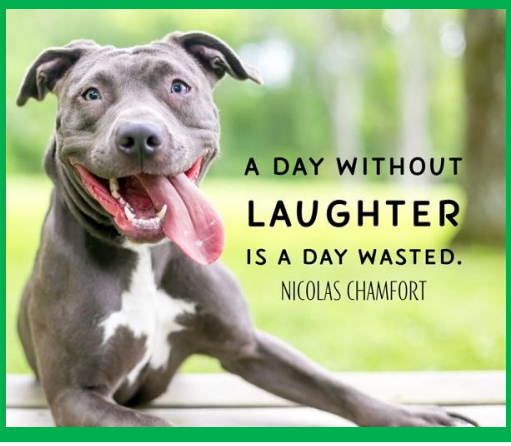
As always, happy reading & stay safe! 😊

The power of positivity!



See first-hand how positive and negative reinforcement can affect a player's game on the court.

Quote of the Week



Try this with your family or with your friends over video call...

GROUP ACTIVITY

POSITIVE TRAITS

ASK GROUP MEMBERS TO COME UP WITH AS MANY POSITIVE TRAITS THAT THEY CAN THINK OF. WRITE THEM DOWN. THEN, GIVE THE LIST OF POSITIVE TRAITS TO EACH GROUP MEMBER. THEIR JOB IS TO PICK FIVE TRAITS ON THE LIST THAT APPLY TO THE GROUP MEMBER SITTING TO THEIR LEFT. THEY SHOULD EXPLAIN WHY THEY PICKED THOSE FIVE TRAITS.

12th May is international Nurses Day!



Don't forget to clap for nurses and key workers on Thursdays to say thank you!



Weekly Wellbeing

Berry smoothies for the whole family!



Ingredients

450g frozen berries

450g pot strawberry yogurt

100ml milk

25g porridge oats

2 tsp honey

Instructions

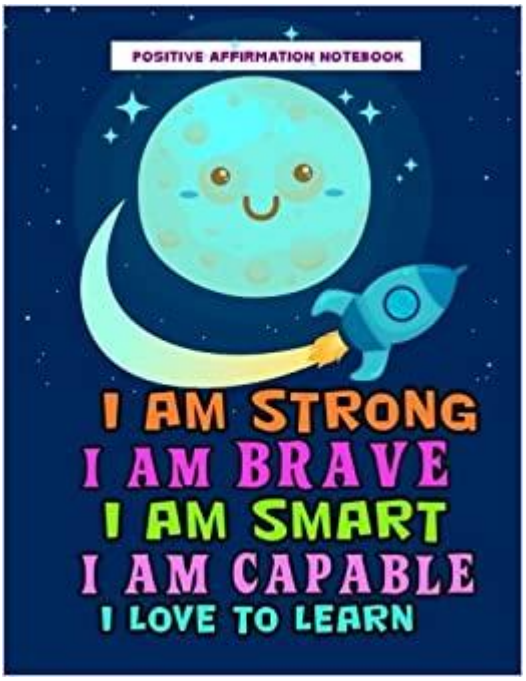
Whizz the berries, yogurt and milk together with a stick blender until smooth.

Stir through the oats, then pour into 4 glasses with a drizzle of honey!

Enjoying the weekly newsletters? Let us know by clicking the feedback link:

https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGl7yvfhBe1x5Bovajvxv7VzJUODlXRUlIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u

Tell yourself every morning…



Learn from Jessica!



Happy 1st Birthday to Otis!

