


Ten Ways to...



As we celebrate our 10th anniversary, we're embracing the number 10 to explore ways to stay well and be well! Each month, we'll focus on a different theme, and this month, it's all about **freeing your mind**. We'll be sharing 10 ideas that you can try out for yourself. We all get caught up in our thoughts sometimes, especially when dealing with injustices or tough situations. Our minds can feel like prisons, but they should be places of freedom and imagination.

Remember, a thought is just a thought. Even if something feels wrong or unfair, reliving it in our minds only creates more misery. Our minds need rest, positivity, and replenishment to truly be free. While we might not be able to change the world or a situation, we can change our mindset to feel more rested and energized.

Keep an eye on our social media pages this month for our 10 tips on freeing your mind. You never know, one of them might just make a big difference! Now there's a thought!

Celebrating 10 : Every month we'll be highlighting 10 ways to improve your wellbeing, If you want to share you ideas please get in touch!

I Can't Draw

“I’m no good at art, I’m not creative, I can’t draw” are all statements we hear far too often at the Recovery College. Our Peer Worker, Laura.D, having heard these words uttered once more, was inspired to pen the poem below. We hope everyone reading who believes any of the above will reconsider!



*I can't draw so you say
But have you ever thought about
The fact that we can't walk or talk at birth
We learn through instinct and mimic of others
Every artist is an amateur at the start
What makes them different is that they don't give in
They have no fear or restraint
They don't listen to complaint*

*They let the art flow, learning from mistakes that make them grin
They imitate their idols ways, until they find the one that pays
The style that suits their soul within
The one that helps let out the din
Of creative thought and dreams
Helps them set their feelings free*



*Everyone of us dear friend
Has the ability to be
The greatest artist ever seen
For all that really matters is that you have fun
You try and let those thoughts and feelings free
That you don't stop yourself with 'I can't or don't know how'
Else you won't know the freedom you can gain
From letting that artist inside you see the sun*

Someone Like Me

A fond farewell from Daniel, learner and friend of the College. Daniel has been a great support to us and we are so grateful for his smiley face, his enthusiasm, laughter and everything else he has brought, when supporting our art & craft and fun & games at Christmas courses - and so much more besides! We are sure you will join us in wishing him well in the next chapter of his life.

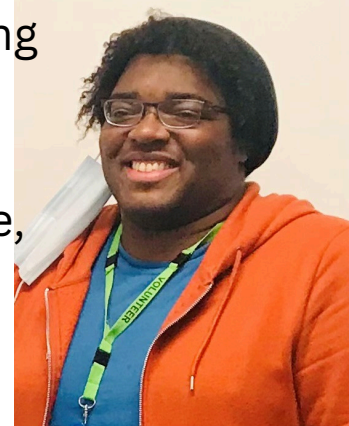
“I hope you are well and continuing to achieve amazing things. This aim is central to the Recovery College. I've had the pleasure of being a learner here and will continue to be so beyond the Recovery College sphere and in life. There is a famous saying 'every dog has its day', well mine has come. It's now time for me to move on to the next season of my life. I want to express my deepest thanks for all the support I've received at the College. Your friendly words and actions have made a difference to me and my journey and I hope I've made a difference in some way to yours too.

I started as a learner at the College in January 2019; I was in a difficult place mentally and emotionally. That first step was daunting but the best I ever took. It helped me discover what I could achieve and how to help myself and others. By attending courses and meeting so many other learners, I started to understand myself better. Most importantly, the warm welcome, embrace and encouragement I received from people there helped make these things happen.

Once settled and, after getting a push in the right direction, I became a volunteer, which built my confidence. I started co-facilitating courses, something I never imagined I'd do. I will always be a 'friend of the college'.

It's been great to help the college grow and see ideas become reality. It's been an honour to work with so many amazing people. I'm grateful for this platform to express my thoughts and help make the college a welcoming place. I love helping people, and if I've made a small difference, I've accomplished my goal. I wish the college every success and all of you the best in life.”

Daniel



Let's Get Physical: in 5 minutes or less!

Incorporating short bursts of exercise into our daily routines can boost our physical and mental wellbeing. Here are some simple exercises that can be done in 5 minutes or less, with minimal or no equipment.

Stretching: Taking a few minutes to stretch can relieve muscle tension, increase flexibility, and improve posture. Focus on the neck, shoulders and back, if spending lots of time sat down or working at a desk.



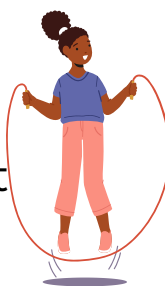
Balancing Exercises: Simple balancing exercises, like standing on one leg for 30 seconds, can enhance our co-ordination and strengthen our core muscles. These exercises are great for improving stability and preventing falls, especially useful in icy weather!



Squats: most of us spend too long sat down, so by doing just 10 squats on a hourly basis can help us improve circulation, strengthen our legs, and reduce the risk of lower back pain. Squats engage numerous muscle groups, making them a quick and efficient way to stay active.



Skipping: is a fun and effective cardiovascular workout. Just a few minutes of skipping can increase our heart rate, burn calories and improve our agility. Raising our heart rate on a regular basis is a great way to exercise the heart muscle, improve blood circulation and potentially lowering blood pressure and our chances of heart disease.



Sprinting: ok we might not be Usain Bolt but running as fast as you can just for **10 seconds** lights up every area of our brains, boosting our mood and cognitive function. Like skipping and other high-intensity exercises, this type of activity can also improve our heart health and build muscle strength, even when done for small periods of time.



Incorporating these, or any type of movement into our daily lives can lead to significant physical and mental health benefits, making it easier to stay active and energized. So give them a try and feel the difference!

Love to Learn: Oh I wish I'd looked after me teeth'

If you're a person of a certain age, you may remember the Pam Ayres' poem, "Oh, I Wish I'd Looked After Me Teeth," which used to adorn every ceiling in Dental Practices across the country. As the rhyme humorously details the consequences of neglecting dental care, it also serves as a reminder that our oral health is no laughing matter. Amazingly, the health of our teeth and gums also has an impact on the rest of our bodies. Who knew?!

Recent scientific research highlights the significant impact of oral health on our overall wellbeing. Good mouth hygiene isn't just about having a bright smile; it plays an important role in maintaining our immune system. Healthy gums and teeth can help prevent harmful bacteria from entering the bloodstream, reducing the risk of infections and boosting our body's natural defences.



And did you know that oral health is closely linked to managing diabetes? Inflammation from gum disease can make it harder to control blood sugar levels, so keeping your mouth healthy can help manage this condition more effectively. If all that isn't enough then there is also growing evidence that good oral hygiene can reduce the risk of dementia. By keeping our mouths clean and healthy we reduce the chance of gum disease which has been associated with an increased risk of cognitive decline, so brushing and flossing regularly might just help keep our minds sharp as we age.

So, let's take a leaf out of Pam Ayres' book and look after our teeth. It's never too late to start, and the benefits go far beyond a dazzling smile!



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Courses to 'Free Your Mind'

Inspired or want to know more about how you can free your mind? Then check out some of our courses in February that can help you do just that!

Creativity: We have a wide variety of courses to get your creative juices flowing this month (whether you think you can draw or not!) including The Delights of Decopatch, Gel Printing, The Masks we Wear and Dream Destinations: Travel Totes. So come along and discover for yourself how craft activities can be a useful way to clear your head of racing thoughts or worries - at least for a little while.



Meditate: our Moving into Mindfulness course is a great way to learn how to be more present in the moment and to free your mind!



Movement: whatever the activity, exercise is a great way to clear your head. Whether it's processing a problem while out on a walk or completely forgetting about your worries while sweating it out in the gym, being active is another brilliant way to give yourself some head space. So check out our Yoga or Emotional Balance: Movement & Mood courses and find out for yourself!



Music: is so emotive and can take you instantly back to a favourite place or a moment with a loved one. Learn more about how our fave tunes can boost our mood by booking on our Emotional Balance: Music & Mood or My Music Journey courses.



Booking essential. Please visit our website for details.

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